

Set Plays - Corners / Switch System

Corner #1

Out to Inn / Inn to Out

4 main players involved in this corner. One on the front post one on the back post and two on the 18 yard box straight out from the posts. When the corner comes in they all switch places.

The front post and back post go out towards the 18 yrd box and the two on the 18 yrd box go in towards the posts.

The runs have to be mazy not straight of you will be picked up easy.

Corner #2

Front to Back/ Back to Front

The same as above but this time they switch from front to back.

So they back players move to the front and the front players move to the back. No straight runs all have to be mazy and looking to deceive the defenders in the box.

Corner #3

Diagonal runs

The same as number 1 but this time they are making diagonal runs.

The two players on the 18 yds box makes diagonal runs to the front post. The players on the posts will make a diagonal run out the way.

Corner #4

Short Corner - Players from anywhere inside the area makes a darted run to the corner flag and takes a pass from the corner player and then lays it back into the path of the corner player and they cross it. While that is going on the players inside the box will be moving short and sharp movements to deceive the defenders.

Coaches Notes:

Players have to be as creative as possible if they are going to confuse the defense in the box. Good creative movements with short sharp speed. Players need to be looking at the ball at all times.