HERNANDO SOCCER CLUB

RESTART PACKET



TEAM:

AGE:

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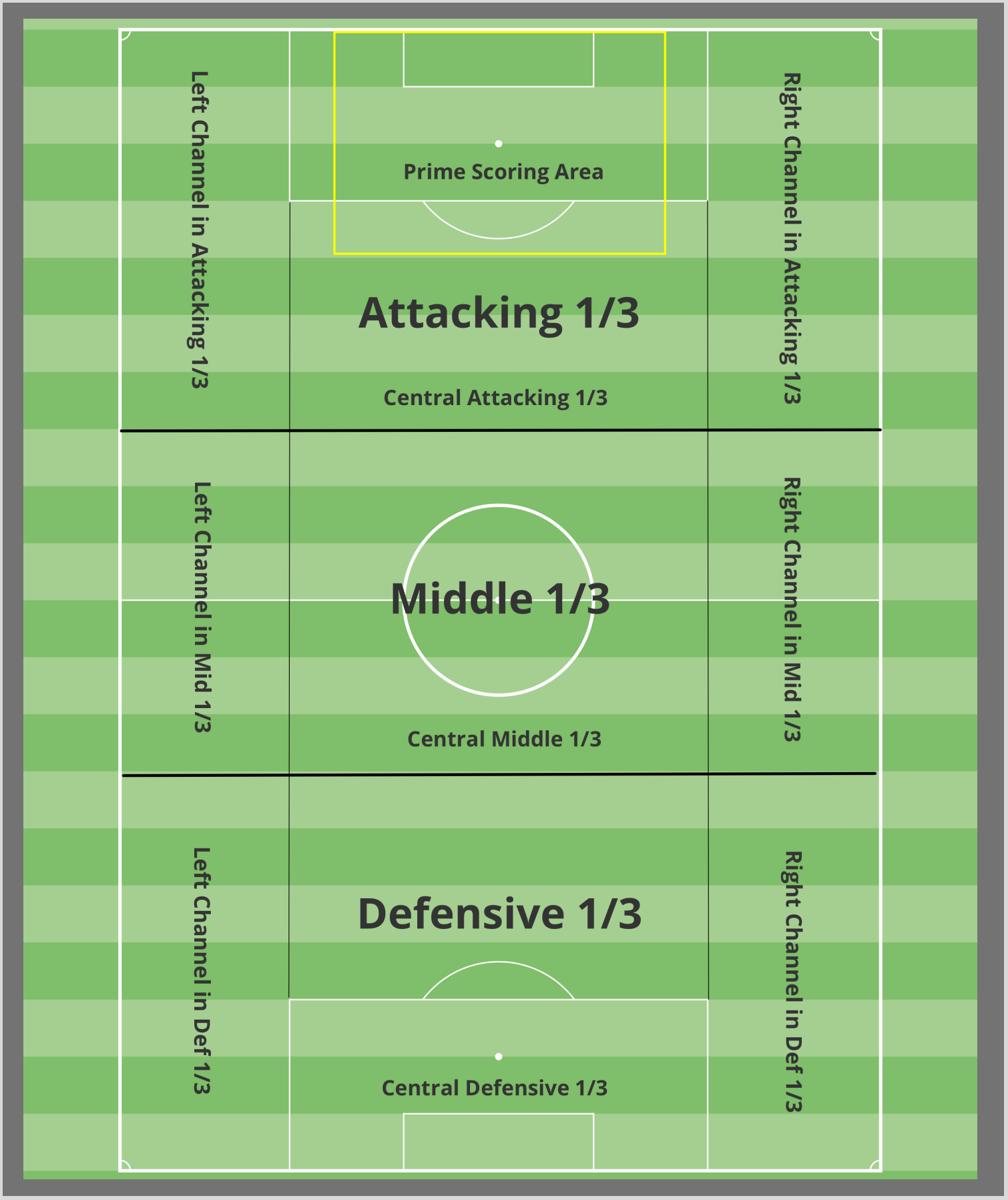
HERNANDO SOCCER CLUB



HERNANDO SOCCER CLUB

RESTART PACKET

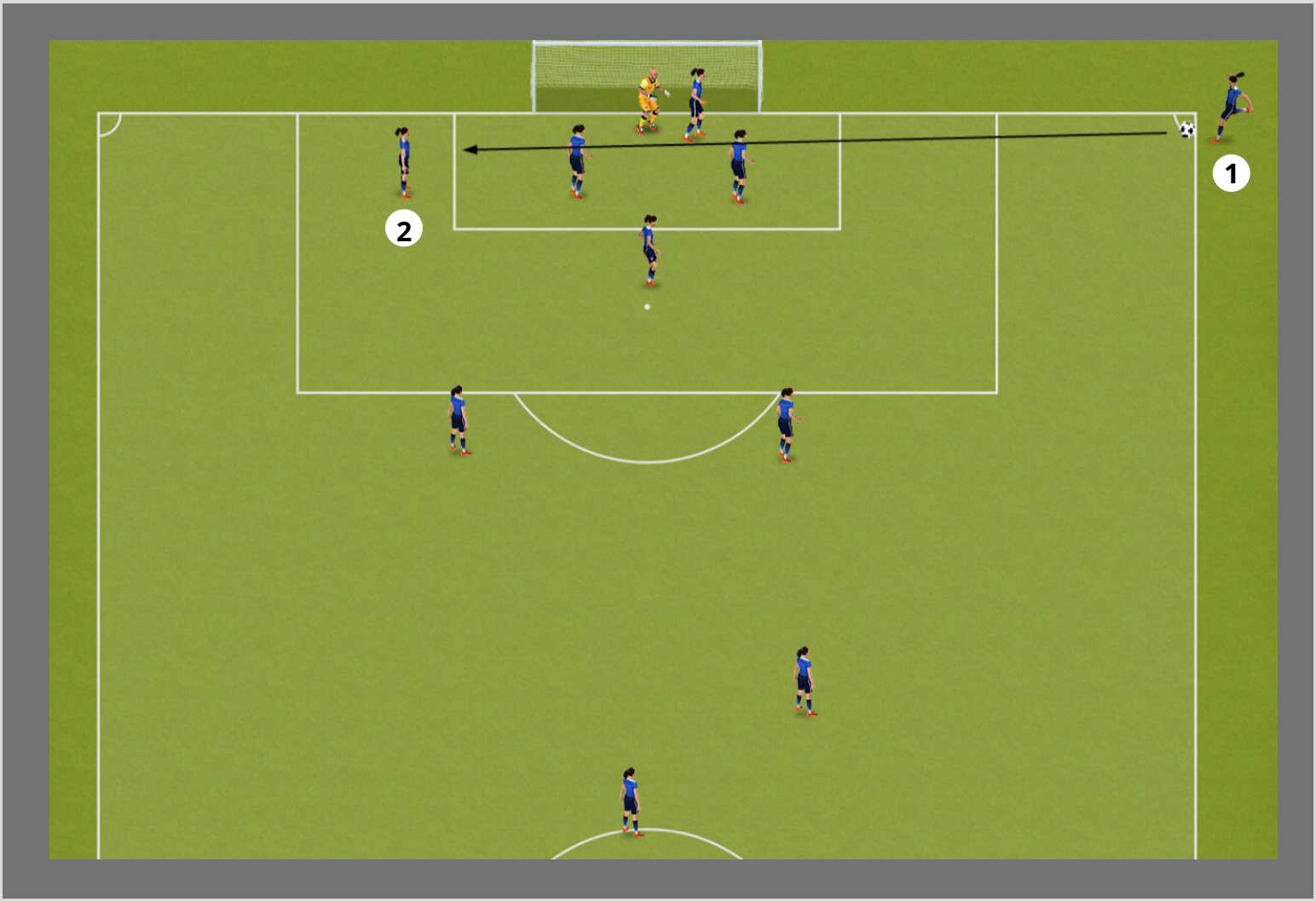


Corner Kicks

ATTACKING
DEFENDING

HERNANDO SOCCER CLUB

ATTACKING: Long Corner



NOTES:

1. Serve ball between back post and back side of the 6 yard box.
2. #2 is the target, put ball on goal or look to play back across goal area.

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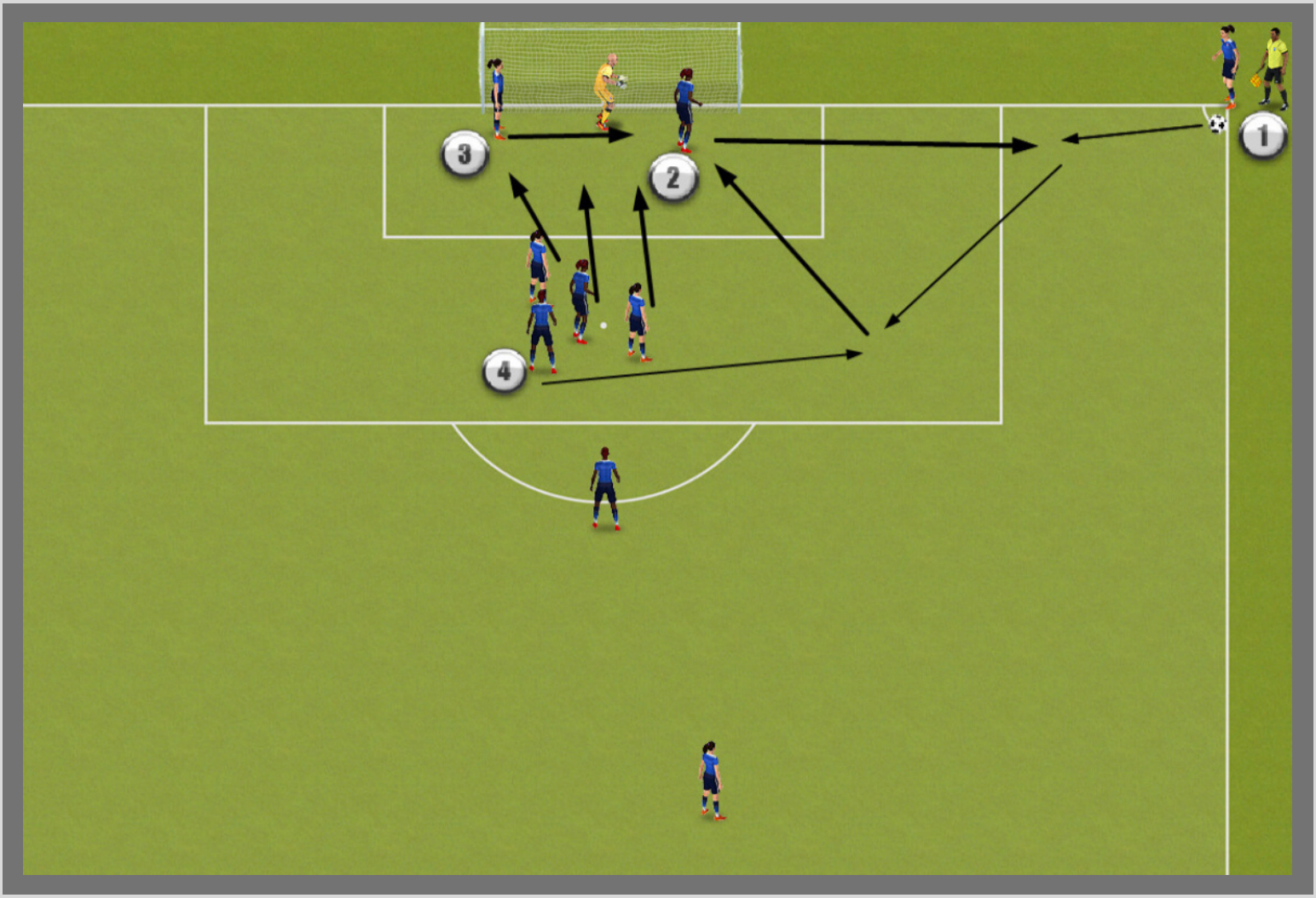
ATTACKING: Short Corner, Check and Shot



NOTES:

1. #2 checks to #1
2. #3 runs in front of GK
3. #4 loops around back and receives pass from #1
4. #4 shoot/cross on goal first time

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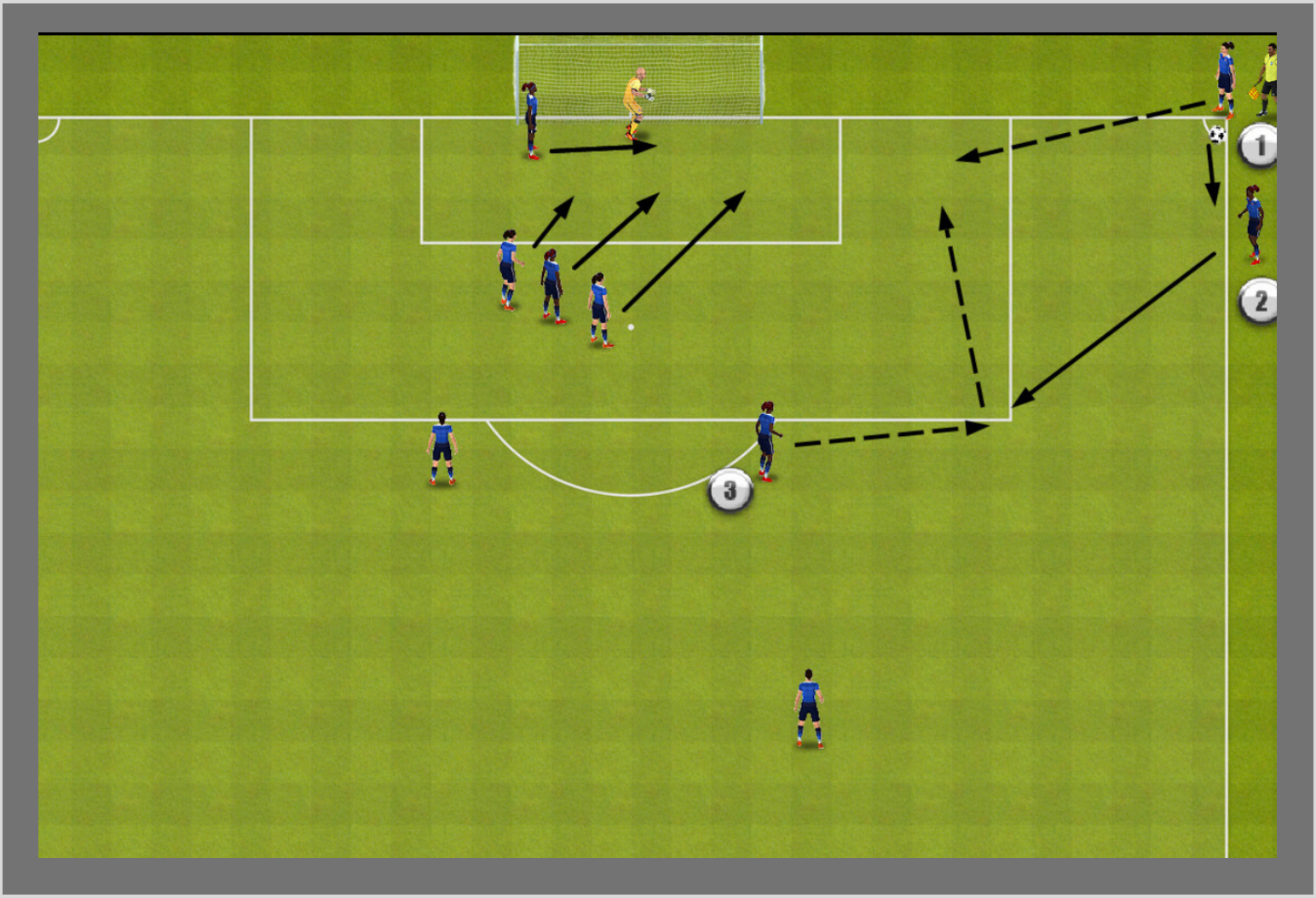
ATTACKING: Short Corner 3rd Man Combo



NOTES:

1. #1 passes to #2 then runs to near post
2. #3 checks to #2 and receives pass
3. #3 passes into #1 or if unable, cross into goal front area
4. #1 receives pass and crosses ball into goal front area
5. All other runners move into goal front area

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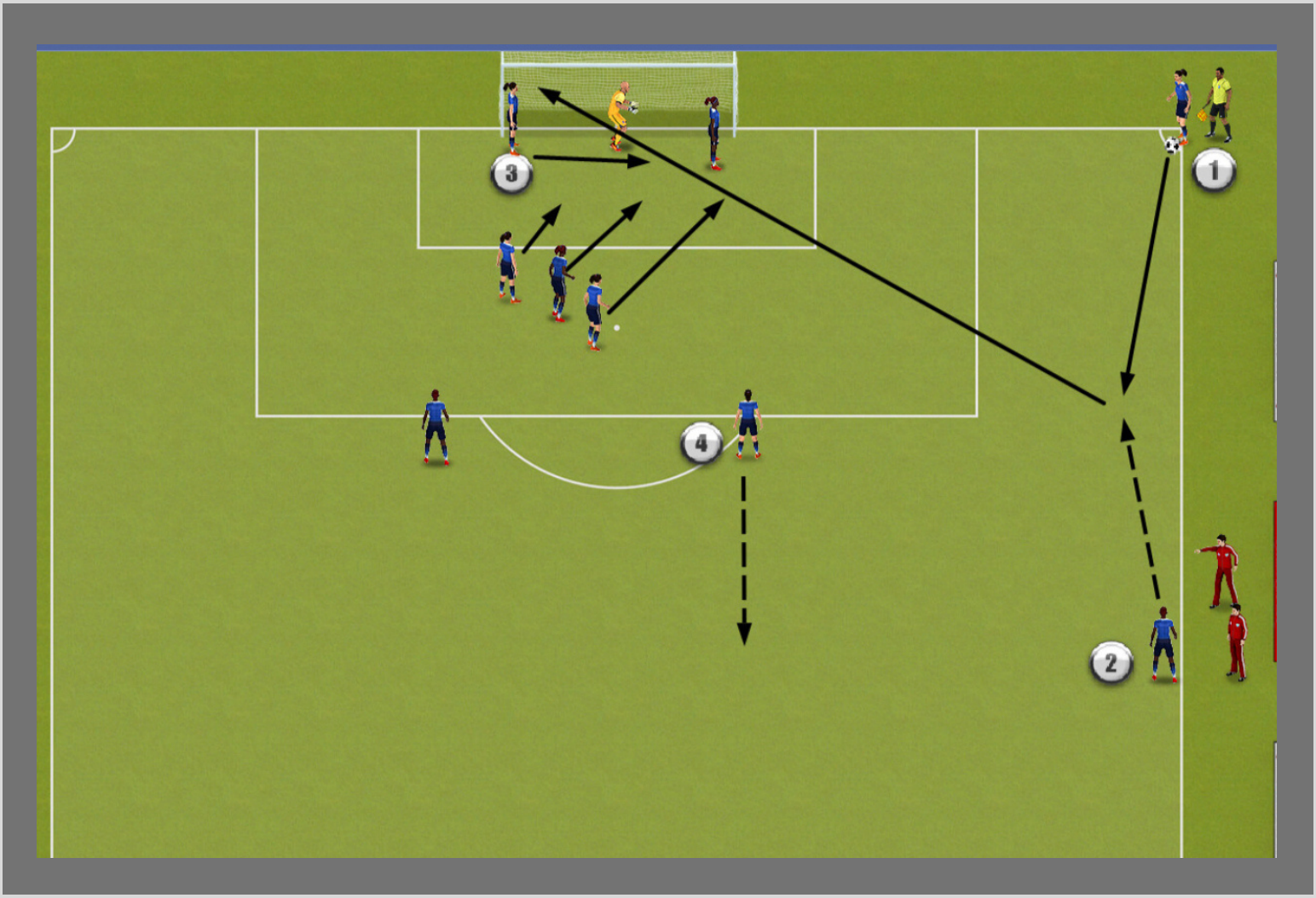
ATTACKING: Short Corner Outside Back



NOTES:

1. #2 outside back discreetly goes over to coaching staff for water and instructions
2. #1 is constantly aware of the probability of #2 running for a short
3. #4 drops back to cover #2 when they run short
4. #1 passes to #2 who then crosses/shoots to far post
5. #3 runs in front of GK

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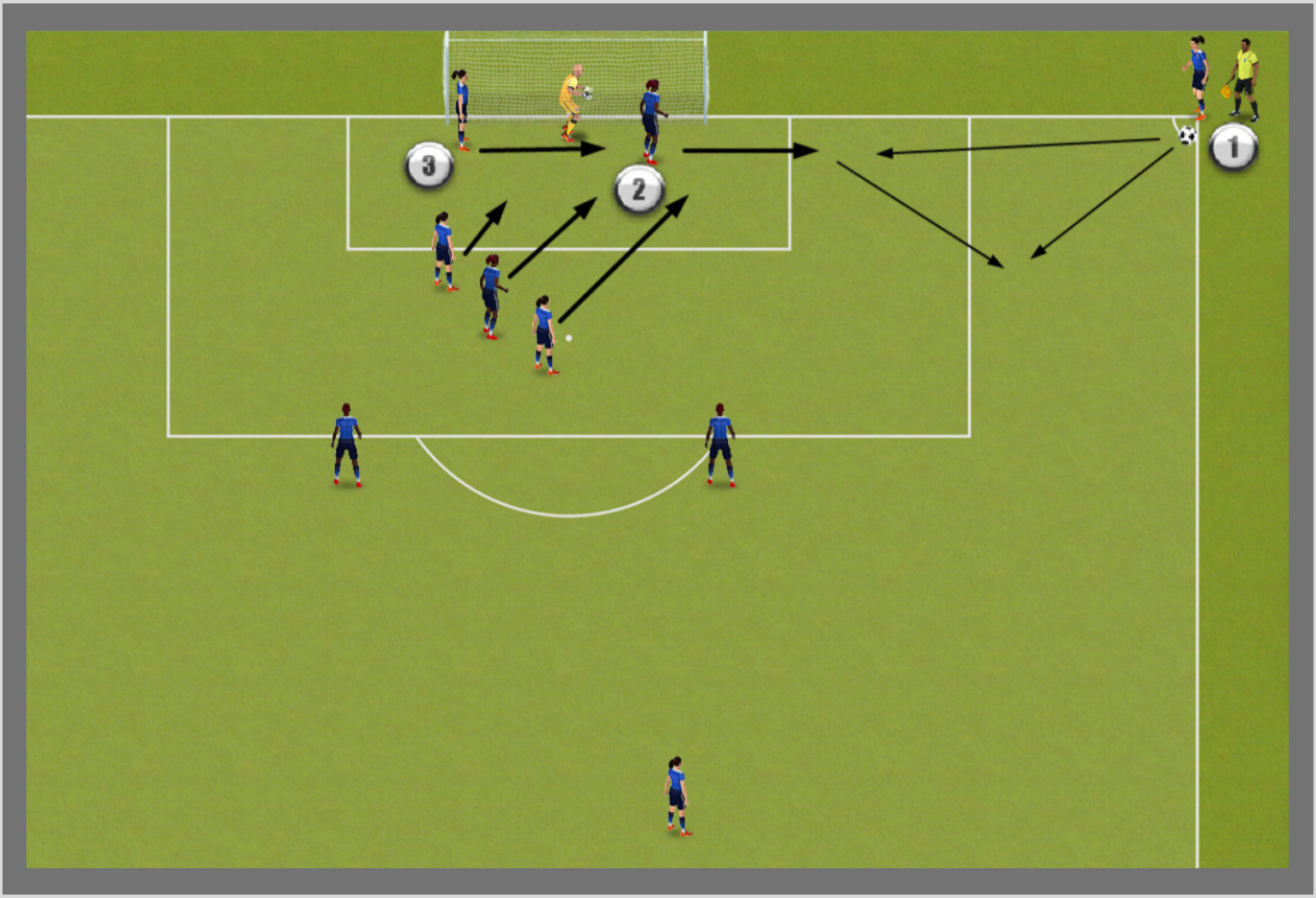
ATTACKING: Short Corner Check One, Two



NOTES:

1. #2 checks out to #1
2. #1 waits for player #2 to reach edge of box then passes
3. #2Makes a decision
   a.) Lay ball back into #1 for a one, two
   b.) Turn with the ball and proceed to shoot of pull the ball back
4. #3 checks in front of GK

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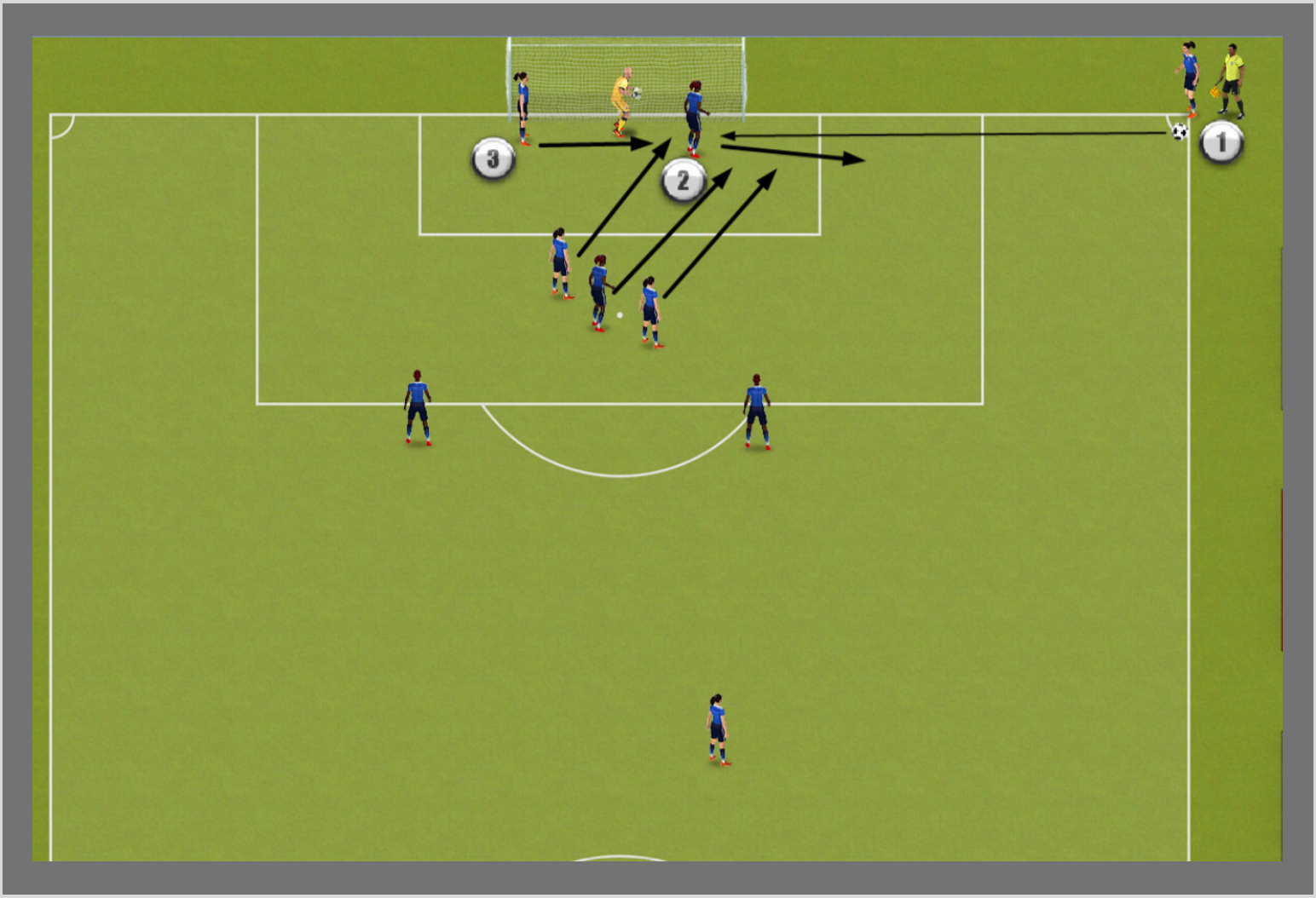
ATTACKING: Long Corner Front Post



NOTES:

1. #2 checks out and brings defender off front post
2. #3 gets in front of GK
3. #1 serves ball to front post
4. All runners attack front area

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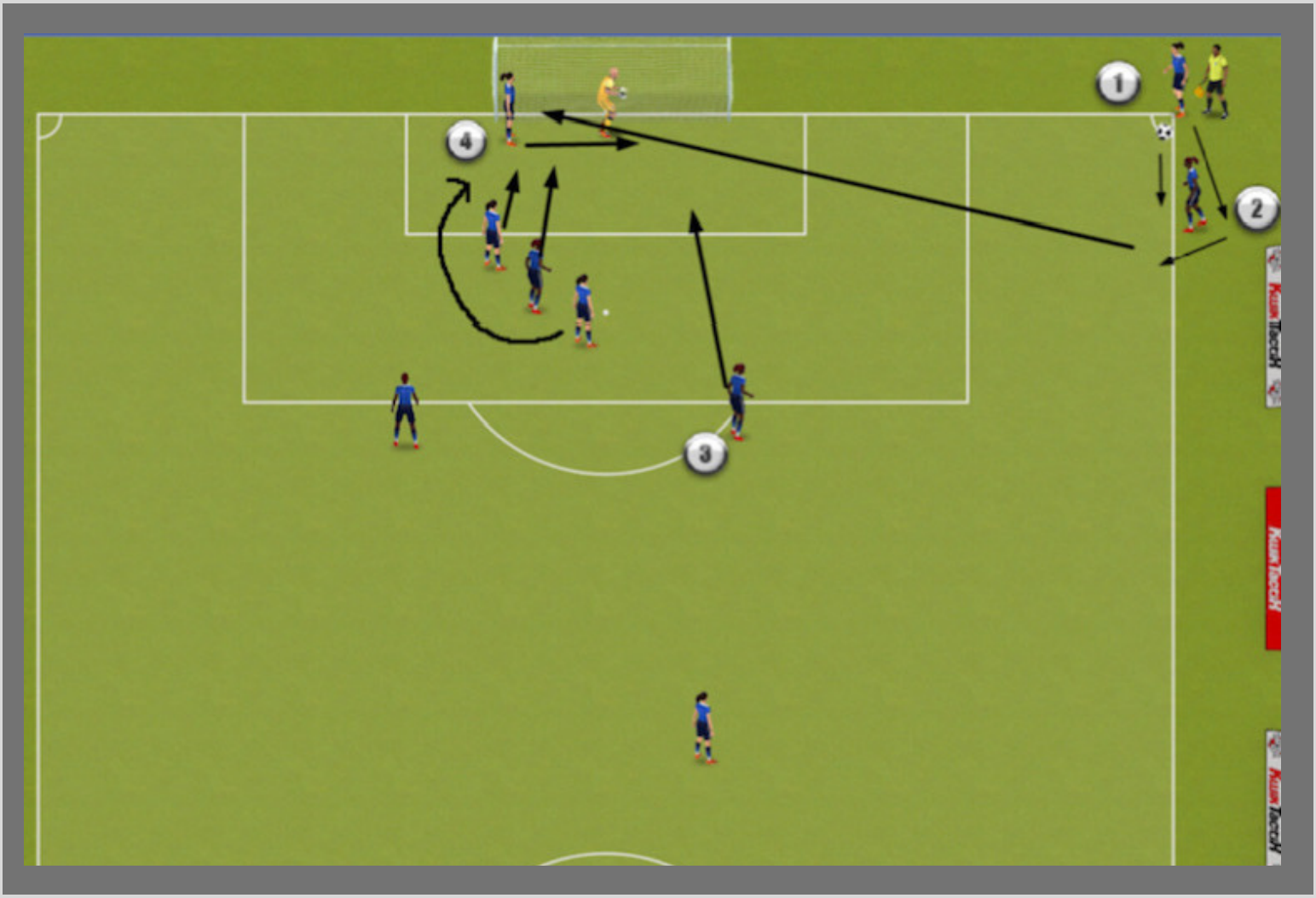
ATTACKING: Short Corner Overlap



NOTES:

1. #1 passes to #2 then overlaps
2. #3 runs to near post
3. #4 runs in front of GK
4. #1 crosses ball into FAR post

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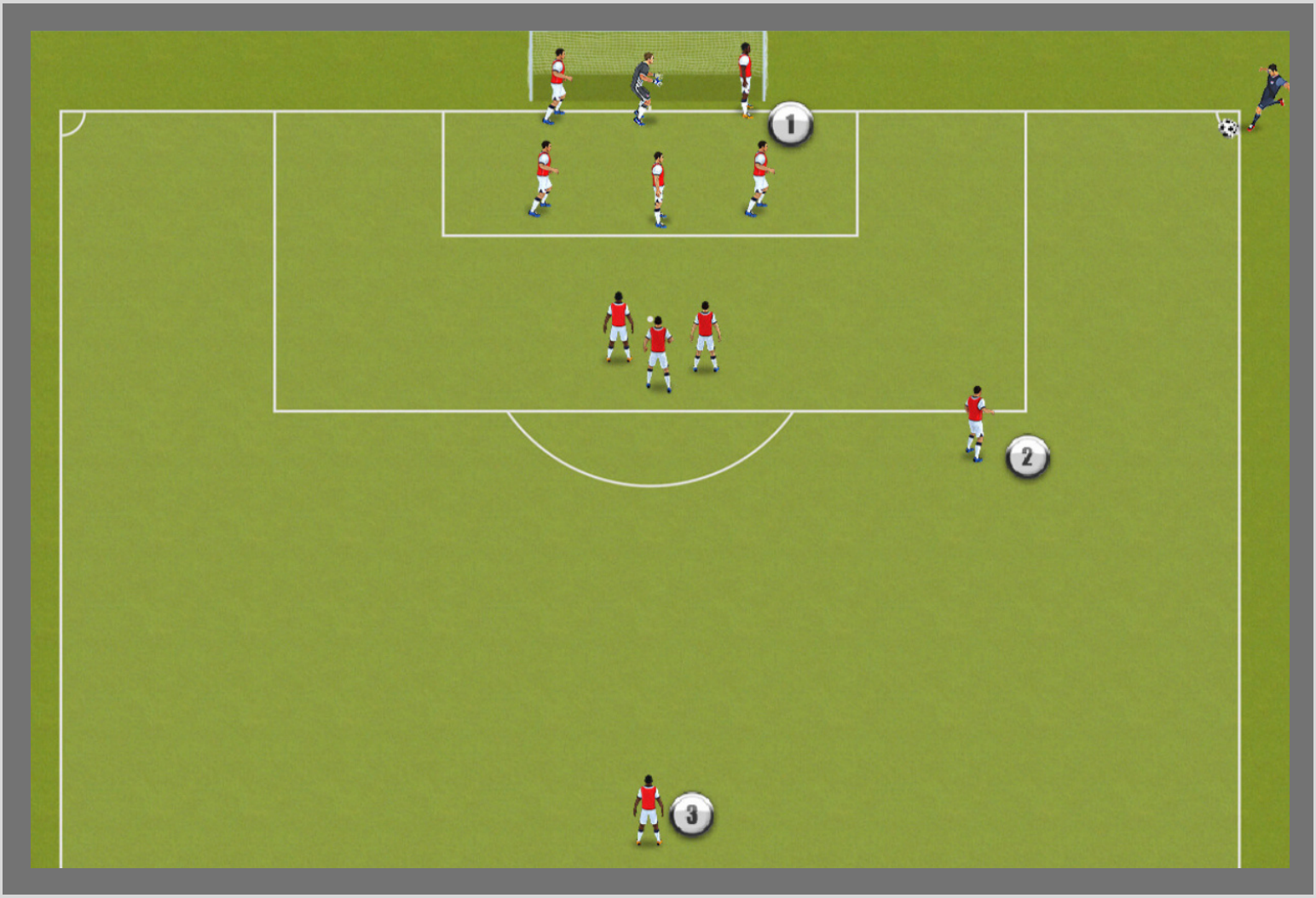
DEFENDING: Defensive Set Up



NOTES:

1. Set Up: 2 on each post, 3 in a zone, 1 short prevention, 1 high to reduce numbers, remaining players man to man.
2. In the event they attempt a short corner, #1 and #2 go (get as close as possible) Back post player moves to front post.
3. If they are not going to go short, #2 come back and man mark.
4. In the event they do shorts and are strong in the air, we will bring #3 back to man mark.

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RESTART PACKET



Goal Kicks/Punts

ATTACKING
DEFENDING

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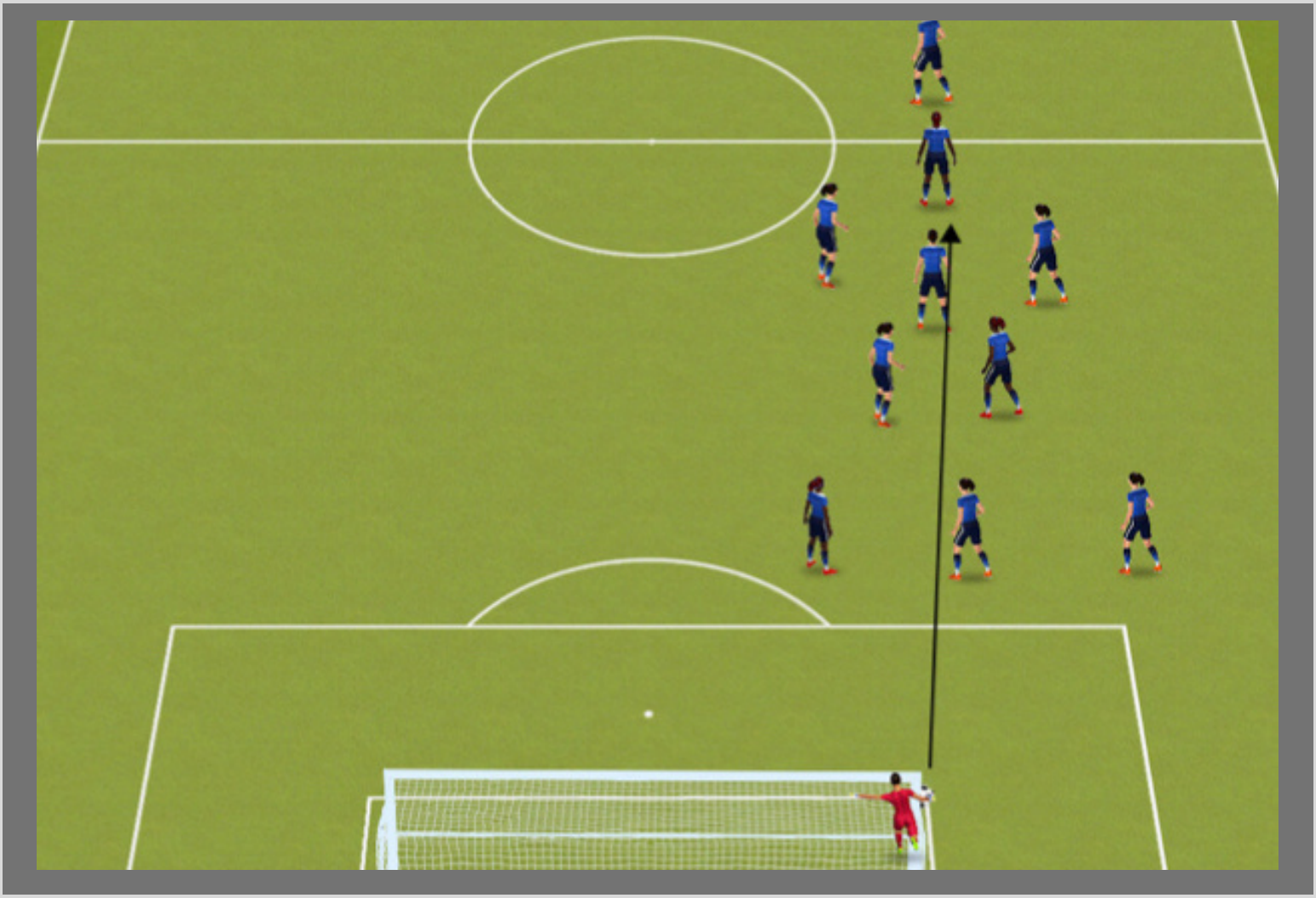
ATTACKING: Goal Kick or Punt Set Up



NOTES:

1. Shift to strong side and over load area in a 3-2-3-1-1
2. 90-100 Rule... We win 90% of first balls (100% of second balls)

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DEFENDING: Goal Kick or Punt Set Up



NOTES:

1. Shift to strong side and over load area in a 3-4-2-1
2. 90-100 Rule... We win 90% of first balls (100% of second balls)

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RESTART PACKET



Free Kicks

ATTACKING
DEFENDING

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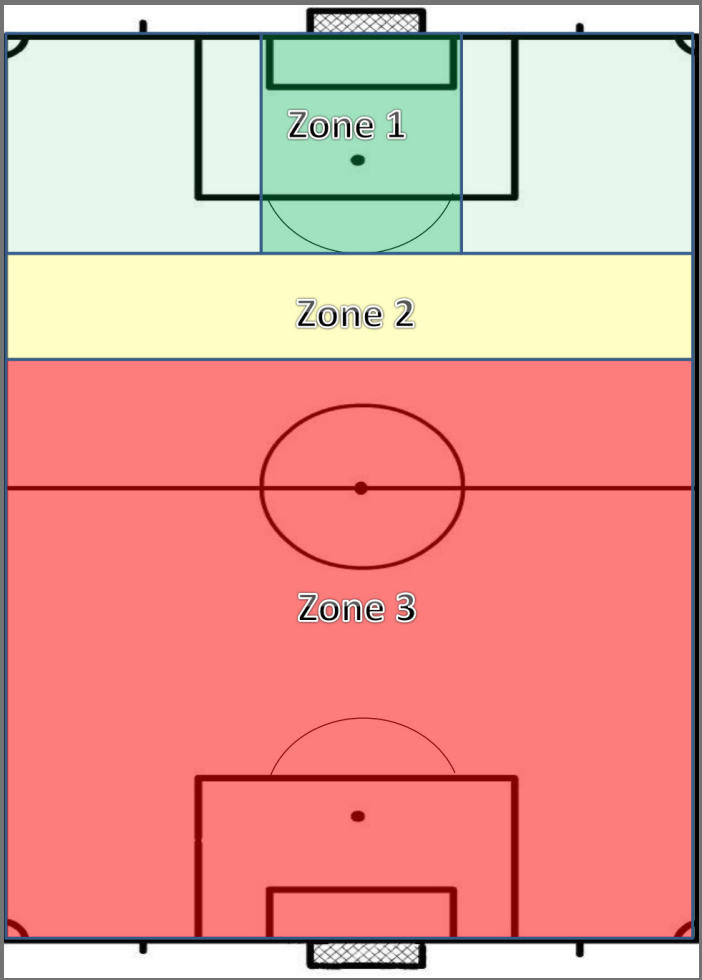

RESTARTS

40% OF GOALS SCORED IN A GAME ARE FROM RESTARTS

ALWAYS 3 FREE KICK TAKERS

REMEMBER THE 3 D's

DECOY-draw attention

DIRECTION (RE-DIRECTION)pass the ball

DELIVER-shoot the ball

NON TAKERS-need to know where you are running in and also where you are positioning.

NOTES:

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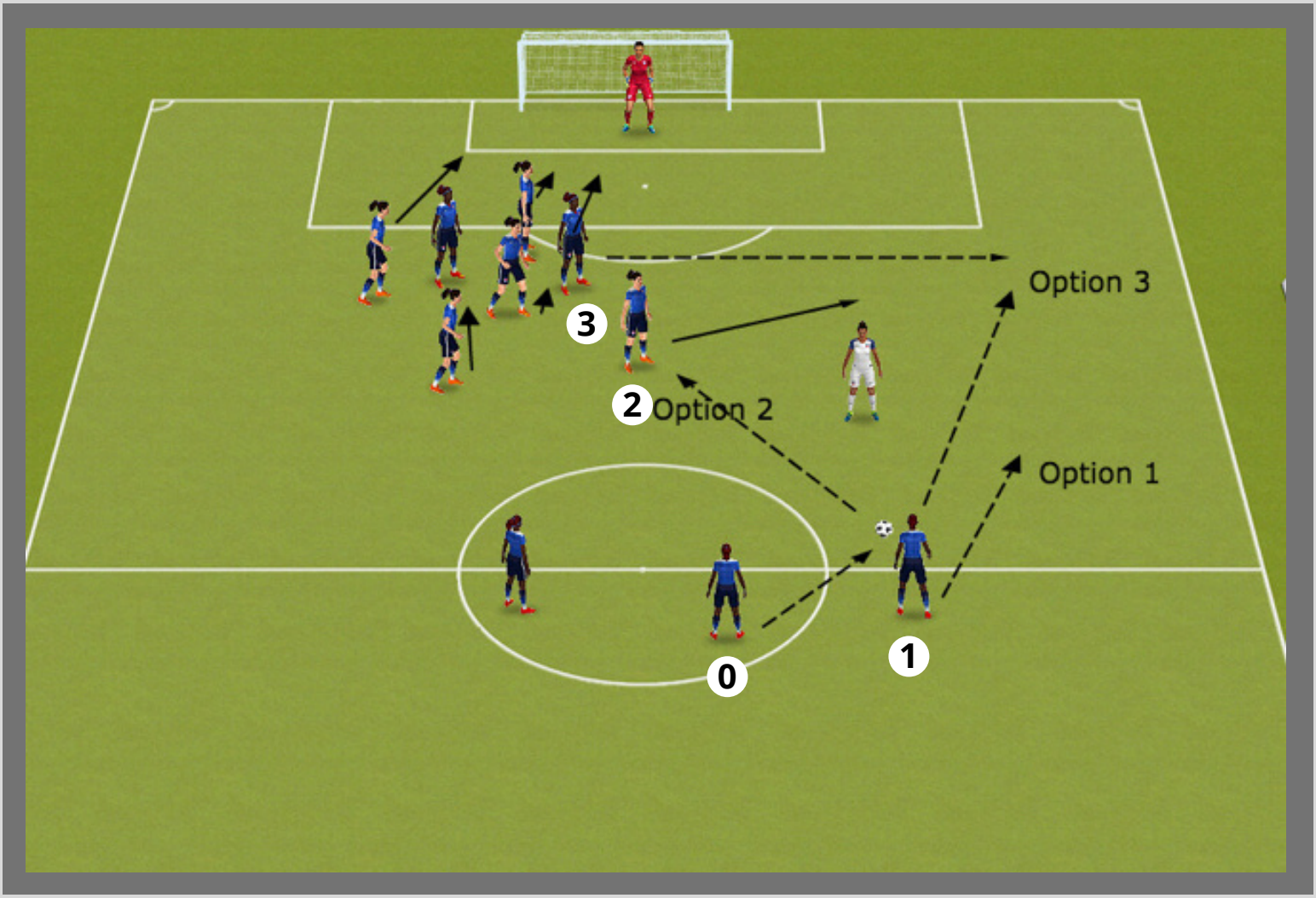
ATTACKING: Throw In Zone 2 & 3 Set Up



NOTES:

1. #0 is on the ball and has 3 options:

   Option 1.) Play ball into wide area for #1
   Option 2.) Play ball into #2 and #1 looks to receive it from #2
   Option 3.) #3 drags run across and we play into an higher wide area

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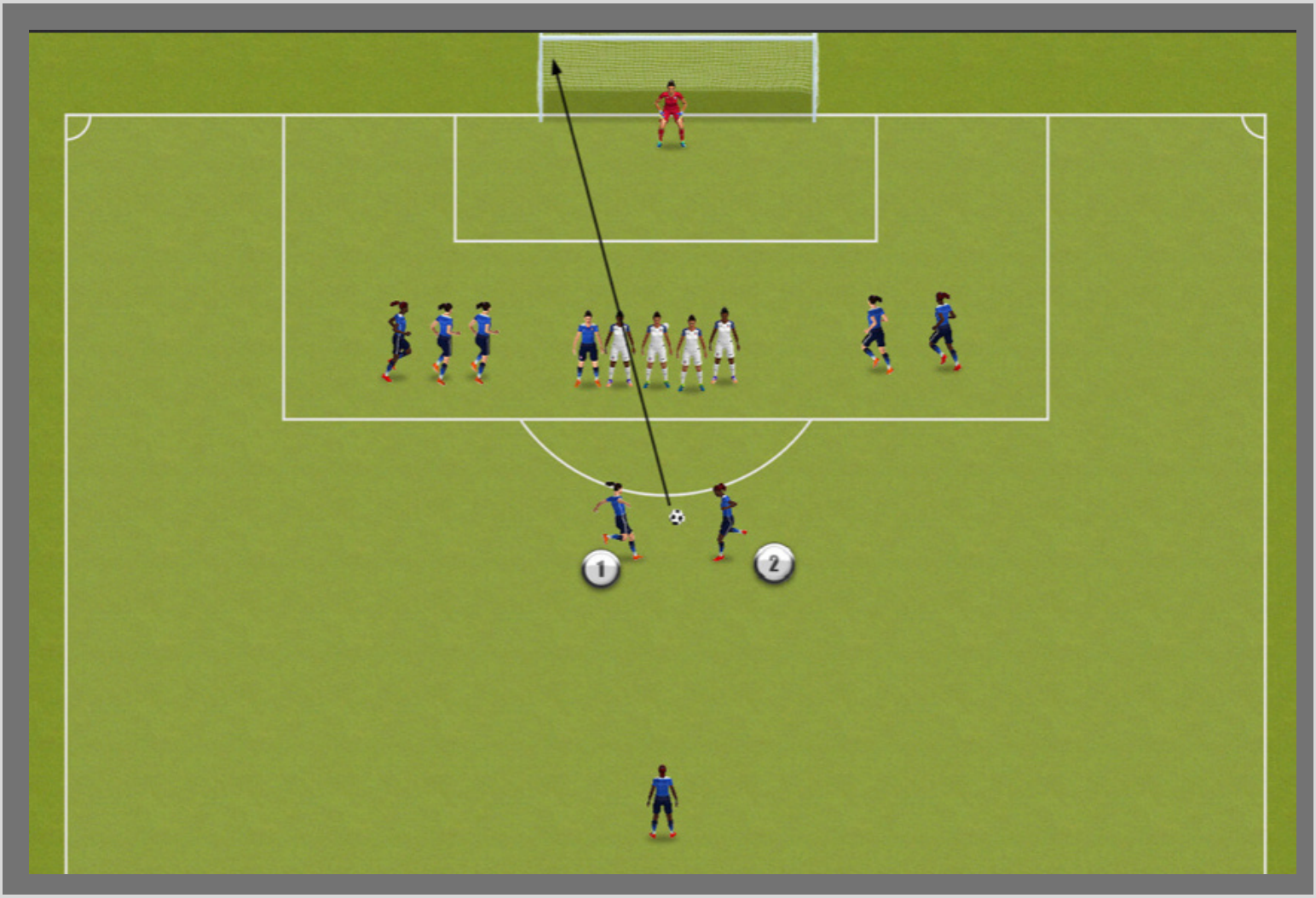
ATTACKING: Free Kick 1



NOTES:

1. **Direct**
   a.) #1 shoots on L side (right foot)
   b.) #2 shoots on R side (left foot)

2. **Indirect**
   a.) #2 slight touch and #1 shoots on L side (right foot)
   b.) #1 slight touch and #2 shoots on R side (left foot)

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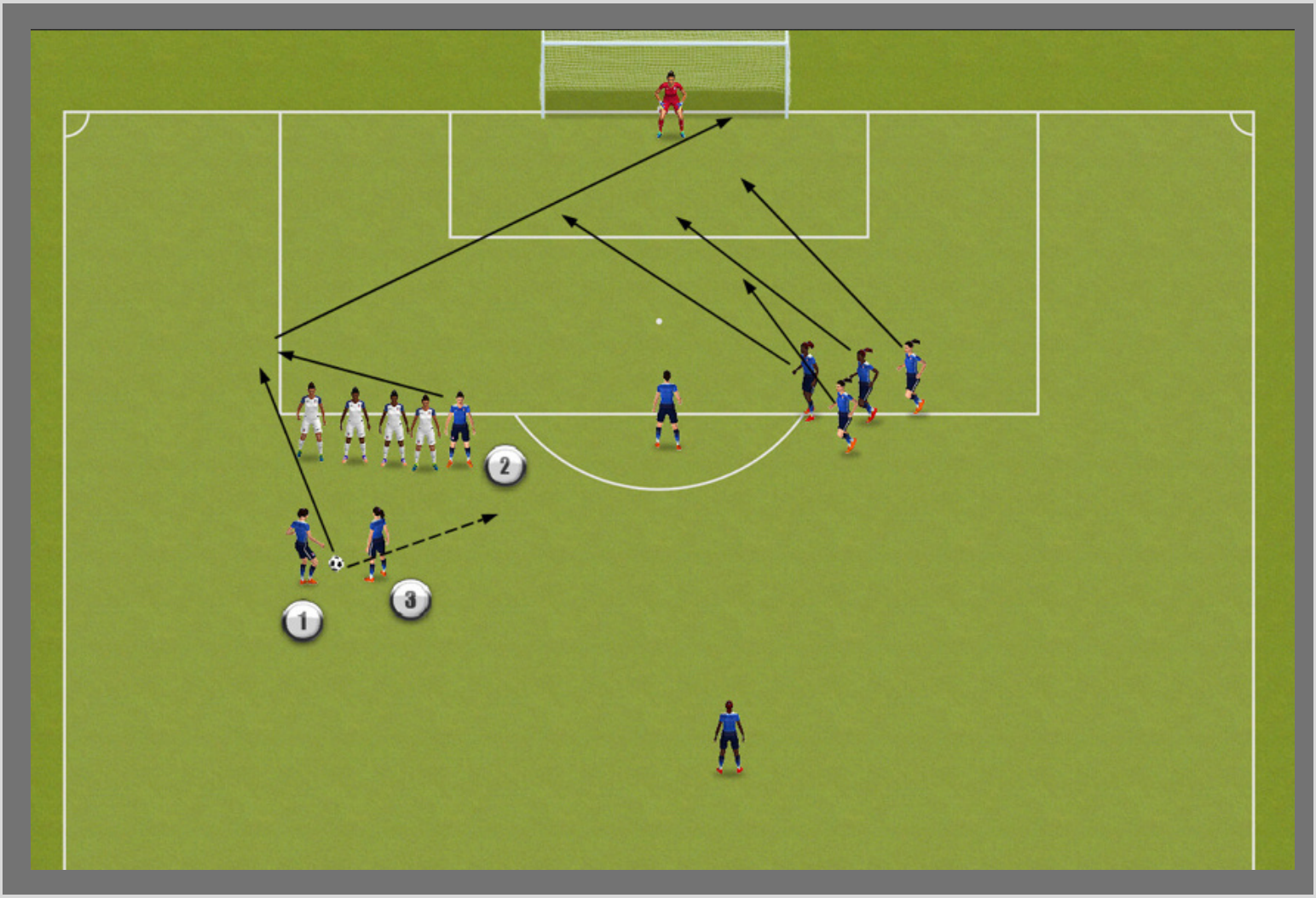
ATTACKING: Free Kick 2



NOTES:

1. #1 Runs over ball at the same time #2 runs in behind wall
2. #3 passes ball into wide area to #2
3. Remaining runners move into goal front area
4. #2 crosses ball into goal front area

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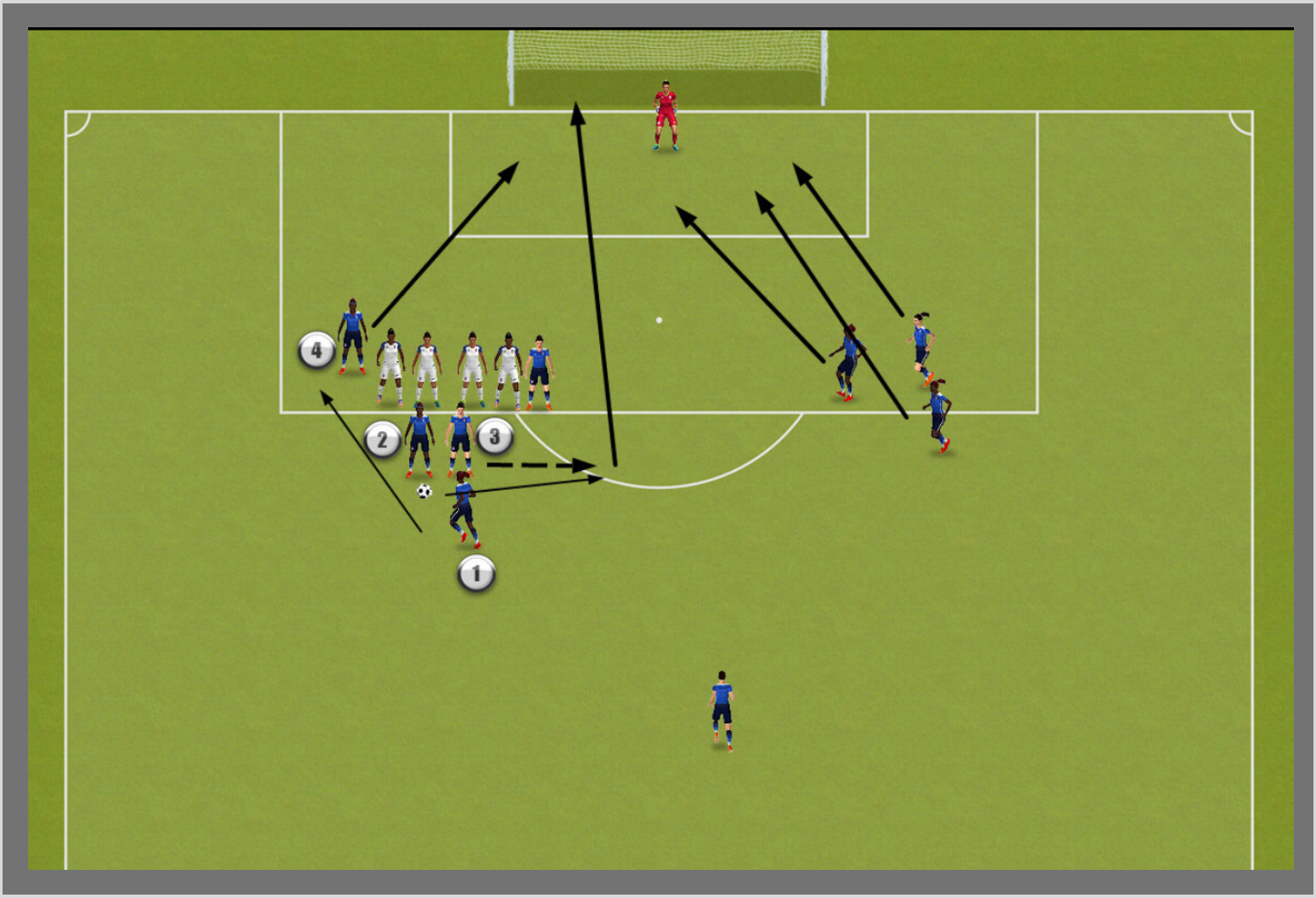
ATTACKING: Free Kick 3



NOTES:

1. #1 runs to left over ball
2. #2 passes ball to right and #3 spins left and quickly strikes ball
3. # 4 a remaining runners move to goal front area

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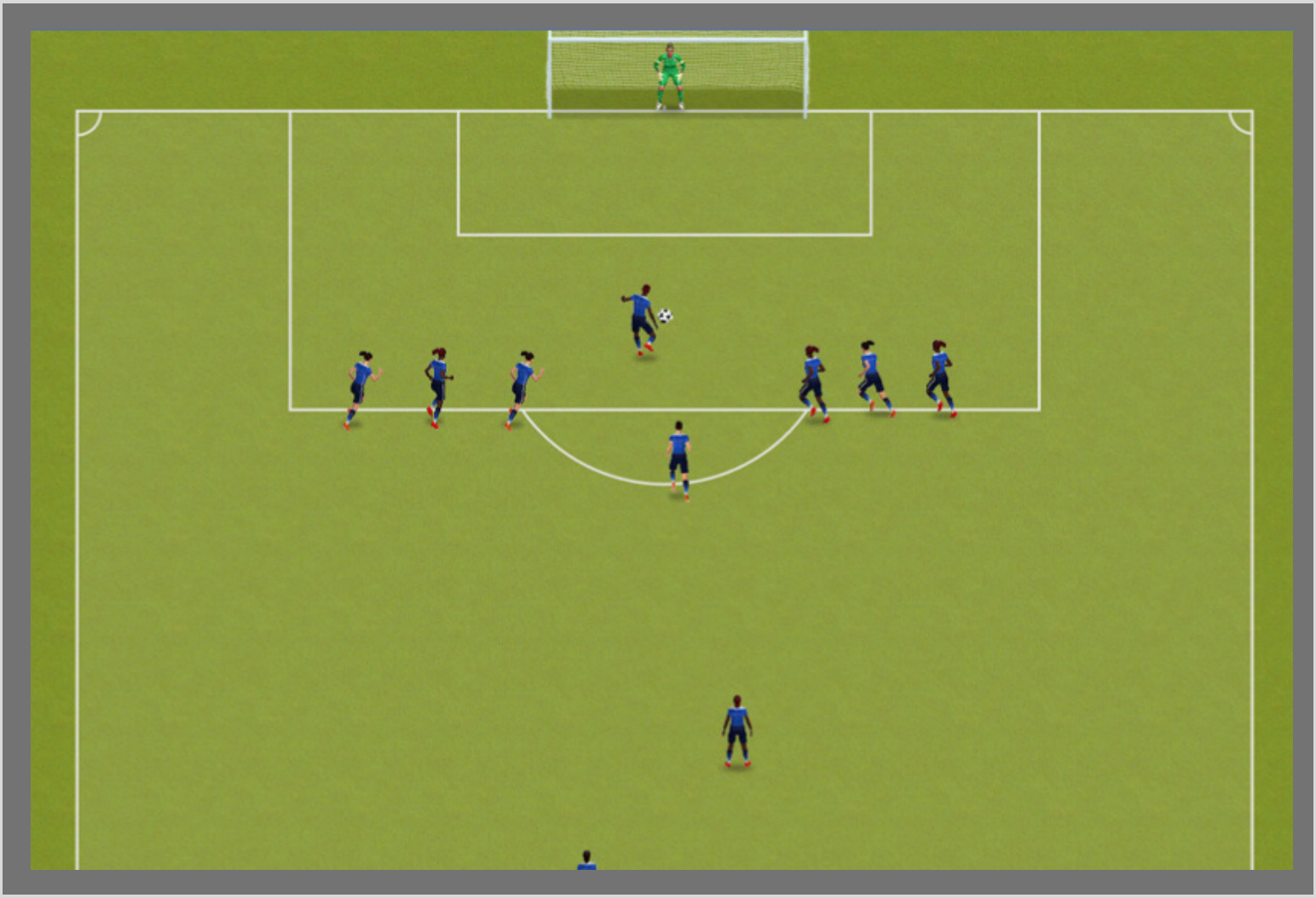
ATTACKING: PK



NOTES:

1. X3 players on reach side of the D as close to ball as possible
2. X1 player on top of D

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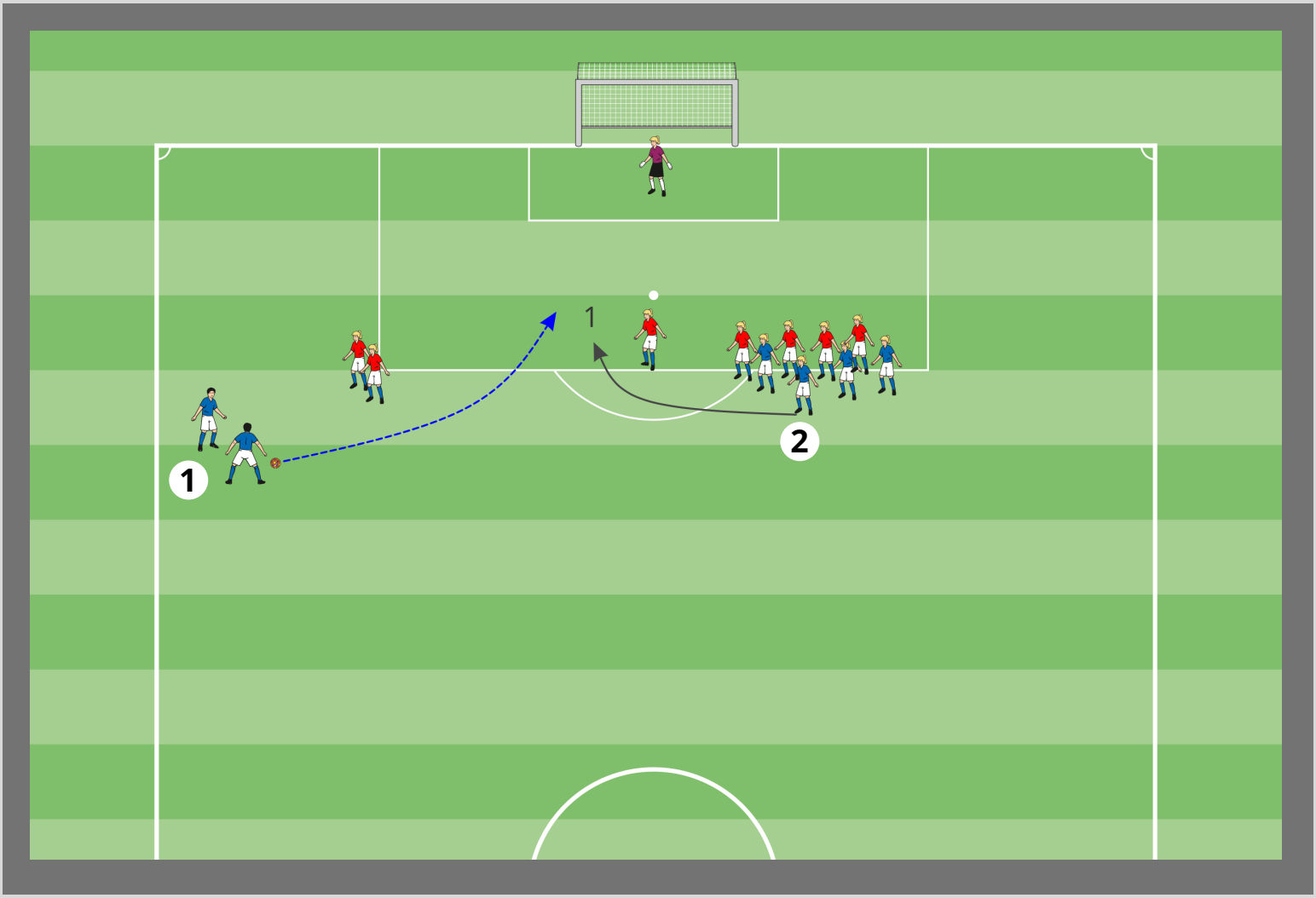
ATTACKING: Zone 1 Wide (1)



NOTES:

1. #2 bends run in gap between wall and marking defenders
2. #1 passes a bent ball into gap on the ground to #2

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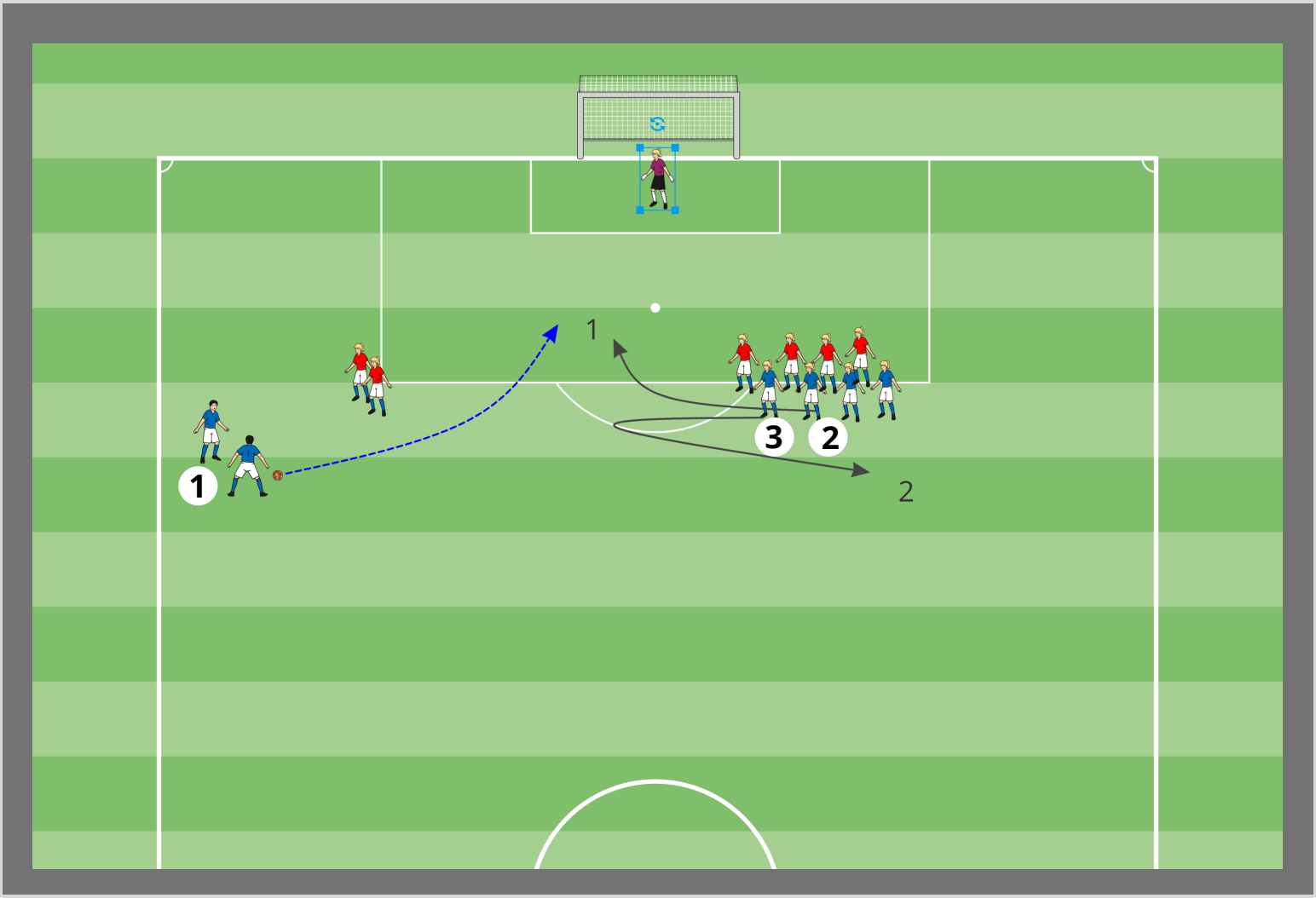
ATTACKING: Zone 1 Wide (2)



NOTES:

1. #2 bends run in gap between wall and marking defenders
2. #3 starts running forward, then reverses to bend run behind the wave of runners.
3. #1 passes a bent ball into gap on the ground to #2

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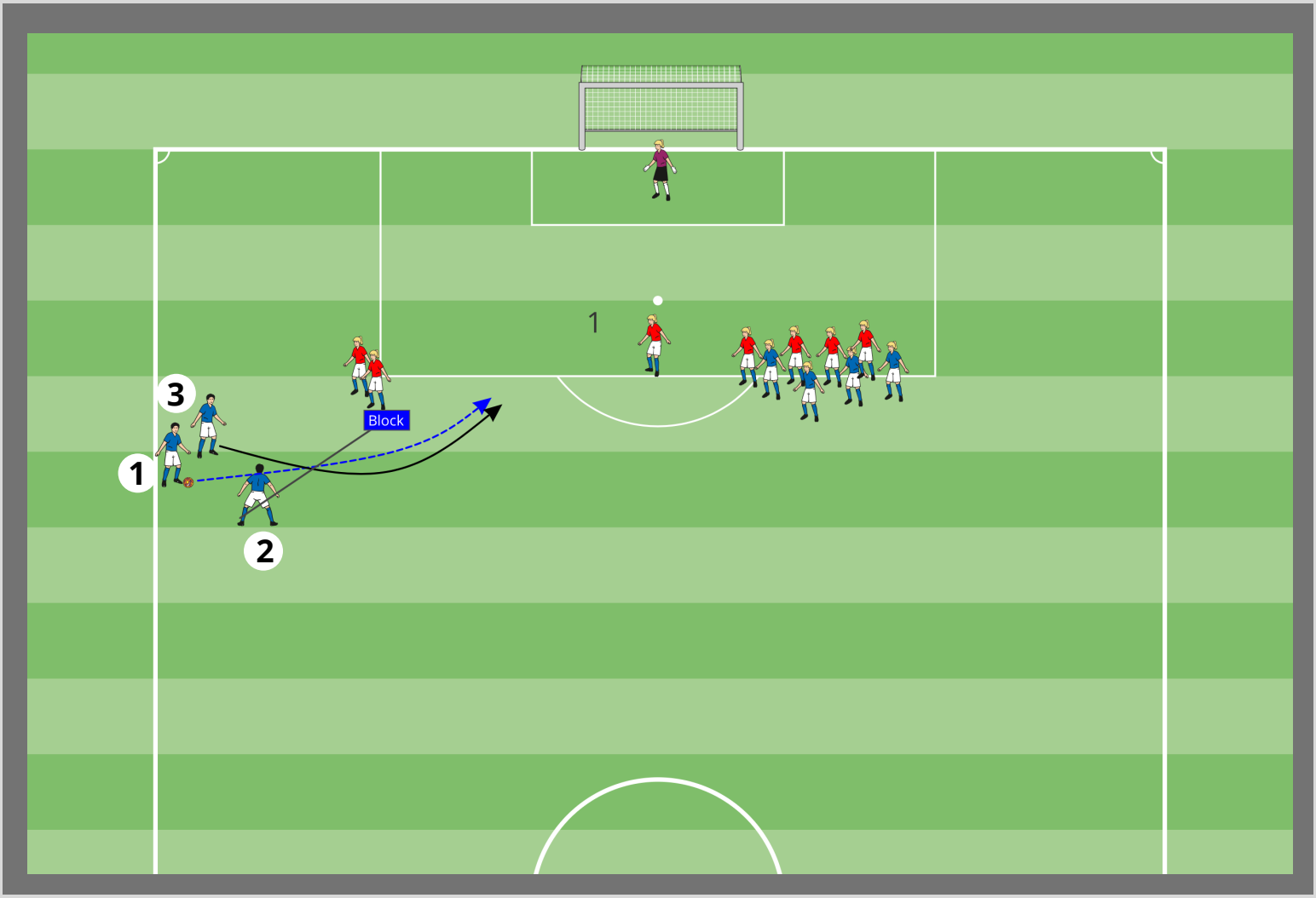
ATTACKING: Zone 1 Wide (3)



NOTES:

1. #2 Runs slightly before #3 and runs to edge of the ball to block the wall.
2. #3 bends run around the wall
3. #1 Plays a quick ball into the #3's running path

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RESTART PACKET



Throw In's

ATTACKING
DEFENDING

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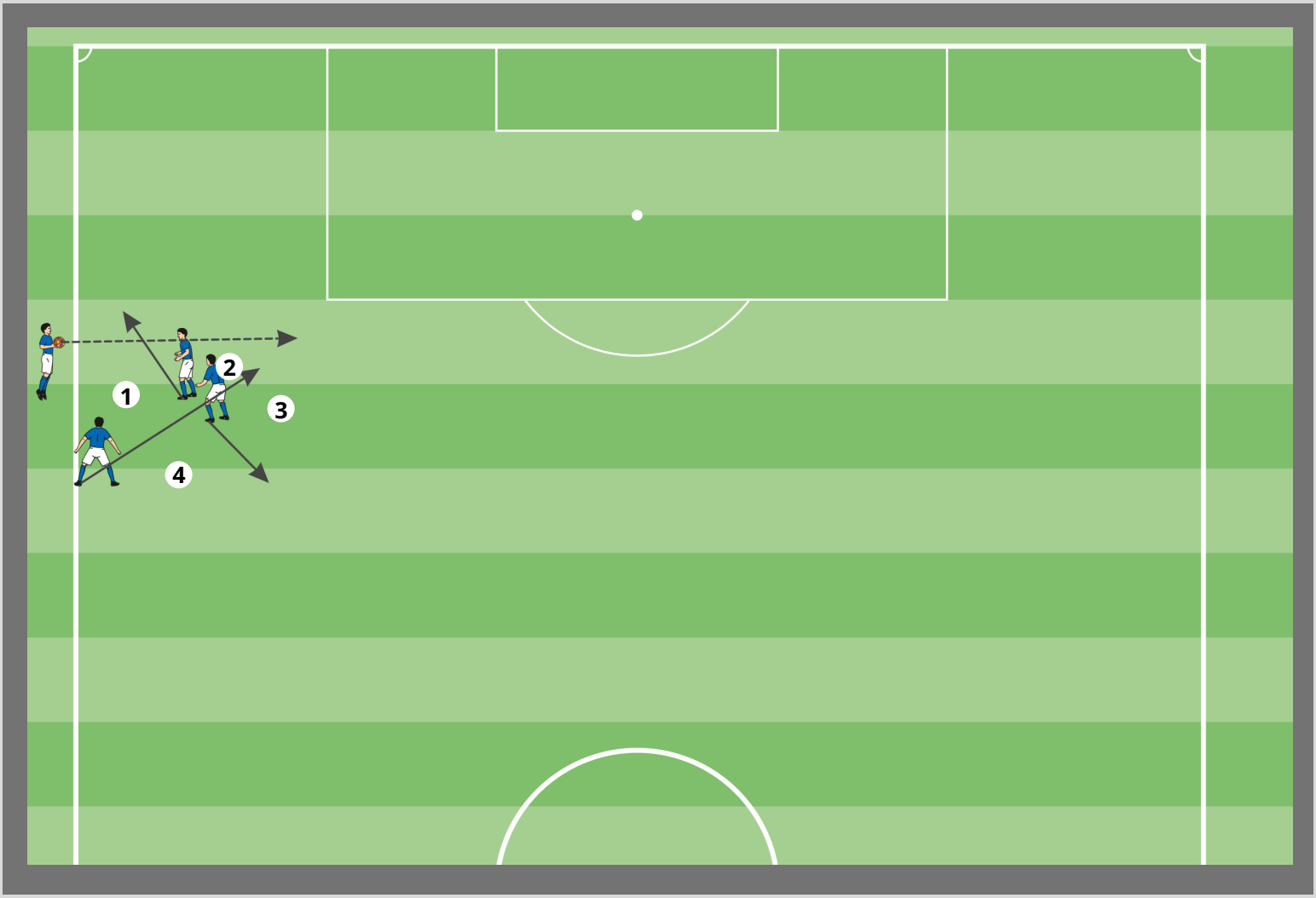
ATTACKING: Throw In Zone 1 Set Up



NOTES:

1. #2 and #3 stand very close to each other (1 yard apart)
2. #2 sprint to corner and #3 pull run away
3. #4 sprints throgh gap and use players #2 and #3 to creat space
4. #1 throw ball over head of #4 and lead into space

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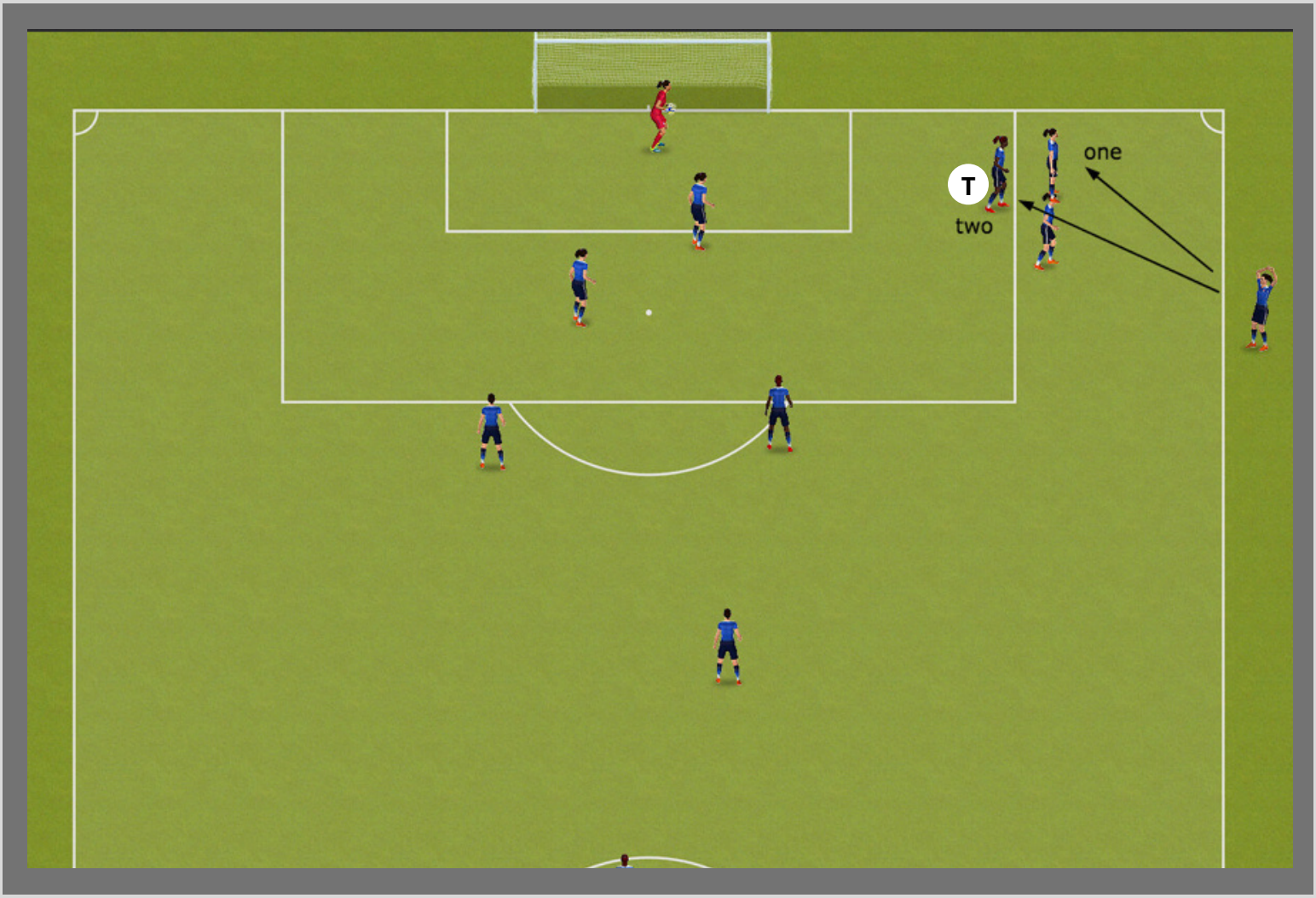
ATTACKING: Throw In Zone 1 Set Up



NOTES:

1. Thrower has two options

    a.) Throw between two attacking players to target
    b.) Throw goal side of the two attacking players to target

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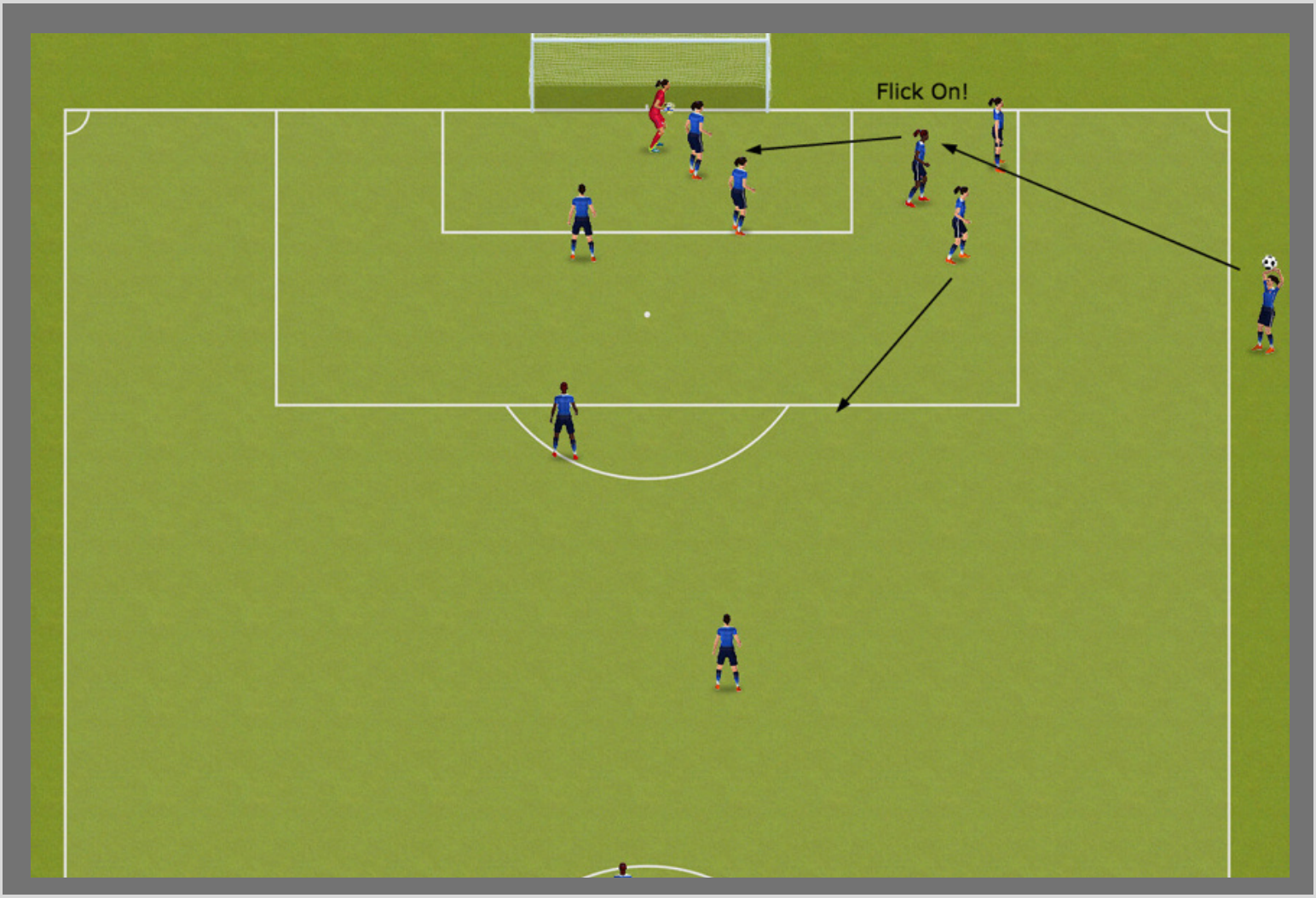
ATTACKING: Throw In Zone 1 Set Up



NOTES:

1. Thrower plays into targets head and target flick ball into goal front area
2. X3 players will sit in front of goal front area
3. Two players at the top of the 18

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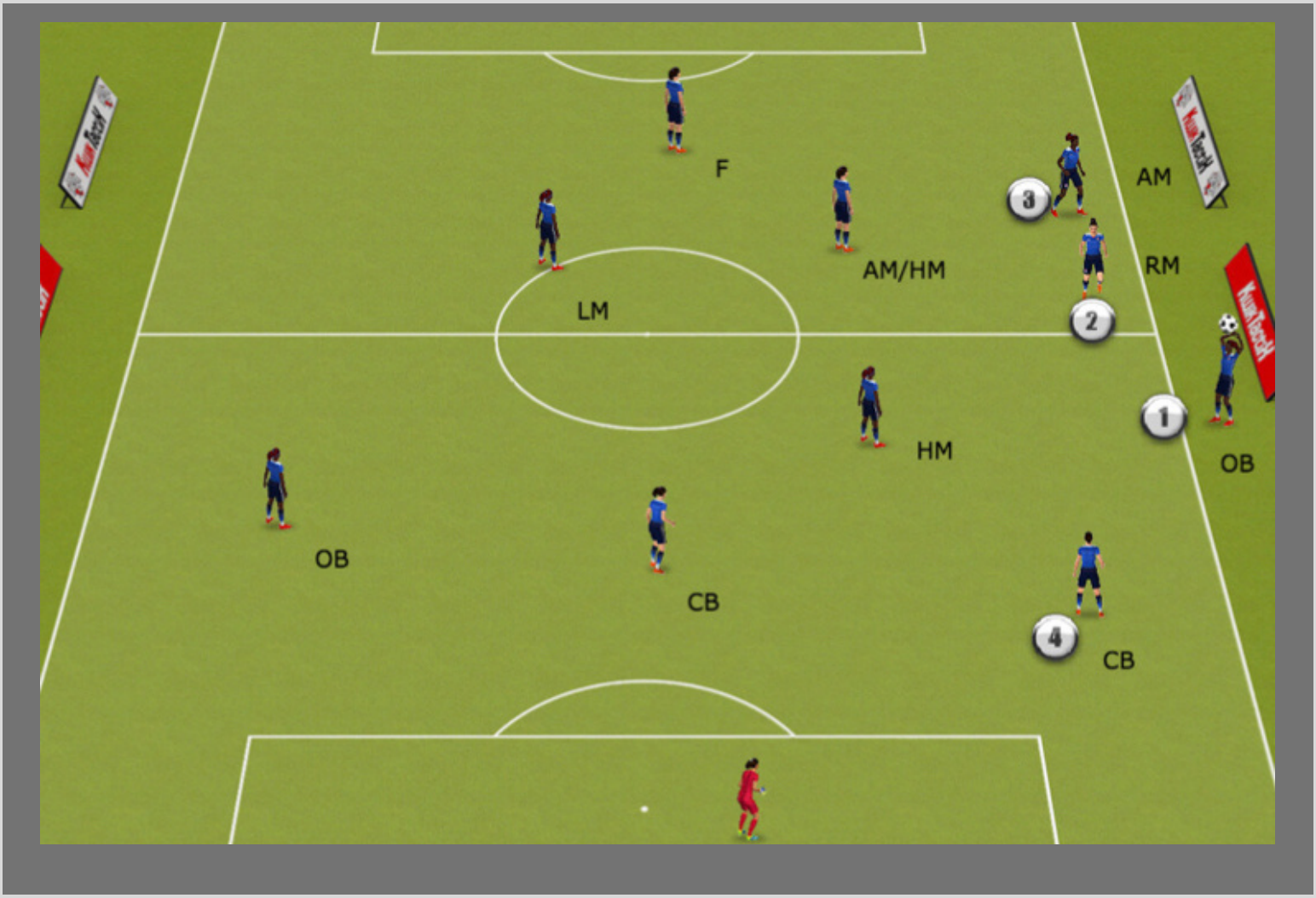
ATTACKING: Throw In Zone 2 & 3 Set Up



NOTES:

1. Outside Back takes throw
2. CB will always give a deep option
3. Thrower can throw ball into #2 feet who plays it back into thrower
4. Thrower can throw over #2 and drop ball into #3. #2 immediately turns and supports #3

*** The deeper the throw the more we throw up the line for safety ***

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RESTART PACKET



Kick Off's

ATTACKING
DEFENDING

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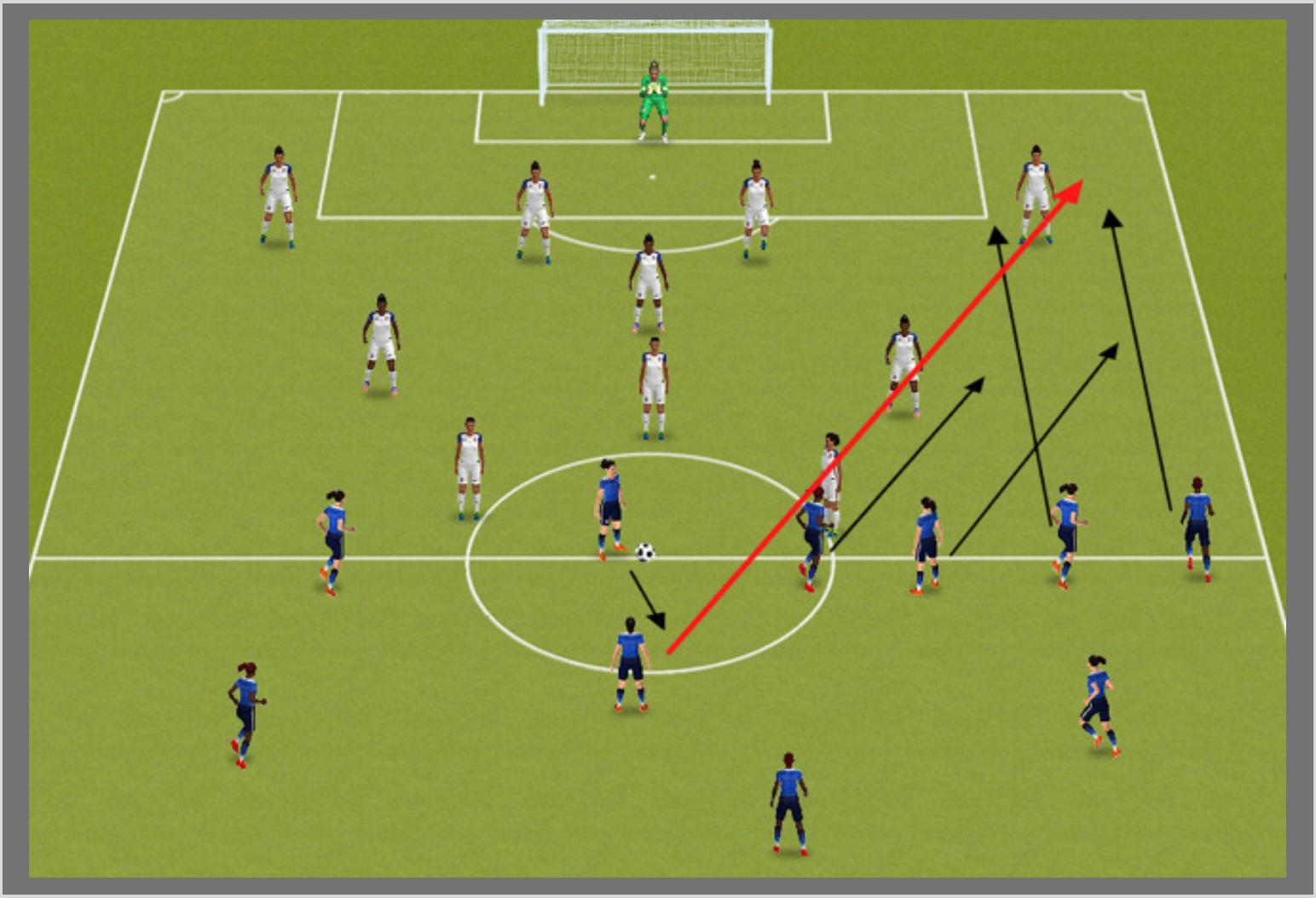
ATTACKING: Kick Off Dump and Chase



NOTES:

1. Kick off to bottom of center circle and then served into far corner of the field
2. Apply pressure quickly and look to disrupt build up

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ATTACKING: Kick Off



NOTES:

1. Play short then two near and two far diagonal runs to break 1 or 2 lines early
2. Two central player then quickly join the attack


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