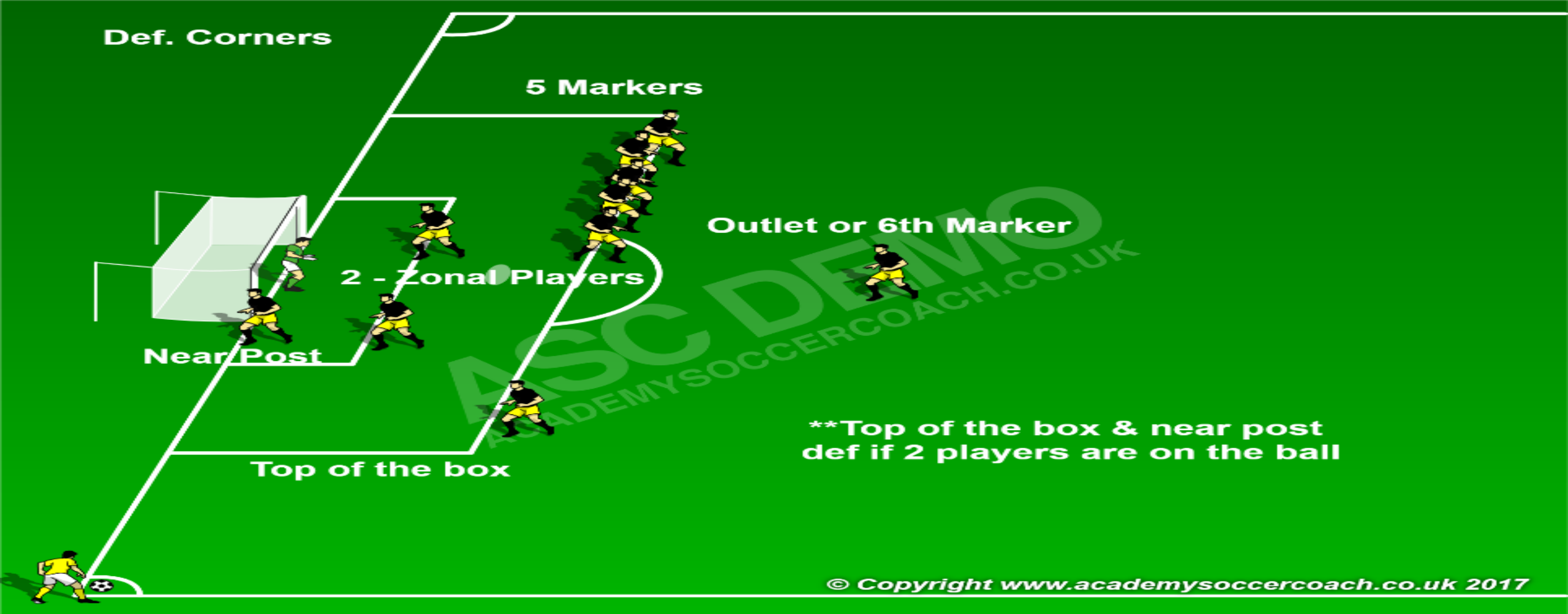




App State Men's Soccer

Restarts

A Critical Part of the Game



Defending Corners - We will spend hours on different looks and roles if situations or personnel changes.

GK - Responsible to know all assignments and own his near post to back corner of the 6 yd box

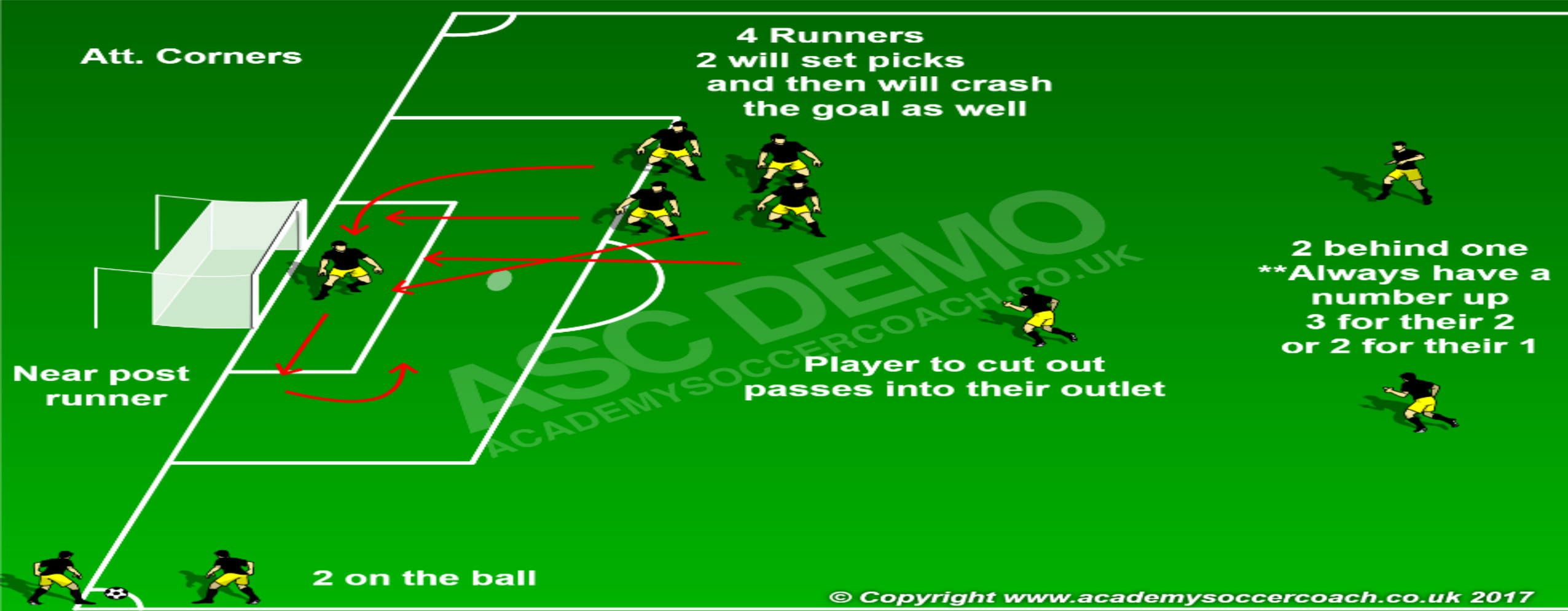
5 Markers are to keep their man off the GK and not let them get across them

2 Zonal Players - are to go and attack the ball in flight, next responsibility is to close the ball down. We will sacrifice the back zone if one needs to leave to close the ball the the back zone will shift to the near zone.

Outlet player will shadow the ball side and look to be our outlet in transition by holding it up or taking on a player

Top of the box cuts out any balls played short or looking for a shot at the top of the box.

Near post protects the GK's near and can also join the top of the box player if they have two on the ball.



Att. Corners - We will rehearse for hours different options and looks depending on what the Def. team gives us and look to exploit that option.

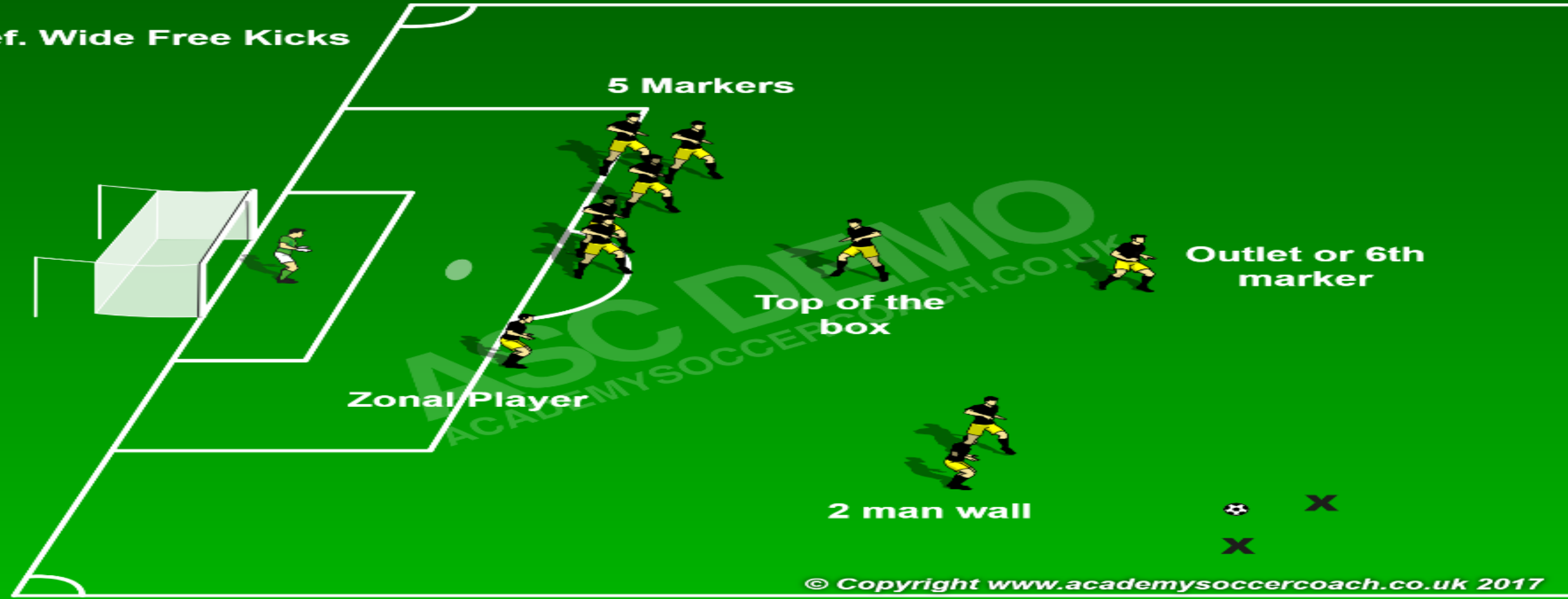
2 players on the ball - Give a signal based on what they see. Can serve, touch and serve, play short and look to create a 2v1,

Near Post Runner - starts on the GK, can link up with the 2 on the ball, can look for a shot/redirect off service or will clear the near post space for someone else.

4 Runners - Try to create space for one another, set picks and crash, recycle on different looks for delayed service. Final runs are near, far and 2 mid goal.

Back 3 or 2 depending on the opp set will look to be options to maintain possession, join the play late, stop outlets by opp. or destroy a possible counter attack.

Def. Wide Free Kicks



Def. Wide Free Kicks - Will rehearse for many hours to deal with many different looks/set up's we may face.

Zonal Player - Sets the line, Drops and will be the 1st to go and win the service directly unless the GK calls him off. Organizes everyone on the field.

2 man wall - if only one on the ball will only have 1 man wall. If two on the ball we will have two in case one becomes a runner the wall will split and go with the runner.

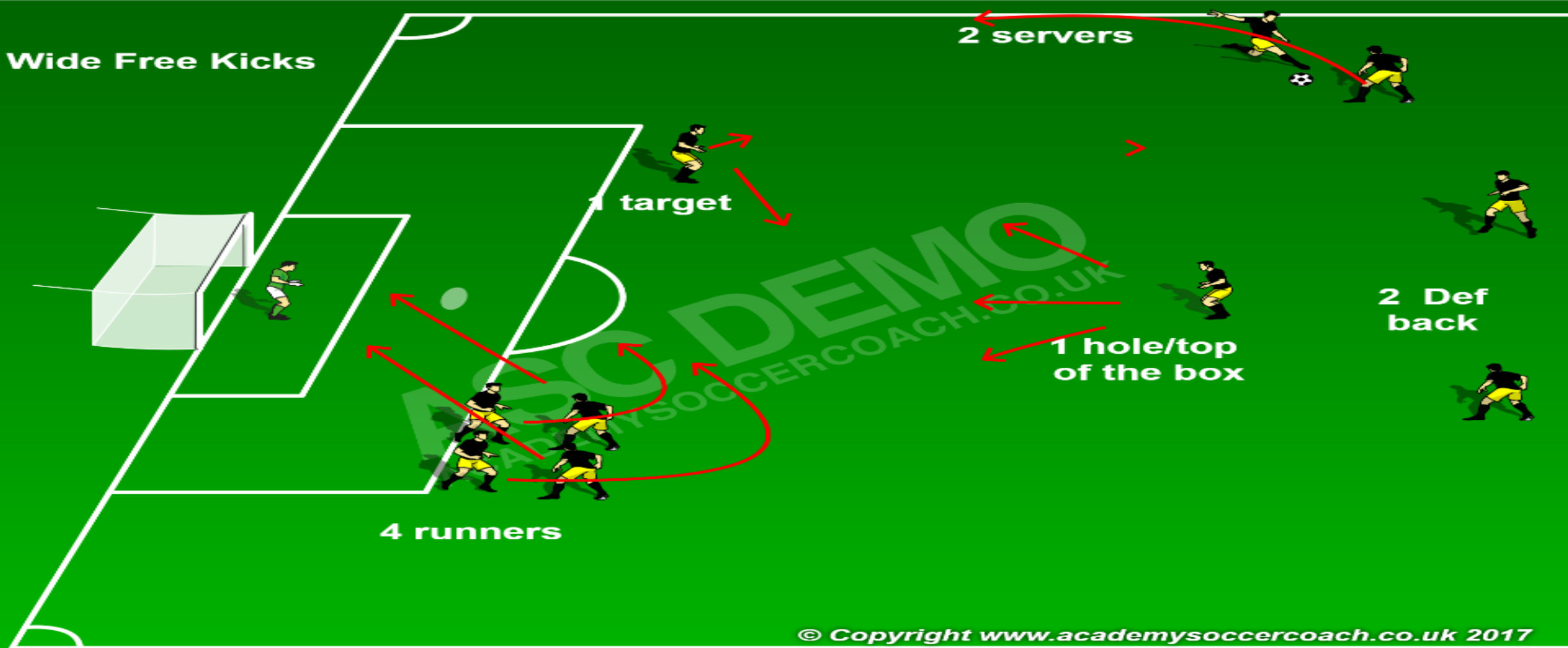
Outlet or 6th marker - Will shadow the ball so we can play out and counter or drop in as 6th marker.

Top of the box - will pick up 2nd balls and destroy any 2nd chances or long range shots

5 Markers - Keep their player out of the GK's space and wraps them up until the play is over so NO ONE gets a clean look at our goal.

GK - Knows all assignments, Make an early decision and communicates.

Att. Wide Free Kicks



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Att. Wide Free Kicks - we will spend hours on the training ground to go through options and learn to execute them in a game.

2 servers - They read what is on and give a signal. They will start the movement and get the def moving to open up other options.

Target - will be available to play into or clear space, then crash the goal.

Back 3 will be there to keep play alive, help sustain possession and destroy a counter att from the opp.

4 Runners - Will set picks, try to occupy the Def, while getting across their man to find a goal. They will all end up between the 6 yd box and PK spot.

Def. Long Throw In's



**Front and Back of
EVERY PLAYER
in the Penalty Box**

**These two are
locking it into
one side**

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Def. Long Throw In's - Want to get organized quickly and avoid any player in the box being 1 v 1.

We Front and Back every player in the box.

We try to lock it into one side if they play quick or go short

Backside players are there to cover players in front, but be aware of flicks and balls being delivered to the back post for late arriving runners.

Att. Long Throw In's



Att. Long Throw In's - We train several options out of this set like most of our att sets. Depending on the situation in the game and the opp set up will dictate what we do.

2 Short targets in case we want to just keep possession or throw in to feet and have the thrower get it back for a service

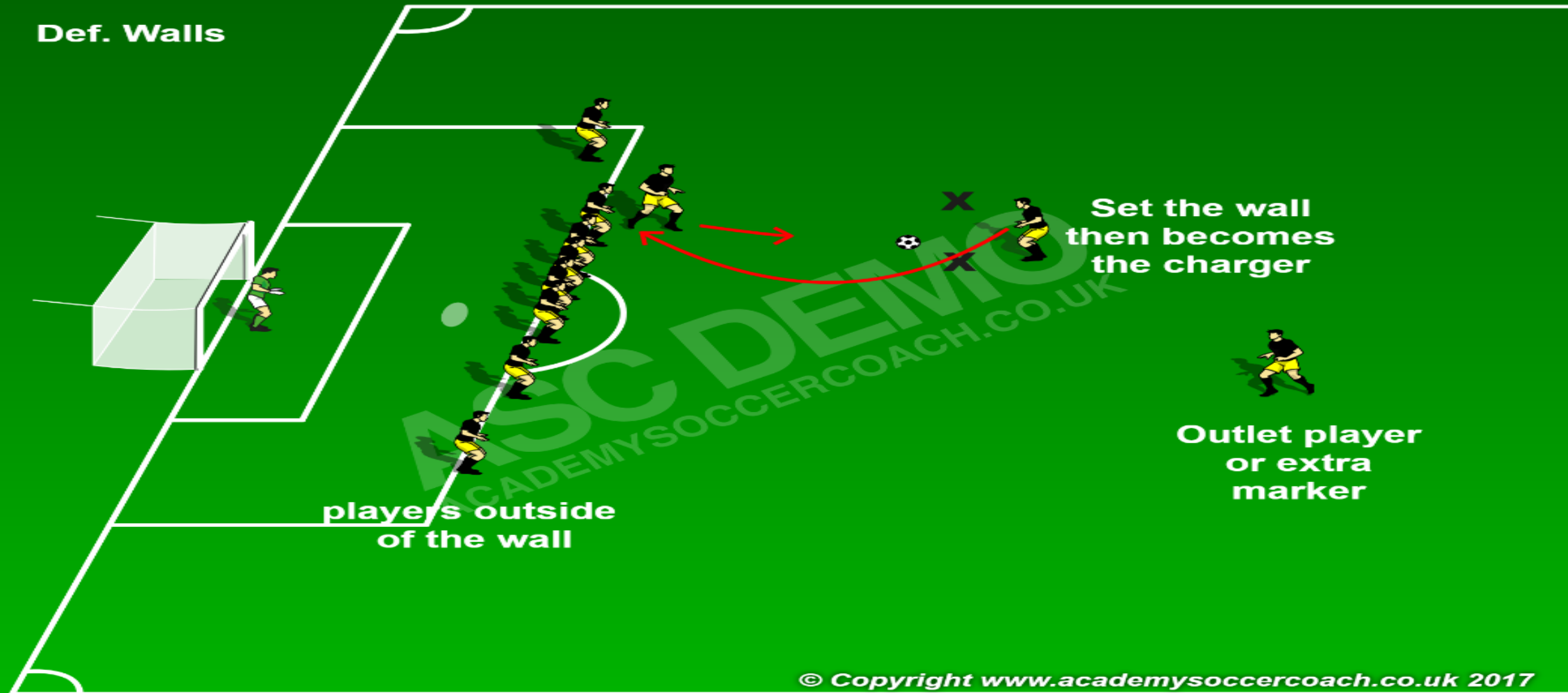
2 Deep targets if we want to get it in the box and create a chance off a flick or short targets squeezing up off the long throw.

Top of the box player to hit a long range rebound or half cleared ball.

Back 3 players to give us cover, swing the ball and help sustain possession or break up a counter.

Back post player to seal the backside and hopefully get isolated 1v1.

Def. Walls



Def. Walls - Anything in Shooting range is a 5 man wall 25 yds. and in and width of the 6 yd box

4 man wall is just out side that range and width

3 man wall is in the middle of the field or bad angle to shoot from

1 and 2 man walls are for wide areas which there will not be a direct shot. 2 man wall used if 2 players are on the ball and one may run over the ball and look to get slipped in to then serve or shoot.

Set & Charge - Will always have a person that helps the GK set the wall, delay the opp from playing a quick restart and then get next to the wall to disrupt a shot or pass.



Att. Free Kick - Hours are spent on the training ground in order to get the correct personnel in the right spots and to give them as many repetitions as possible so they can execute in a game. If they do not train them like they will do them in the game then they will never execute them in a game. Options are critical.

2 Players on the ball - preferably a right footer and lefty so they can shoot from either player. Also so they can play all kinds of balls and be a bit deceptive.

2 Players outside of the wall - present a service option and rebound option.

2 Players off the ball side in the wall - This is to either play into them or block a clear sight of the GK.

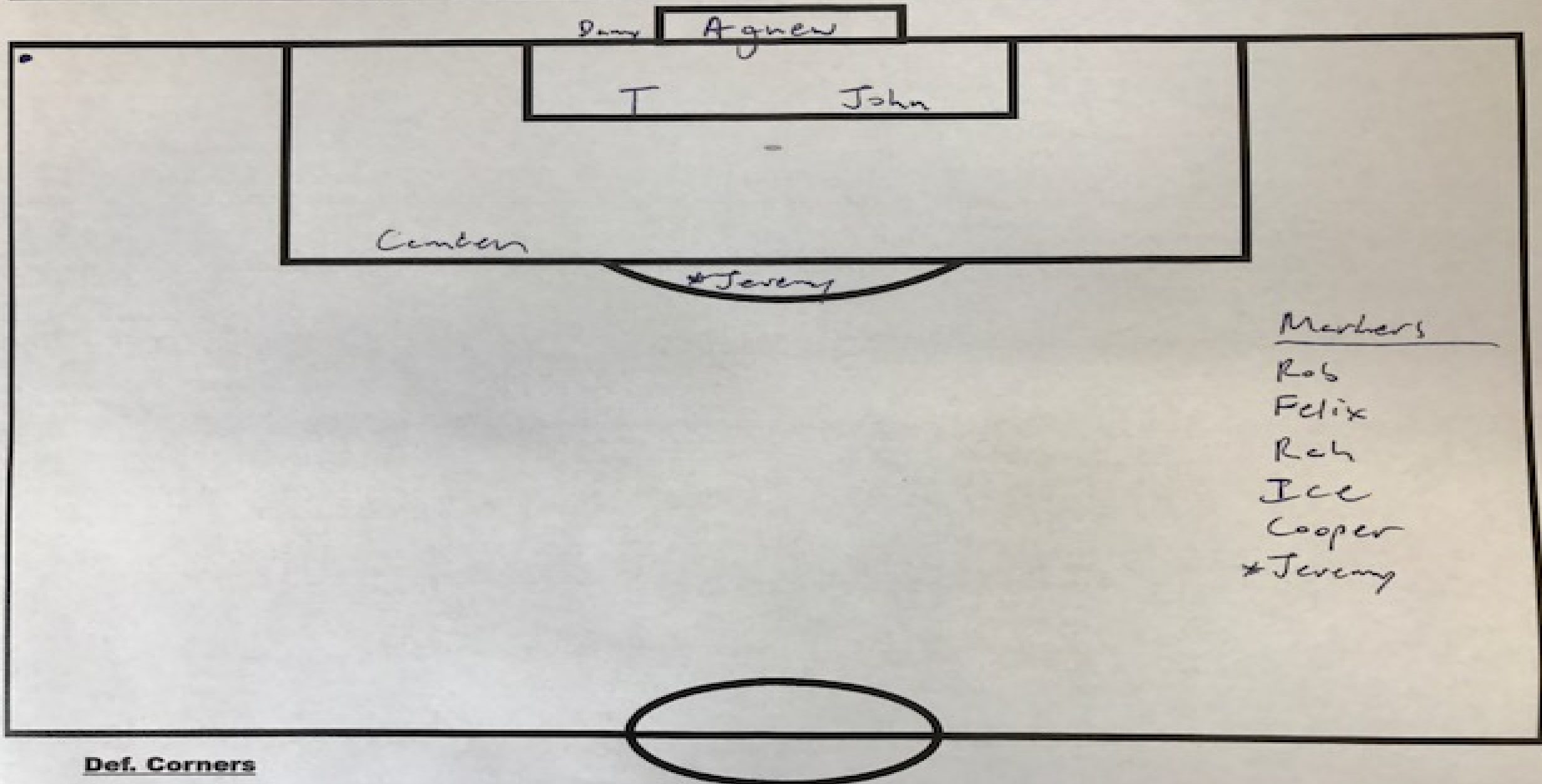
1 Player on the ball in the wall - again as another option or decoy/distraction. The more the GK has to organize or keep up with the less chance they have to make a save on the ball.

1 Top of the box player - to press off a lay off, rebound, 2nd line shot or break up a counter if the free kick is failed.

2017 App State SOCCER – GAME RESTART ASSIGNMENTS



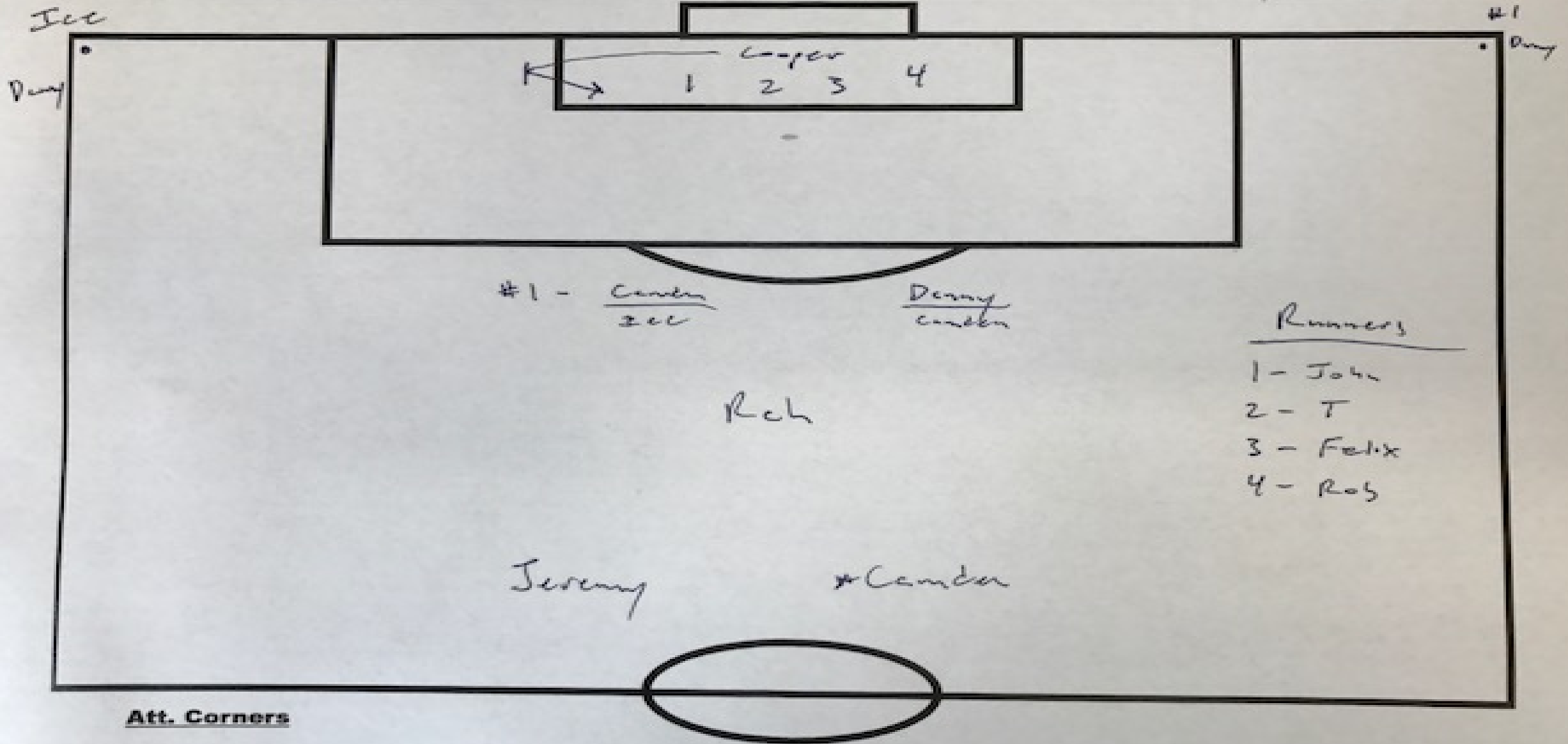
Opponent: Radford Date: 04/14/17



2016 App State SOCCER – GAME RESTART ASSIGNMENTS

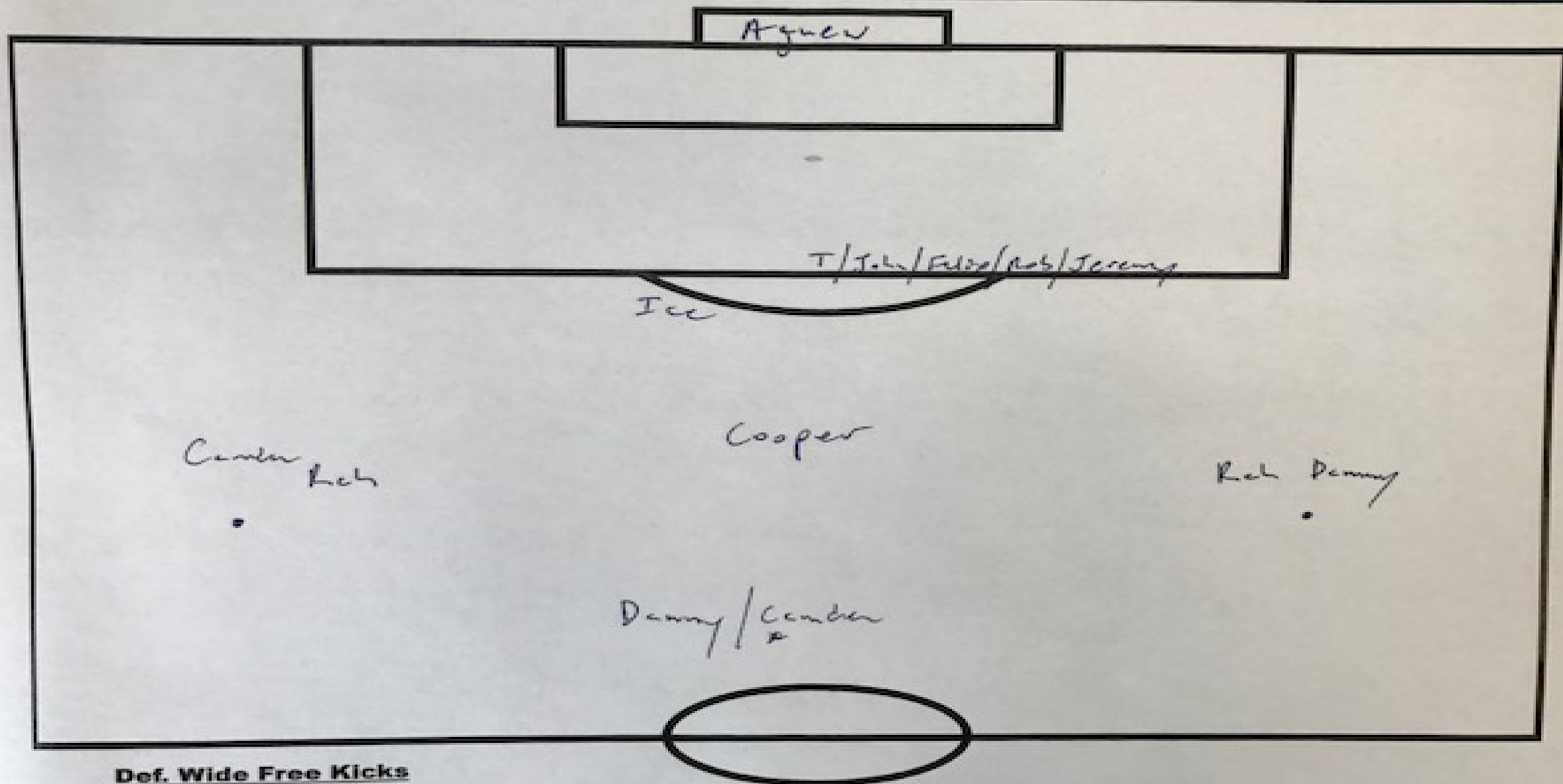


Opponent: Radford Date: 04/14/17



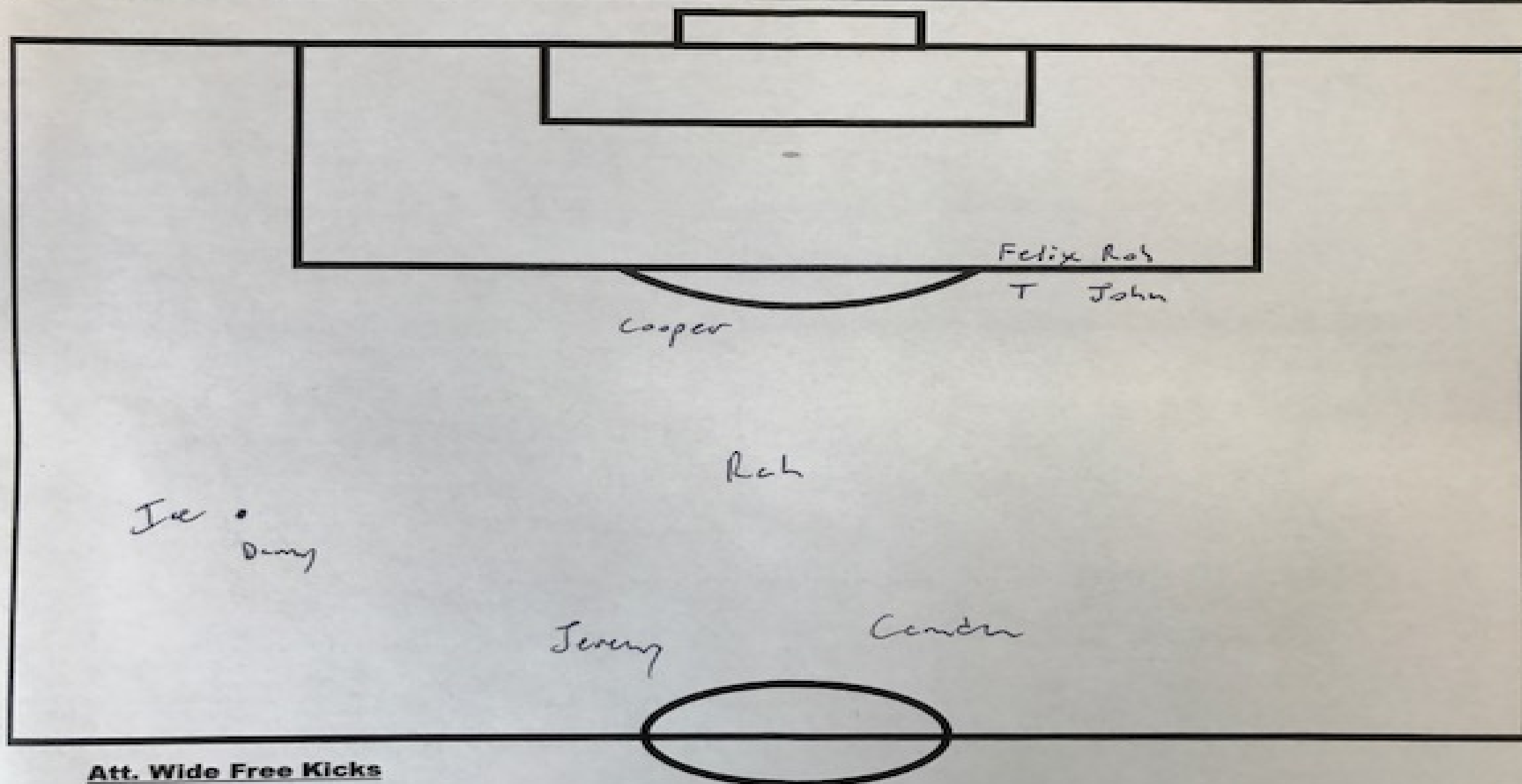
2016 App State SOCCER – GAME RESTART ASSIGNMENTS

Opponent: Radford Date: 04/14/17



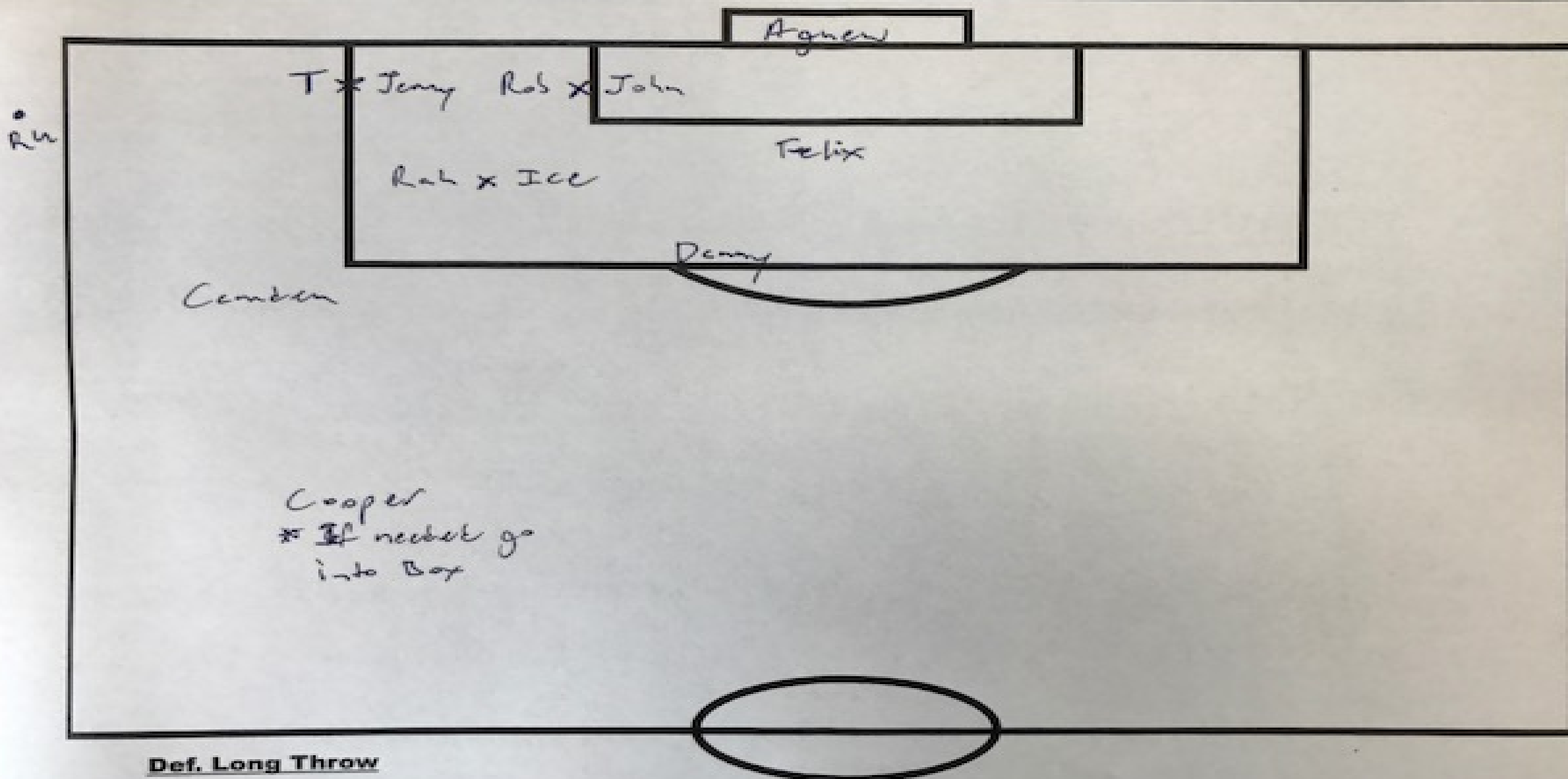
2016 App State SOCCER – GAME RESTART ASSIGNMENTS

Opponents: Radford Date: 04/14/17

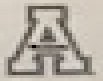


2016 App State SOCCER – GAME RESTART ASSIGNMENTS

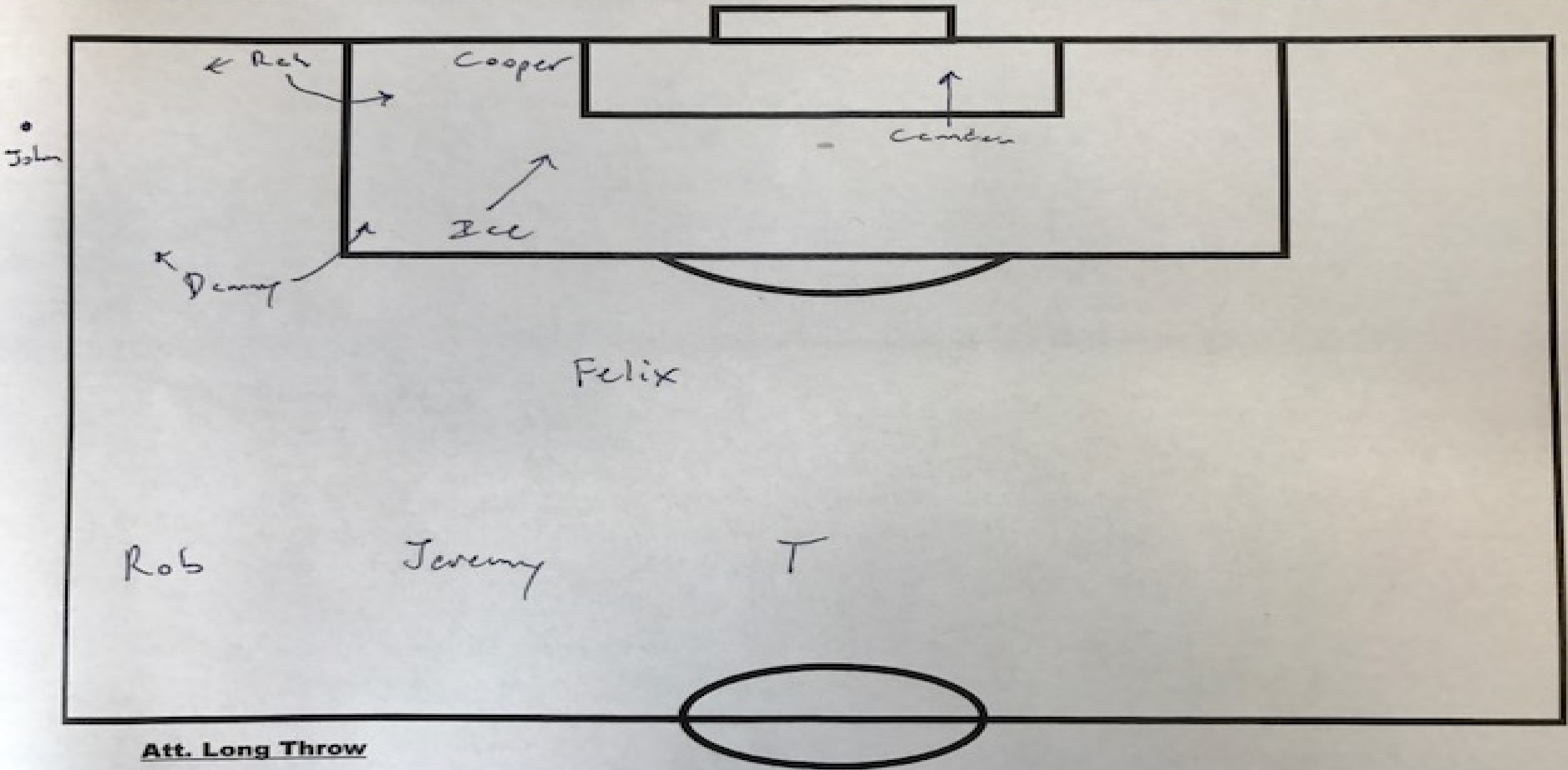
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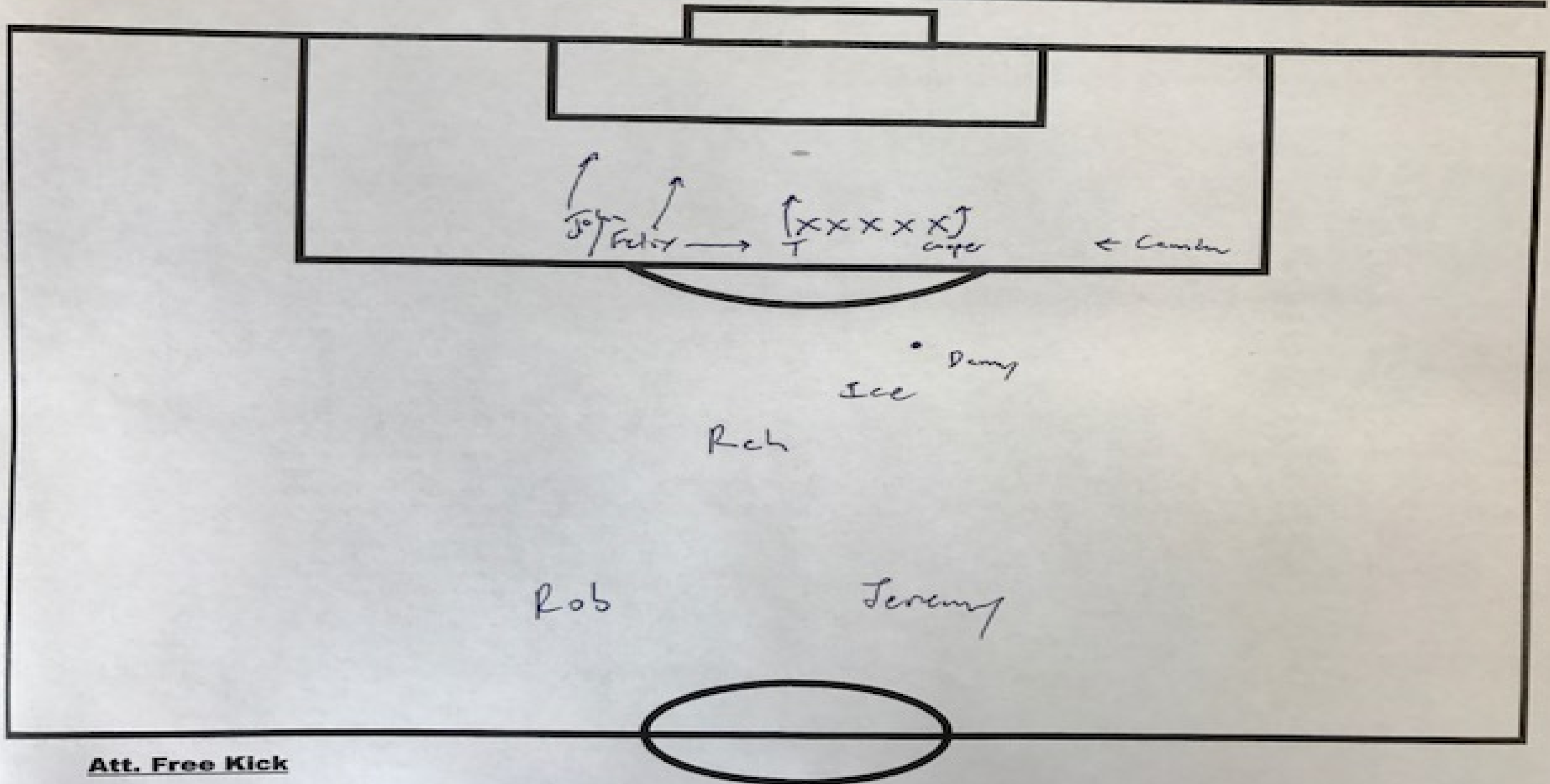
2016 App State SOCCER – GAME RESTART ASSIGNMENTS



Opponent: Radford Date: 04/14/17



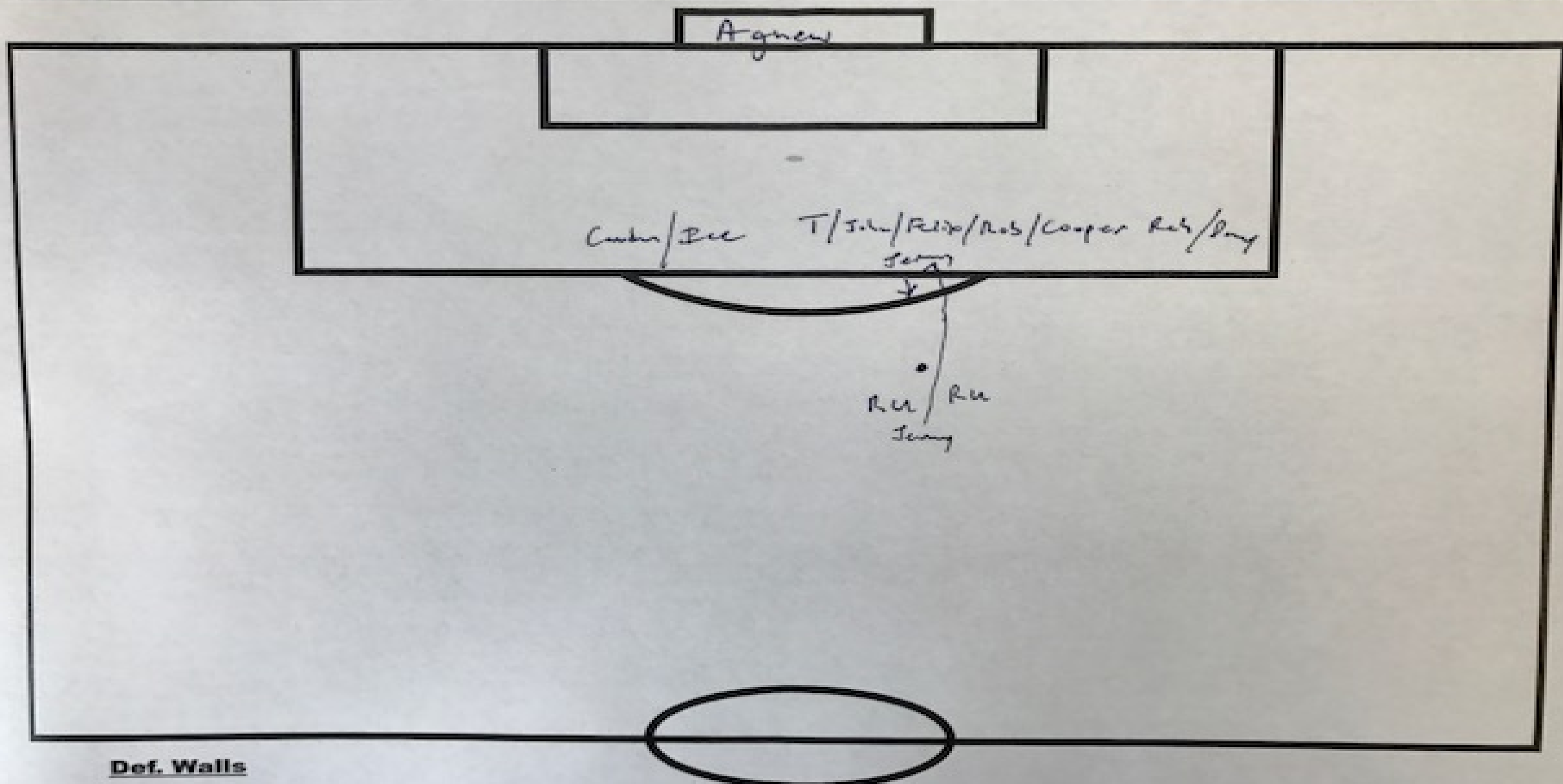
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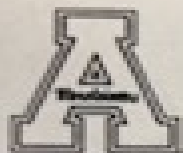


2016 App State SOCCER – GAME RESTART ASSIGNMENTS



Opponent: Radford Date: 04/14/17





Set the Tone!!!

Walls & Keys To The Game

Walls & Assignments

- 1 - WAF
- 2 - WAF + ACM
- 3 - Both WAF + ACM
- 4 - T, John, Felix, Rob
- 5 - Cooper

Set & Charge - Jeremy

Zone - ICE

Outside of Def walls - ^{Canan/Dec.} Rob/Deany

In Att walls - Cooper, Felix, T

Pls - ICE

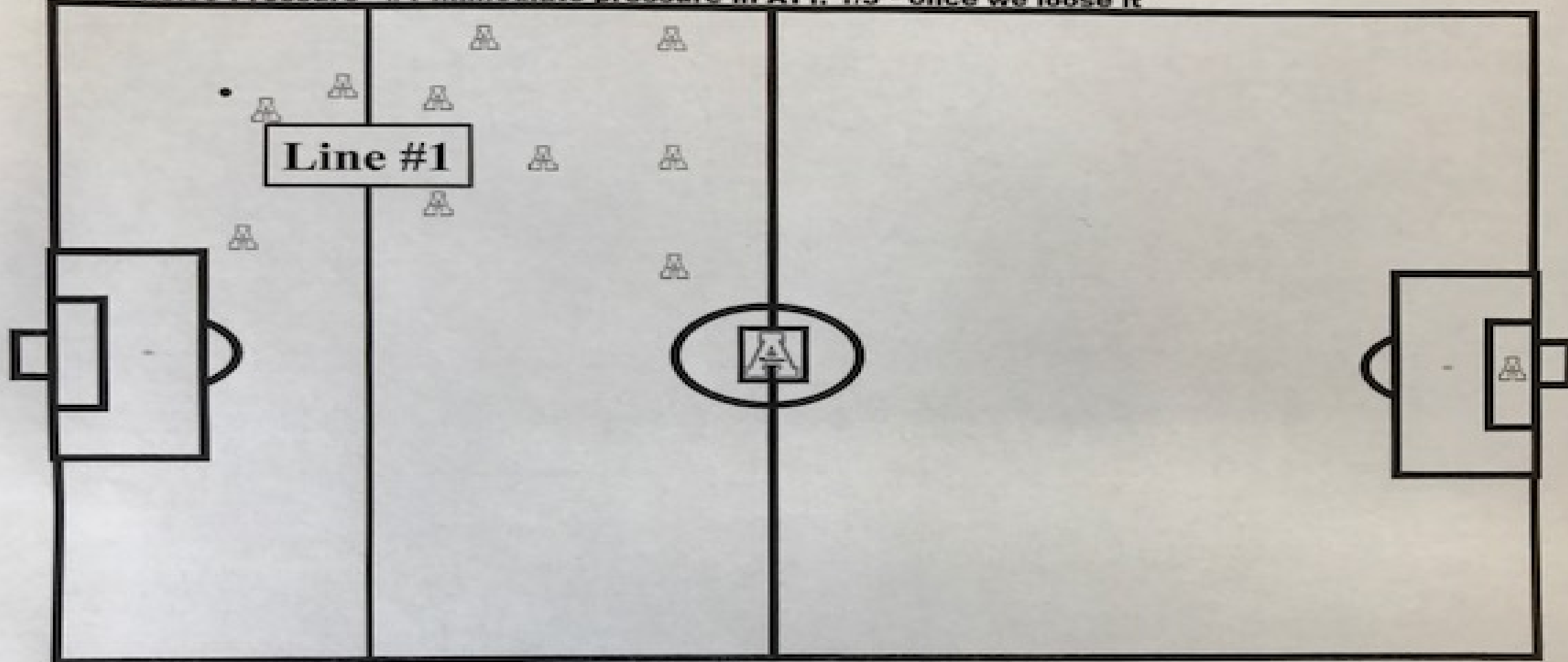
Tactics

- 1 - Line #1 or #2 you decide
- 2 - Start Fast, Aggressive, Committed to Win
- 3 - Match Rn intensity, Championship Mentality
- 4 - Play how the game tells you > Don't overplay behind
- 5 - Execute Restart Options

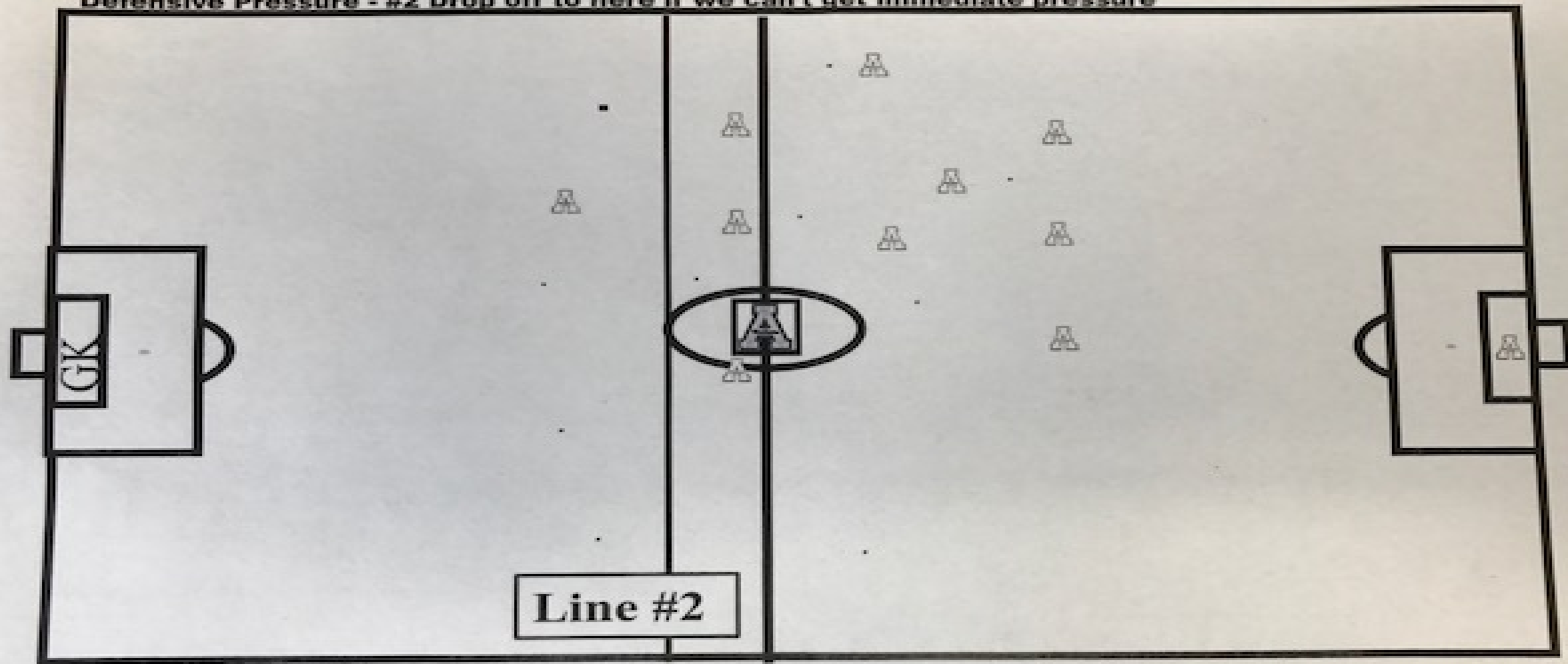
Keys

- 1 - 3-0-3, 2-1-3, 2-0-4 ???
- 2 - Final Exam
- 3 - Defend 1st, Compact, Discipline
- 4 - Get at them in transition > secure, connect, Break lines
- 5 - Play Hard
- Play Smart
- Play Together

Defensive Pressure - #1 Immediate pressure in ATT. 1/3rd once we loose it



Defensive Pressure - #2 Drop off to here if we can't get immediate pressure



CF get them to one side then invite there WB's to bring it forward. Our wide players clog up play Centrally and then close them forcing them down the line as they enter our half. Strong side WB Get tight to their wide players. Look to double them in those wide pockets. Our WEAK side wide Players pinch in to help lock them in.



Questions??

Thoughts....Discussion

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