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adidas® is a part of football history, we are not only one of the world's leading sporting goods brands, but also take pride in contributing to the development and improvement of the game.

adidas® and COERVER® Coaching has touched millions of players and coaches over more than 32 years all over the world and will in the future provide many more with the opportunity to enjoy and improve in this "beautiful game"

adidas® is committed to this area of "grassroots" football and through its global grassroots partner, **COERVER® Coaching** provides:

- ***The world's leading football education brand; combining fun with improving performance.***
- ***A program that is unique in that it touches elite as well as recreational players and teachers***
- ***A program that is global through key markets, services and materials***



www.adidas.com



Introduction - The Modern Game

"Many young players arrive at the senior game and struggle under the pressure of time, space and physical contact. Many simply don't have the solid foundations of individual skill and small-group play needed to succeed".

"COERVER® Coaching has a history of over 32 years developing these Foundations. We believe through this Youth Diploma 1 Course, together with your commitment and effort, you will become a better Coach".

Sincerely

Alf Galustian
Co-Founder
COERVER ® Coaching

A handwritten signature in black ink that reads "Alf Galustian".



PRESENTER PROFILE

Rainel Woerdings



Rainel Woerdings is Coerver Coaching Netherlands C.E.O. / Technical Director. Rainel has been coaching for more than 14 years. In 2008 he became a UEFA Licensed coach. Seven years ago he moved into personal coaching and became a personal skills trainer. As he became a member of the Coerver Coaching family he travelled along with Co-founder Alf Galustian and attend to more than 10 Youth Diploma courses. Last year he started delivering the first Youth Diploma 1 course in Lagos - Nigeria as part of our Coerver Coaching Foundation program.

Education:

Corporate Communications / Public Relations

UEFA C License

Coaching career:

2002-2009 a.s.v. Fortius / FC Omniworld (Almere City FC) / De Zuidvogels

2009-2013 Dutch SoccerskillZ Academy

2013- present Coerver Coaching Nederlands Director

Technique trainer/advisor:

FC Omniworld (NL),

Balcontrole (NL),

Technical sessions delivered for Adidas (NL / BE),

Coerver Coaching Technical Coach Educator

COERVER® COACHING HISTORY

In the late 1970s, the Dutch European Championship winning coach **Wiel Coerver** led a revolution in soccer coaching. Coerver was dissatisfied with the lack of individual skills and with an over-emphasis on defensive play in the professional game; an emphasis that many thought was stifling the more exciting, attacking style of play necessary to score goals and attract fans.



Charlie Cooke, Wiel Coerver and Alfred Galustian



Wiel Coerver

In 1984, inspired by Wiel Coerver's philosophy, Alfred Galustian and Charlie Cooke founded what is now known around the world as Coerver® Coaching.

The first Coerver ®Coaching camp was in Lake Placid, New York in 1985. Featuring the coaches pictured below: Mick Hoban, Andy Lynch, Sir Stanley Matthews, Weil Coerver, Alfred Galustian and Charlie Cooke.

Up to that point, little attention had been given to individual skill development, because no one knew quite how to teach these skills. It was also, then, widely assumed that the great players of the game were innately gifted far beyond the capabilities of the average player.

Wiel Coerver's early focus was on teaching ball mastery and 1 v 1 skills by encouraging players to emulate the "moves" of soccer's all-time greats of that time, such as Sir Stanley Matthews, Cryuff, Beckenbauer and Pele.



First Coerver Camp, Lake Placid, NY

COERVER® COACHING TODAY



Coerver® Coaching has coached over 1 million grass roots and advanced players over the past 32 years. It now has regional development hubs for Europe, the Americas and Asia; Official licensees in 45 Countries; numerous federation, club and educational Institutional partners; a global CSR program with FIFA's Football for Hope program; and a 30 year global partnership with adidas®.



COERVER® AMERICAS



COERVER® UK



COERVER® JAPAN



COERVER® CARIBBEAN



COERVER® INDIA



COERVER® FIFA
FOOTBALL FOR
HOPE / AFRICA



COERVER® AUSTRALIA

THE COERVER® COACHING MISSION & VALUES

OUR MISSION: To Professionally Deliver the World's Most Exciting and Effective Soccer Skills Teaching System; Building Confident, Creative Players on the field and good citizens off it.

CORE VALUES

Make the game fun to practice and play

A combination of positive training environment and challenging practices; generating internal motivation and resulting in effective learning.



Teach good sportsmanship and respect for all

Training that develops a strong, fair character, on and off the field.



Value winning, but not more than skill, effort, and personal improvement

Particularly in the formative ages (6-12) a focus on long term development, not short term results.



THE EXPERT'S VIEW



"I admired Alf's presentation (of Coerver Coaching) when I was at Real Madrid, and again in La Manga at a youth training camp. What you (Coerver Coaching) have done for over 32 years is to be commended and celebrated"

Vincente Del Bosque –
FIFA World Cup Champion Manager, Spain



"One reason that I was appointed by Sir Alex Ferguson as Technical Coach of Manchester United is because I was a Coerver Coach. I feel that the Coerver Coaching program is the top way of teaching technical skills."

Rene Meulensteen –
Former Manchester United 1st Team Coach



"Alfred's Coerver Coaching's training clinics in Brazil, convinced many of us that this Method is not only for the young recreational players but also for the very best players in our National Team squads."

Carlos Alberto Parreira –
FIFA World Cup Champion Coach, Brazil



"We at Arsenal are strong believers in the Coerver Program. We have worked closely with Alf Galustian for the past 16 years to instruct our Academy Coaches in this Method."

Liam Brady –
Former Academy Director, Arsenal FC



"Coerver Coaching has changed how Football is taught all over the World"

Ossie Ardiles –
FIFA World Cup Champion, Argentina



"Coerver Coaching became an integral part of my soccer training, and it played a huge part in my success as a player."

Kristine Lilly –
Two Time FIFA World Cup and Olympic Champion

OUR APPROACH TO COACHING OUR 5 PRINCIPLES

1. That Skill is the foundation that all other parts of the game can be built on...
2. The Golden Ages of Skills learning: 7-11 and 12-16 (Our experience)...
3. Excellence demands effort and planned, deliberate practice of increasing difficulty (Our System)
4. Team Success depends on Individual & Small Group Skills
5. Using the Stars as Models (Our History)



COERVER® COACHING SYSTEM OF PLAYER DEVELOPMENT©2010

“Our Curriculum and Method”

OUR MISSION “WHY”

THE COERVER CODE©2010

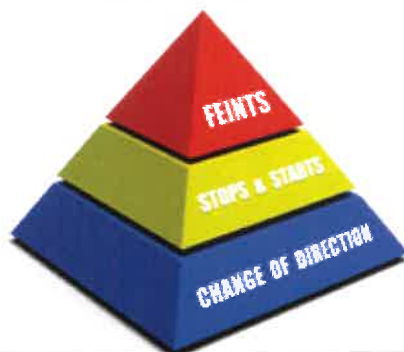


OUR CURRICULUM “WHAT”

PYRAMID OF PLAYER DEVELOPMENT©1997



PYRAMID OF MOVES©2004



BALL MASTERY PYRAMID©2014



OUR METHOD “HOW”

THE COERVER® SKILLS BRIDGE©2007



COERVER® SESSION PLANNER©2009



“WHY” WE TEACH

1. THE COERVER® CODE

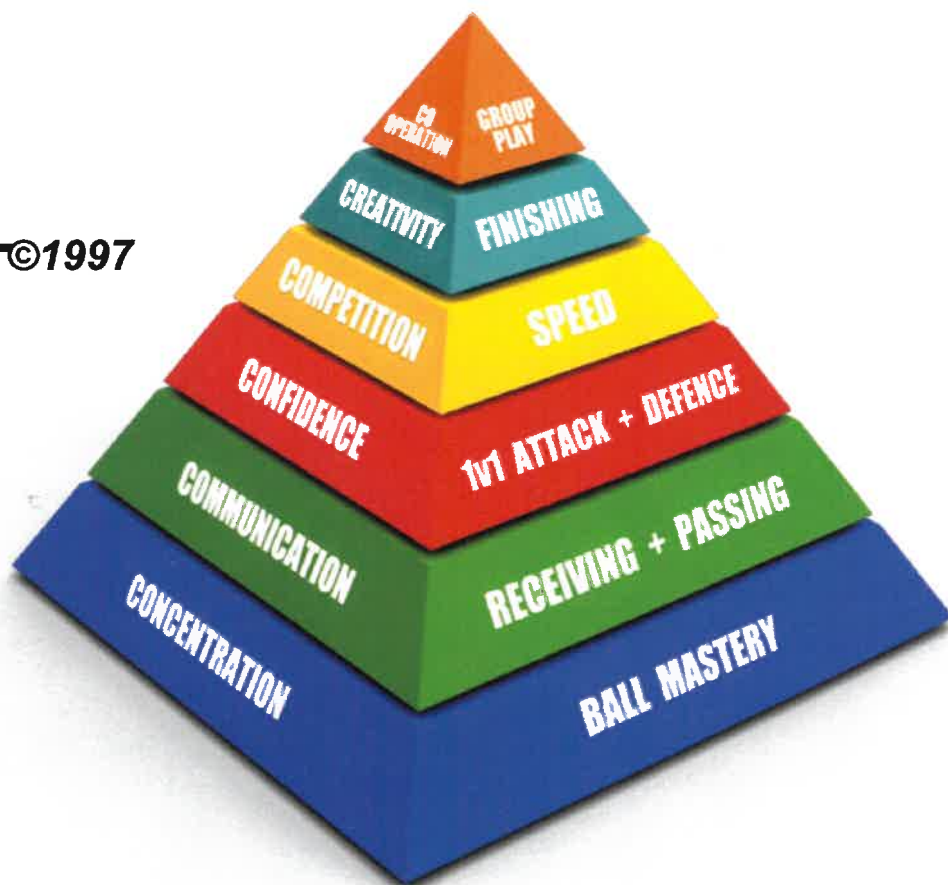


- **The Coerver® Code represents our Mission**
- **The “5S” topics represent the individual football/life qualities that we want to develop**
- **We have a huge responsibility as “teachers” of football to not only develop players on the pitch but also off the pitch**

“WHAT” WE TEACH

2. THE COERVER® COACHING CURRICULUM

THE PYRAMID OF PLAYER DEVELOPMENT©1997



BALL MASTERY: The Foundation.

The touch, control and confidence that affects every other part of the pyramid.
Hard Work & Self-Responsibility.

RECEIVING & PASSING: The Teamwork Skills.

Without them little is possible. Communication

1v1 MOVES: Individual Skills.

To keep possession and create space & time to Pass, Run or Shoot. Confidence & Creativity

SPEED: Mental and Physical Speed.

With and without the ball. Acceleration. Reaction. Decision Making. Competitiveness

FINISHING: Scoring skills around the box.

Focus. Timing. Courage. Concentration. Responsibility

GROUP PLAY: Putting it all together.

Small group defence. Fast break attack. Combination play. Team Work

“WHAT” WE TEACH

2. The COERVER® Coaching 1 v 1 Curriculum

Changes Of Direction

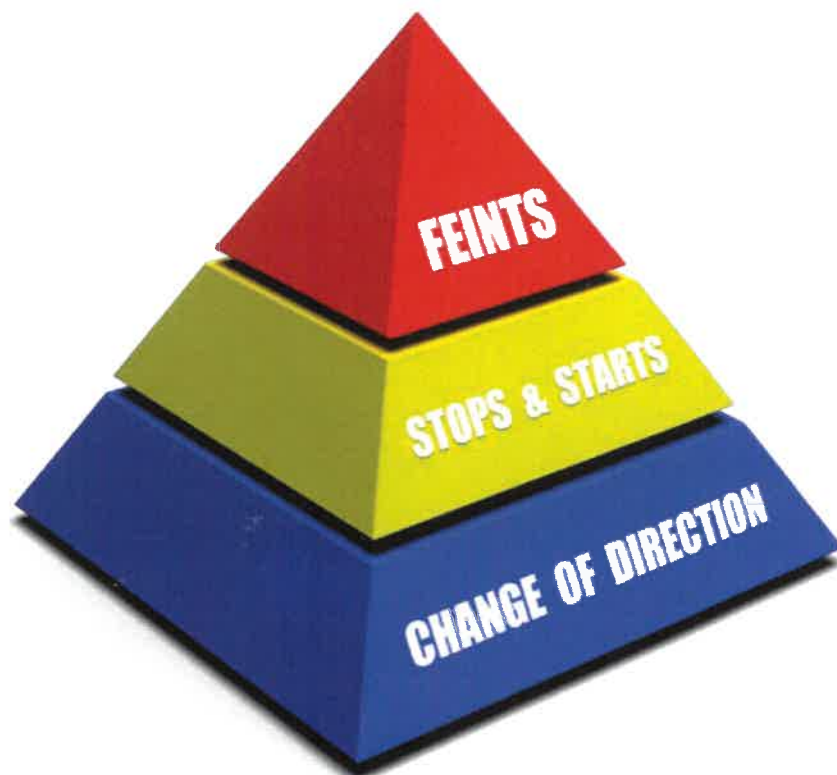
Used to shield the ball and to turn into space

Stops & Starts

Create space by using changes of pace

Feints

Create space to either side of an opponent so that you can shoot, pass or run with the ball



Moves Pyramid©2003

“While I was Technical Director of the French Federation, I invited Alfred Galustian to work with our National and Regional coaches at our National Training Centre at Clairfontaine and around the country”.

“I asked him to focus on skills, especially 1 v 1, as taught in the Coerver® Coaching Programme. The influence of this in France has continued to this day, and, in my opinion, has been a big factor in producing many of our new rising stars”.



Gerard Houllier

Former Technical Director
FIFA World Cup™ Champion
France - 1998

“WHAT” WE TEACH

2. The COERVER® Coaching Ball Mastery Curriculum



Ball Mastery Pyramid©2014

Ball Mastery is our foundation and we believe that this underpins all other Core technical skills in the game. Our Ball Mastery Pyramid©2014 provides a difficulty based structure for these skills.

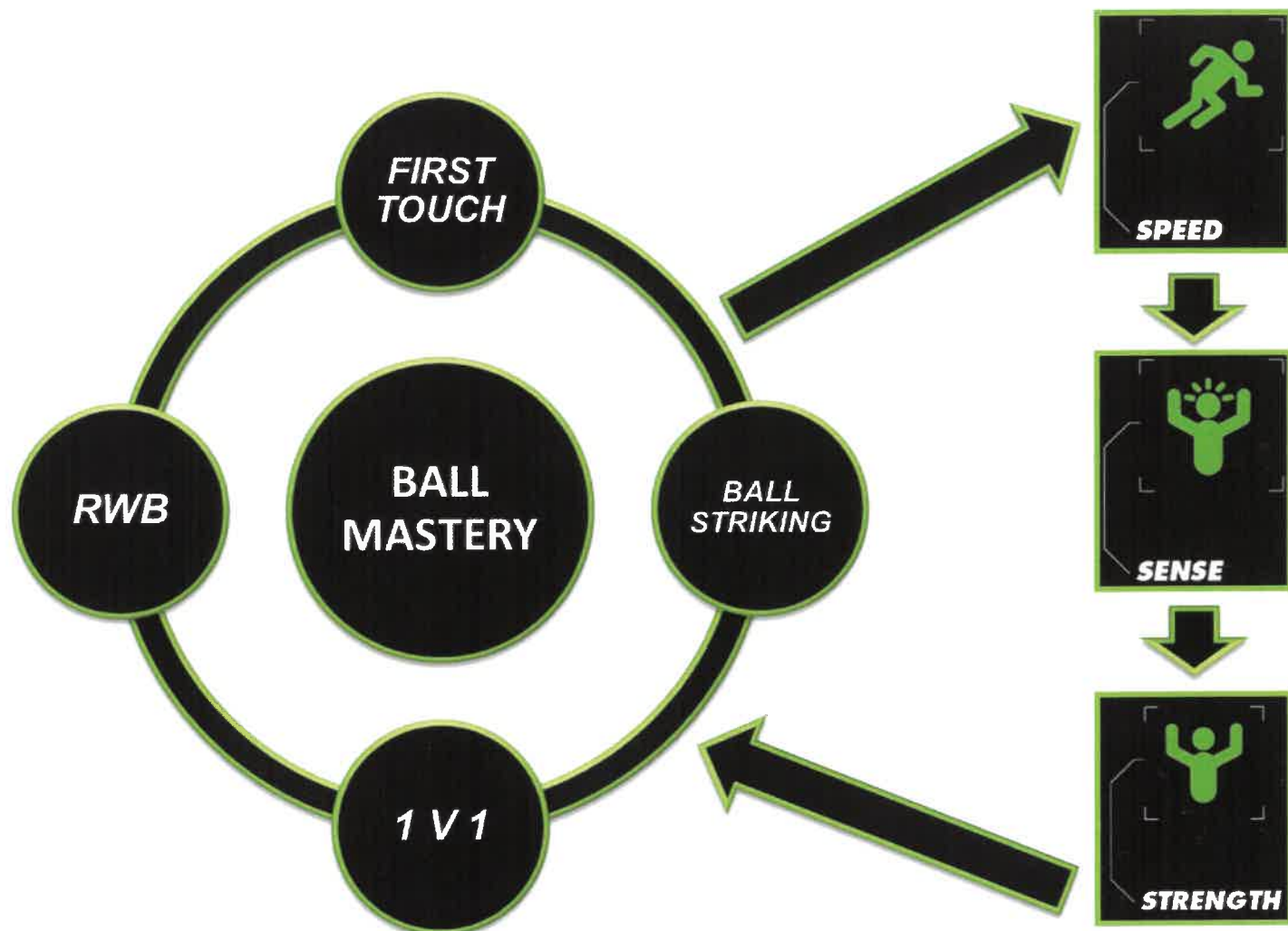
Starting with simple beginner movements and progressing through Intermediate, Advanced and Master levels, players will be continuously “stretched” no matter their age or ability.

Player’s work both left and right foot equally, performing high repetition ball contacts using the inside, outside, sole and laces parts of the foot.

This is to ensure total mastery of the ball while at the same time developing co-ordination, balance and flexibility along with a “hard work” mind set.

Master The BALL, Master The GAME.

COERVER® INDIVIDUAL CORE SKILLS



When working on Core Individual Skills it is essential that the players use both feet equally, something we call “technical balance”. Unfortunately this is not something that they will regulate themselves as young players will often revert back to what feels comfortable for them e.g. using their stronger/preferred foot (generally right!).

As the game evolves, there will be a high demand placed on individual technical ability and mastery of the core skills (at speed, under pressure) with both feet added to excellent decision making skills (Sense) and physical conditioning levels (Strength) will be essential to future success. Try to integrate as many of the Core Skill together as you can into each practice. For technical balance in the Core Skills to be achieved, coach has to control and monitor this very closely, we use a three stage process for this:



“HOW” WE TEACH

3. THE COERVER® COACHING METHOD

THE COERVER® COACHING SKILLS BRIDGE©2009



Our step-by-step teaching method, steadily building confidence and mastery in increasingly challenging situations.

The Skills Bridge works as follows:

- **SKILL TRAINING - “SKILLS”:**
Perfecting skills through repetition.
- **SKILL STRETCHING - “STRETCHING”:**
Increasing difficulty with controlled opponent pressure and difficulty.
- **SKILL GAME - “SUCCESS”:**
Use of Skills effectively in full game pressure.
Exercises and small sided games with opponents always trying to win the ball.

Usually a coaching session includes all these three parts of the bridge.

The main goal is that the players steadily progress to use their skill effectively in the game and for the benefit of the Team. However, if players encounter difficulties, then the coach may have to return to the 'Skill' side of the bridge to remedy the problem.

“HOW” WE TEACH

3. OUR PLANNING FORMULA

THE COERVER® SESSION PLANNER©2009

Adaptable to 9 to 17 age group

The outcome of many games is decided by individual players' special skills, speed or strength. However, many coaches often use practices that focus on team tactics and formations rather than **individual player development**.

The new **Coerver® Session Planner** enables coaches to quickly build training sessions that focus on individual skills and develop the strong all round technical foundation that players and teams need to be successful.



Planner Segments:

1. Warm Up:

Drills and Games to improve ball control. They should be fun and in competition

2. Speed:

Drills & Games to improve speed with and without the ball

3. Moves: 1 v 1 Attack & 1 v 1 Defence:

Drills and Games to improve the “How, When, Where” of 1 v 1 (2 v 2 included)

4. Group Play:

Drills and Games that focus on Receiving, Passing and Finishing

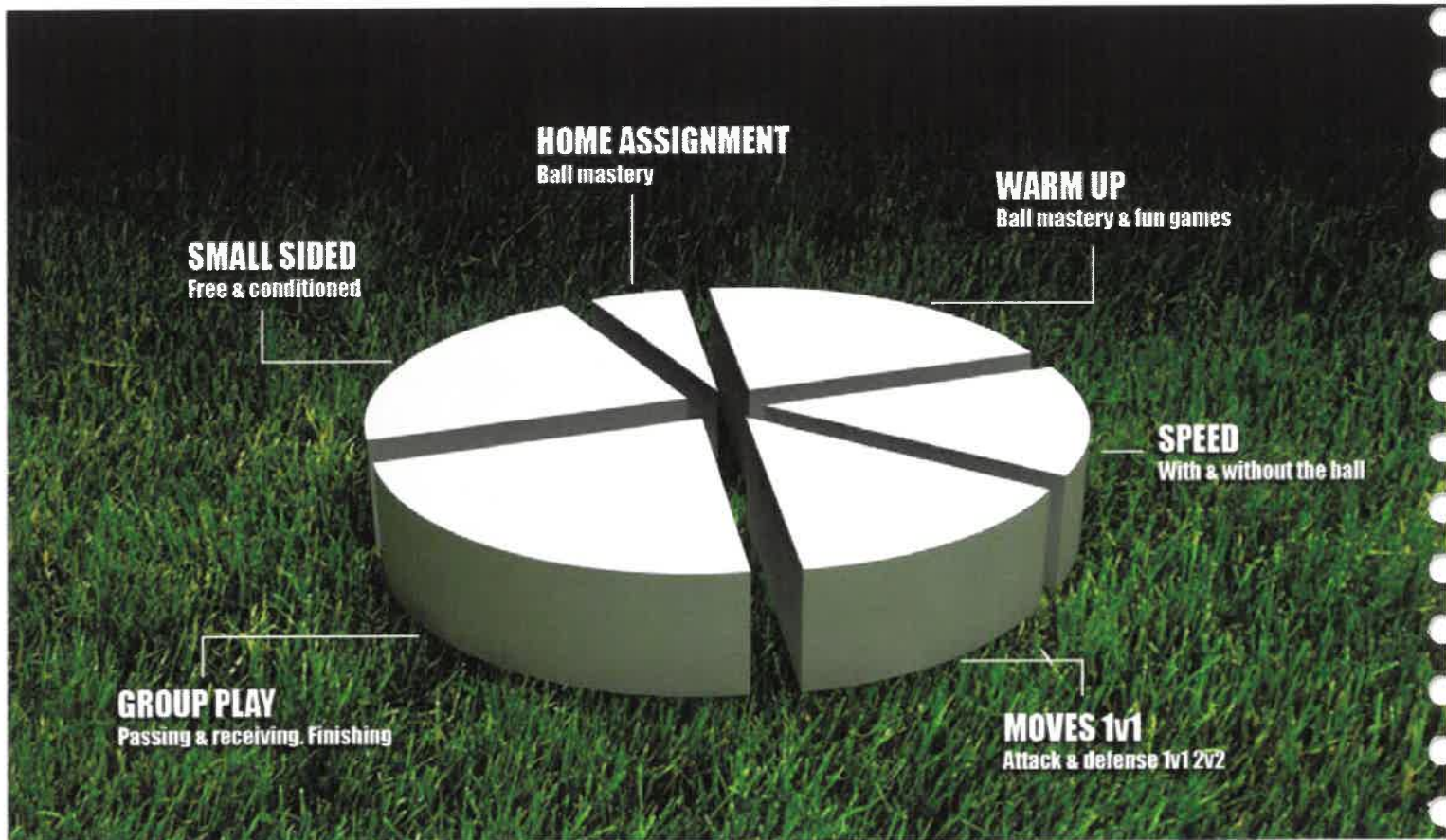
5. Small Sided Games:

Free & Conditioned Games 3 v 3 to 6 v 6

6. Home Assignments:

Coerver® skills for practice outside of team sessions

Recommended % of Practice time



Warm Up	10%
Speed	15%
Moves 1v1 (2v2)	15%
Small Group Play	25%
Small Sided Games	30%
Home Assignment	5%

For players older than 12 years, a coach might extend the warm up period to include more stretching, and add a short warm down at the end of practice.

Suggested session times 75/90 minutes

FEATURES OF COERVER® SMALL SIDED GAMES

MULTIPLE GOALS

Many of our small sided games feature 4 or 6 mini Goals. The reason for this is that we believe **the more options players have, the more creative their decision-making becomes.**

SHOOTING ZONES

We use Shooting Zones to develop field awareness offensively and defensively, and to force attackers to be positive and use their 1v1 and combination skills to **penetrate to shoot.**

LIMITED TOUCHES

We focus a lot on 2-touch soccer **to improve our players speed of play.** Through our history we have used as our models great stars and teams who can **pass creatively and accurately within fractions of seconds;** that's our goal.

1-TOUCH FINISHING

We encourage this skill from the earliest age. Space and time in the penalty area becomes more and more restricted the older players get, and the higher the level of their play. **We try to develop this mental and physical skill as early as possible.**

PASSES TO SCORE (KILLER PASS)

The whole Coerver® Curriculum is designed to produce **game effective players**, i.e. players able to play with awareness and skill. The "Killer pass", one that creates a goal chance, is a vital attacking skill at every level and a very important part of our teaching.

Benefits of Coerver® Small Sided Games

- More Shots
- More final third penetrations
- More 1 and 2 touch passing
- More forward passes
- More % of passing success
- More playing time
- More conditioning
- Enables coaches to evaluate skill conversion
- Coaches & Players have more Fun!



HOW TO USE THE COERVER® SESSION PLANNER



During this Youth Diploma course, you will go through the Drills and Games on Pages in this booklet. For each of the sections in the Coerver® Session Planner we have provided some of Coerver's most essential drills.

You can use these to construct a session:

1. Select one drill from each section;
2. Note the drill numbers on the Coerver Session Matrix, provided on page 22, creating a combination of five drills and a home assignment;
3. Note down the page numbers of your selected drill sheets and print them off to take to the practice with you.

The drills in this course have a video reference; in this way you have an option of viewing the Drill/Game so you understand it better.

Using the matrix it is possible to create many sessions, each challenging, effective and fun. Over the page we have provided a demonstration and sample.

ADAPTING DRILLS AND GAMES

All the Drills & Games we have chosen are adaptable players of all ages, even adults.

The coach can also adapt each drill to the level of player by adjusting the following variables:

- **Area:** make bigger or smaller
- **Speed:** make quicker or slower
- **Number of Touches Allowed:** increase or decrease
- **Degree of Pressure:** no/limited/full pressure
- **Duration:** increase/decrease

The Coerver® Session Planner©2010 Matrix

Session Number	Warm Up	Speed	Moves	Small Group Play	Small sided games	Home Assignments
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

The Coerver® Coaching Planner©2010

Below is an example of how you would fill out the Coerver® Coaching Planner.

You also have the option of copying the drills and taking them out on the field with you.

Warm Ups	Speed	Moves	Small Group Play	Small Sided Games	Home Assignments
WU1	S1	M1	SGP1	SSG1	HA1
WU2	S2	M2	SGP2	SSG2	HA2
WU3	S3	M3	SGP3	SSG3	HA3
WU4	S4	M4	SGP4	SSG4	HA4
WU5	S5	M5	SGP5	SSG5	HA5
WU6	S6	M6	SGP6	SSG5	HA6

RE-USING DRILLS AND GAMES

Remember it is fine to use the same drills and games several times during your season.

The best advice is to repeat a Drill or Game if your players are:

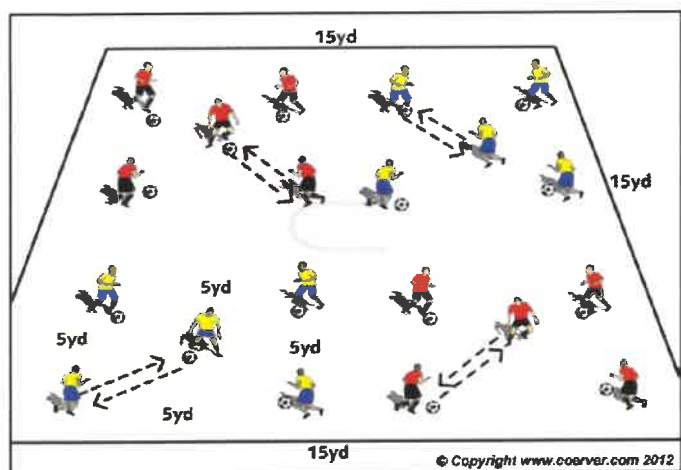
- Enjoying the activity
- Experiencing success
- Showing improvement



Example of constructing a Practice Session using the Coerver® Drills and Games in this book

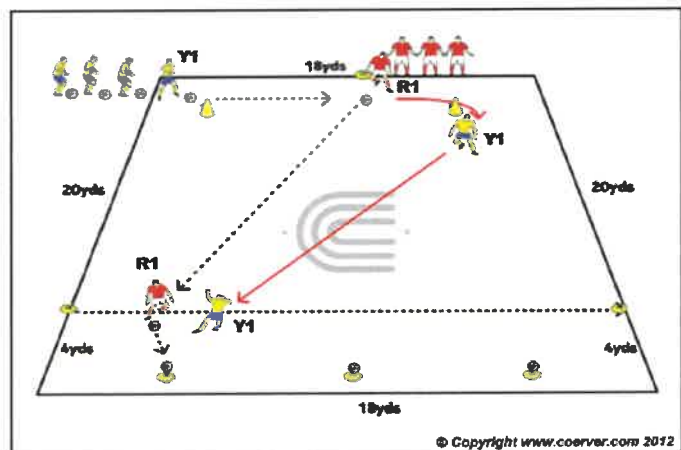
Drill 1

Planner Section: Warm Up
Matrix Number: WU-1



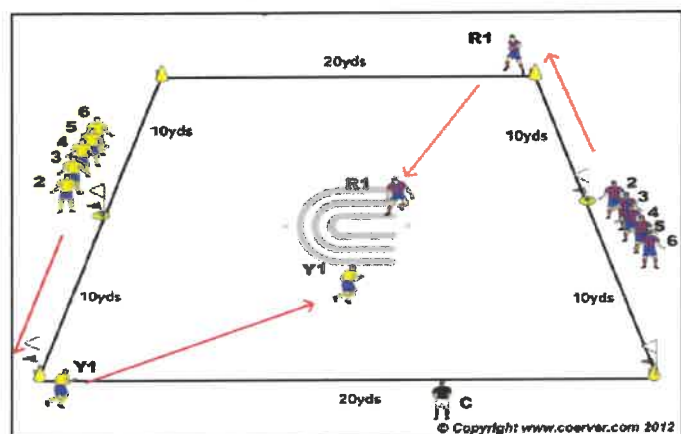
Drill 2

Planner Section: Speed
Matrix Number: S-2



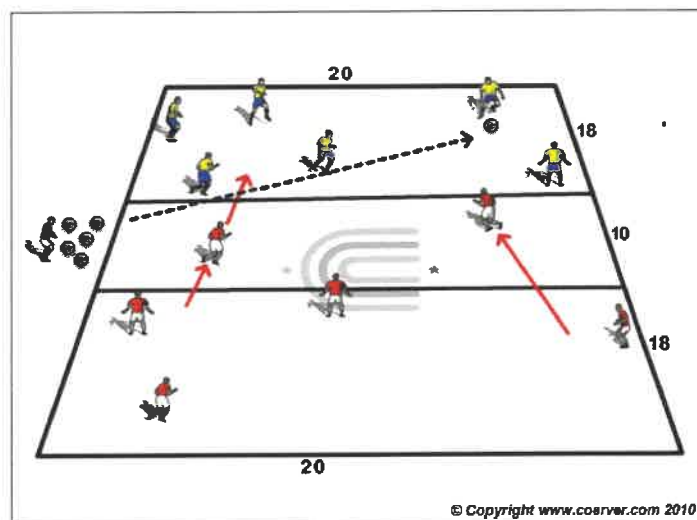
Drill 3

Planner Section: Moves
Matrix Number: M-2



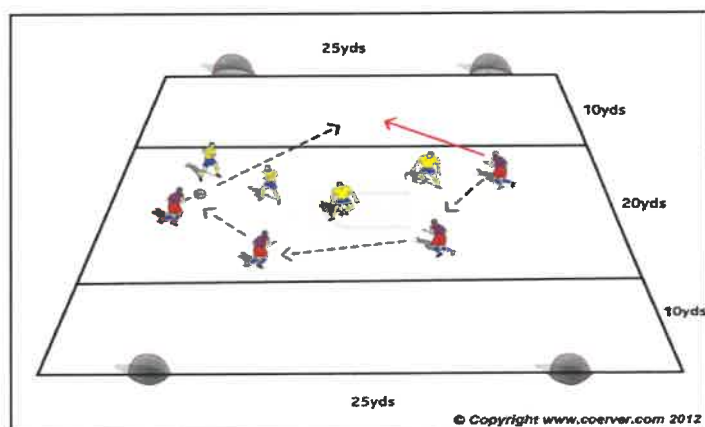
Drill 4

Planner Section: Small Group Play
Matrix Number: SGP-2



Drill 5

Planner Section: Small Sided Game
Matrix Number: SSG-4



Our Top Coaches Tips

1. Have a written plan for every session. Use the 'Session Planner'
2. Focus on Performance in the formative years
3. Use the great players and teams as models and inspiration
4. Try not to over coach
5. Be relentlessly positive. Use phrases like "Well done", "Terrific shot", "Great save". "Excellent effort" a lot!
6. Make Practice FUN! Play competitive games and drills.
7. Finish practice with a game. It's why our players come.
8. Work on our Communication Skills. Just as with Ball Mastery, we can never be "Good enough."
9. Never stop learning
10. Have a sense of humor and be patient!

Coerver® Coaching Glossary Of Terms

The Coerver® Mission (1984) – Our Goals

“We want to develop skilled, confident, creative players who combine well (Effectively) with team mates (Team Play) OR Have the skills to go it alone (1 v 1)”

The Coerver® Code - The DNA of our players (on and off the field)

Players who have: Skill, Speed, Strength (Good health and fitness), Sense (Good decision making), Spirit (Hard work ethic, Confidence, Fair play and respect)

The Coerver ®Kid

Players who follow the Coerver® Code

The Coerver® Curriculum: The Pyramid of Player Development^{©1997}

A six part “filing cabinet” of drills and games developing the Coerver® Mission Goals

The Coerver ®Pyramid of Moves (1 v 1)^{©2003}

A three part “filing cabinet” of drills and games focusing on 1 v 1, 2 v 2 attacking & defending

The Coerver ®Method

A method that trains the coach to adapt drills and games to suit the level of the player by increasing or decreasing difficulty to achieve confidence and improvement

Coerver® Steps

- **Skill (Training)** - Using repetition to improve individual core skills
- **Skill (Stretch)** – Increasing difficulty with graduated opposition pressure
- **Skill (Success)** - Correct player decision making in game play, “The When and Where”

Limited Pressure Defending - Sufficient pressure by defenders to add difficulty for the attacker without making a tackle, closing down space/time.

Graduated Pressure Drill - A drill where the number of players, size of field, number of goals, touches on the ball or other conditions can be adjusted by the coach to increase or decrease the difficulty of the task.

Full Pressure Drill/Game - a fully competitive drill or game where all players do their best to win the ball.

Coerver® Core Skills

These are, First Touch/1 v 1/Ball Striking /Running with the Ball with Ball Mastery as the Foundation of all these skills

The Coerver® Approach to Team Training

The Coerver Box/Trap^{©2014}

- “Box” is our Attack, and “Trap” is our Defence

Coerver® Brand Protection

Name, Logo protected by TRADEMARK®. Published content protected by COPYRIGHT®

Drills/Games Terminology

Ball Mastery

The Core Skill Foundation - this is the hundreds of ball manipulation exercises that we have devised over 31 years + years

First Touch

The first touch on receiving the ball to maintain possession and find space, to pass, shoot, or run with the ball

Touch Direction

Turning your body to guide your first touch into the area you want

Touch Speed

How far the ball falls from you

Running With The Ball

What is commonly called "Dribbling"

Cushion

Withdrawing the body surface that receives the ball so as to control the ball by reducing its speed

Pressing

Closing down the player with the ball quickly

The Killer Pass

A defence beating pass that puts a teammate through on goal and gives her/him the chance to score

Finishing

A shot or header that scores

First time Finishing

First time strike at goal

Small Sided Games

Games that are played with a minimum of 3 players and a maximum of 6 players on each team

Conditioned Game

A game where the coach sets rules/conditions that help create and practice specific skills or tactics

Free Games

Games where the coach does not interfere or stop, apart from safety points

Neutral Players

Additional players nominated by the coach to play with the team in possession of the ball

Fast Break Attack

An attack that moves quickly to surprise opponents and attack them before they are set in their defensive roles

Wall passer

A team mate that plays a one – two pass

Coerver Keys

3 Tips per drill to tell players

Home Assignment

Work given to Coerver® students from the Ball Mastery Apps or 1 v 1 Apps to do at home with parent involvement

Drills/Games Terminology

Effective Possession

The team keeping the ball patiently until a forward pass becomes possible

Work Rate

Effort and energy put in by a player

Parking the Bus

A tactical formation designed to defend and counter attack, opposite to the Coerver® Coaching Approach

Move

A word we took from Basketball. In Coerver® Coaching we have 47 “Moves” divided into Change of Directions, Stop & Starts and Feints

Mirror Moves

One move that has two parts which enable the attacker to go either side of their opponent

Ball Mastery

Repeated ball manipulation using all surfaces of both feet. It is the foundation of the Coerver® Coaching curriculum

Toe Taps

Tapping the ball lightly between the inside toe parts of the feet. Sometimes we call it “ground juggling”

Pull Push

Pulling the ball back with the sole and pushing with the inside/outside or laces part of the shoe

Cut

Changing the direction of the ball by guiding it with the inside or outside of the foot

Dribble Cut

Cutting the ball quickly with the inside of one foot across the body and pushing it out with the other foot

Slap

Hitting the top of the ball with your sole, so it travels across you

Slide

Sliding your foot from the top of the ball to its bottom.

A Coerver® Session

A session that follows the Coerver® Session Planner formula's

Theme Session

A session that focus's on a topic e.g. Fast break Attack or Star Models Messi/Germany etc

The Matthews Move

A Move made famous by the legendary Sir Stanley Matthews, we now call it the “Drag Push”.

Feint

An action to freeze or send opponents to one side; used when your opponent is in front or behind you

Change of Direction (C.O.D)

An action to turn the ball while shielding it

Stops & Starts

An action to fake a stop with the ball, and then restart almost immediately, used usually when the opponent is either side of you

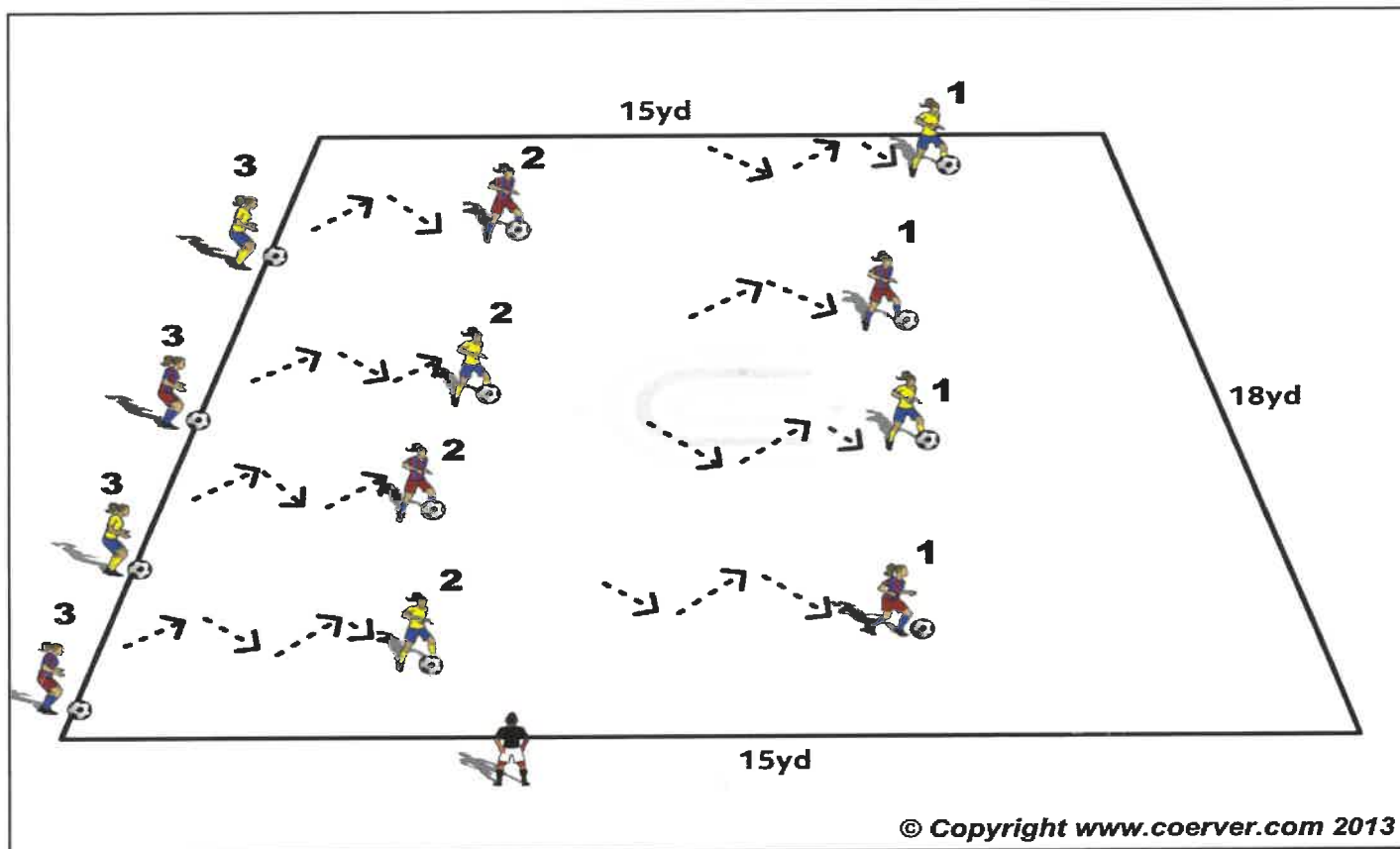
coerver[®]
COACHING

PRACTICAL 1



WARM UP DRILL 1 - BALL MASTERY (WU-1)

SKILL TRAINING



On-line LINK: Session Planner DISK 1. Ex.5.1. 5.2. 5.3. 5.4

PURPOSE: To improve Ball Mastery and touch through Ground Juggling skills.

SET UP: Players numbered 1, 2 or 3 are lined up with a ball on one side of a 15 x 20 yard grid.

ACTION:

On the Coach's signal #1's cross the grid doing the action the coach nominates.

When #1's are 1/3 across the grid the coach calls for #2's to start.

When #2's are 1/3 across the Coach calls for #3's to start.

1. Single inside & outside cut with the same foot.
2. Triple cut with same foot all the way across.
3. Pull push every step but sit on the ball on Coach's call. (U12)
4. A single pull push in the middle to get across in three touches, one to start, one to pull & push and the third to stop on the end line.
5. Dribble cut using inside and outside of both feet.

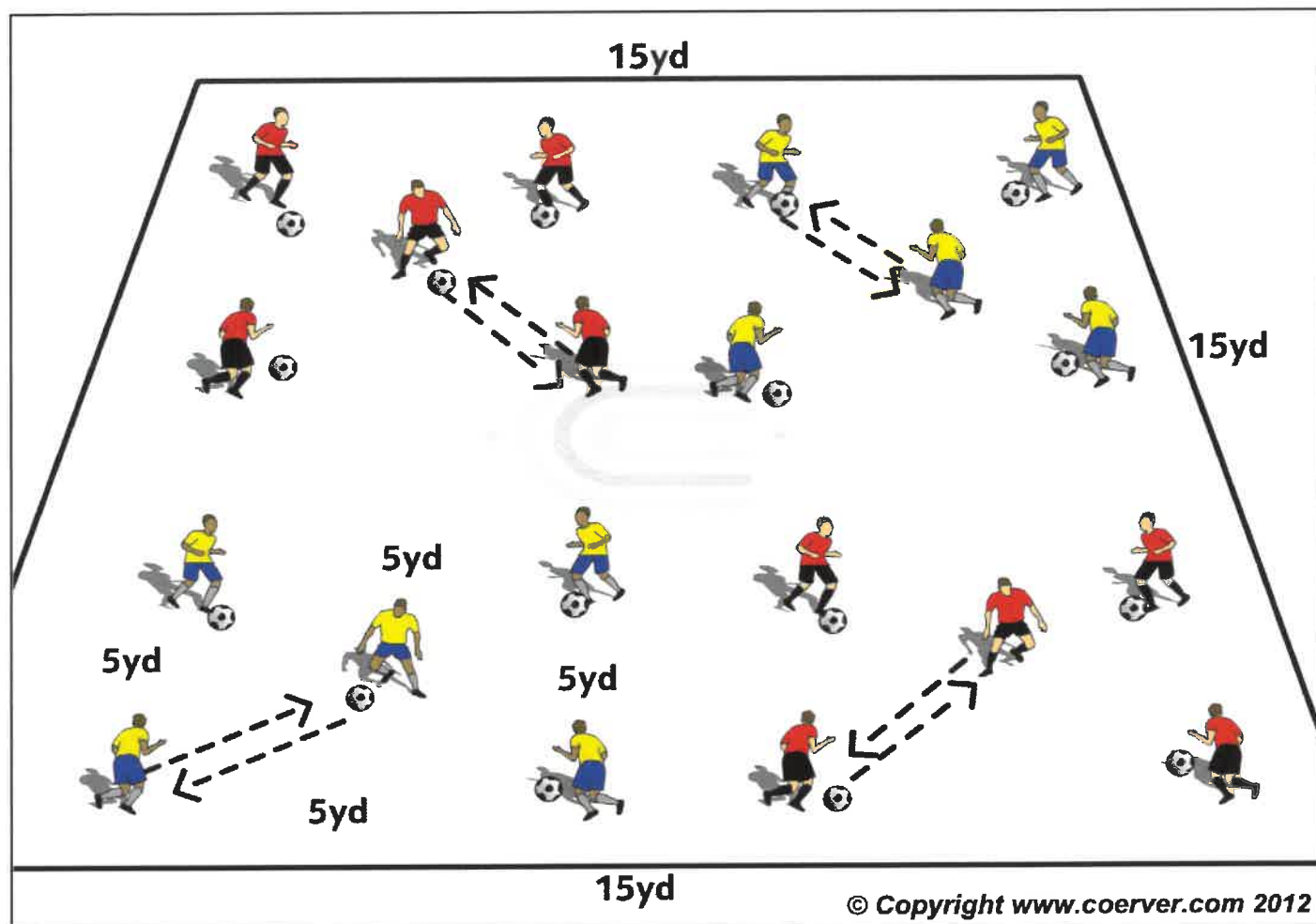
COACH'S TIP:

Encourage players to get as many repetitions as possible each time across.

PLAYER TIP:

Try not to watch the ball all the time. Try to keep your eyes up as much as possible. It will get easier with practice.

WARM UP DRILL 2 (WU-2) SKILL TRAINING/STRETCHING



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On-line Link: Kristine Lilly Coerver® Coaching e-book - First Touch Drill 1

PURPOSE: To perfect Ball mastery through repetition.

SET UP: Groups of 4 players with a ball each in a 5 yard square with a working player in the middle.

ACTION:

The Players with the ball at their feet serve the middle player with a variety of serves to focus on different ground skills. Each team tries to get to 20 repetitions of the skill before the other groups. Only balls played back and caught by the server count as a point. With each new skill the middle player changes with an outside server. The Coach keeps the group scores.

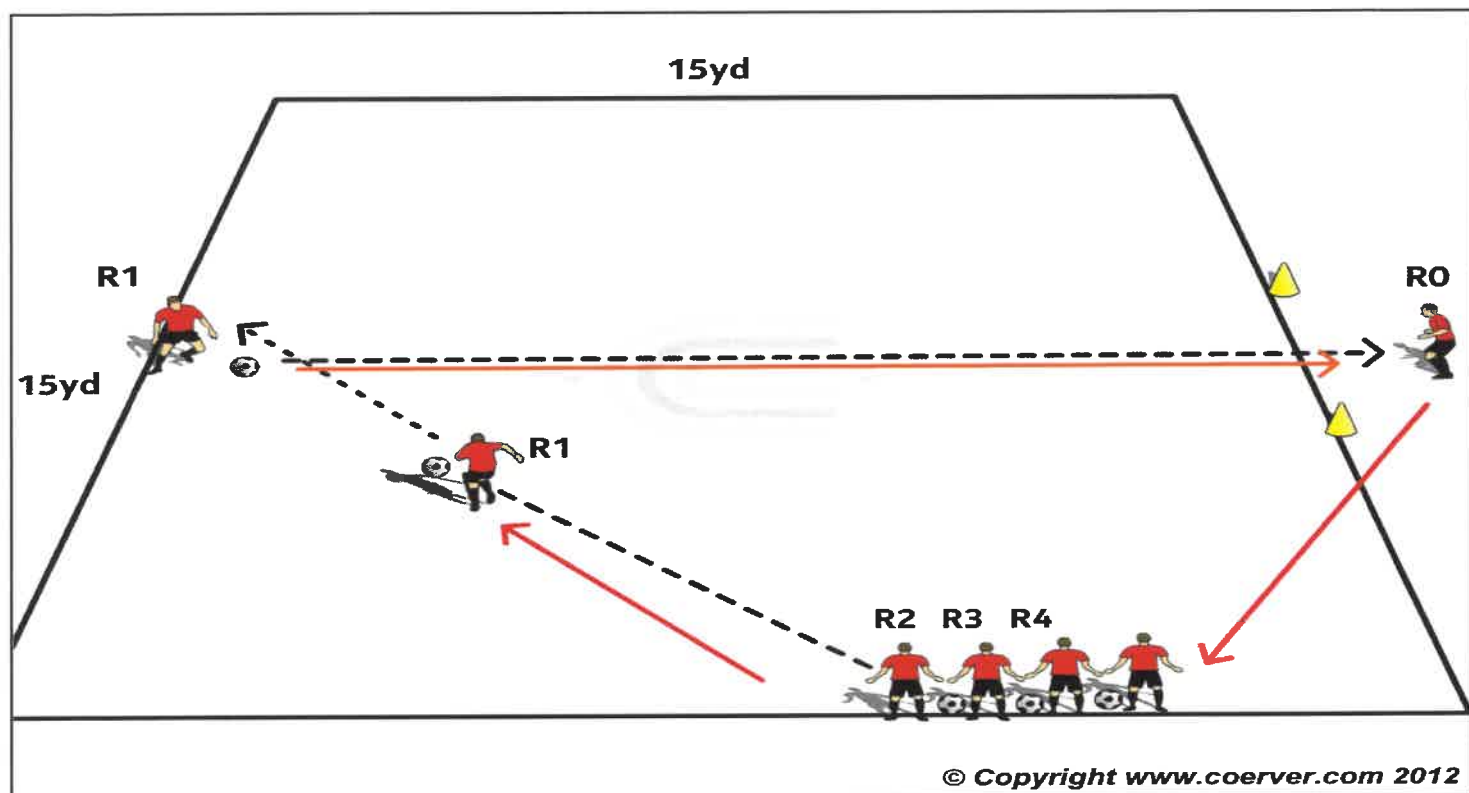
SKILLS:

1. Push pass.
2. Inside of foot to inside of other return.
3. outside of foot and pass inside of same foot.
4. Inside of foot & pass with outside of same foot.
5. Stop with sole of one foot and while stepping on ball hop on other foot and touch back with inside of hopping foot..
6. Mathews Move - Drag w inside of receiving foot while hopping on other and push with the outside of receiving foot all in one movement before passing back.

COACH'S TIP: Make this a competition where Groups score.

PLAYER TIP: Adjust your feet to execute the skill quickly and efficiently.

WARM UP DRILL 3 (WU-3) SKILL TRAINING/STRETCHING



On-line LINK: Session Planner DISK 3. Ex.4.1. 4.2. 4.3.

PURPOSE: To practice & perfect Changes of Direction

SET UP:

4 players, R1 (no ball), R2, R3, R4 (ball each), a 5th player "RO" stands behind the pop-up cones on the right, in a 20 x 15 grid.

ACTION:

Player R2 passes in front of R1 who moves onto the ball and take a touch ahead, R1 now perform a U Turn move, passes to RO and takes RO's place. RO receives the ball between the cones, and with one touch joins the other players on the line. R3 now passes in front to R2 and the sequence continues.

VARIATION 1:

The player who makes the C.O.D move, plays a "wall pass" with the next player in the line.

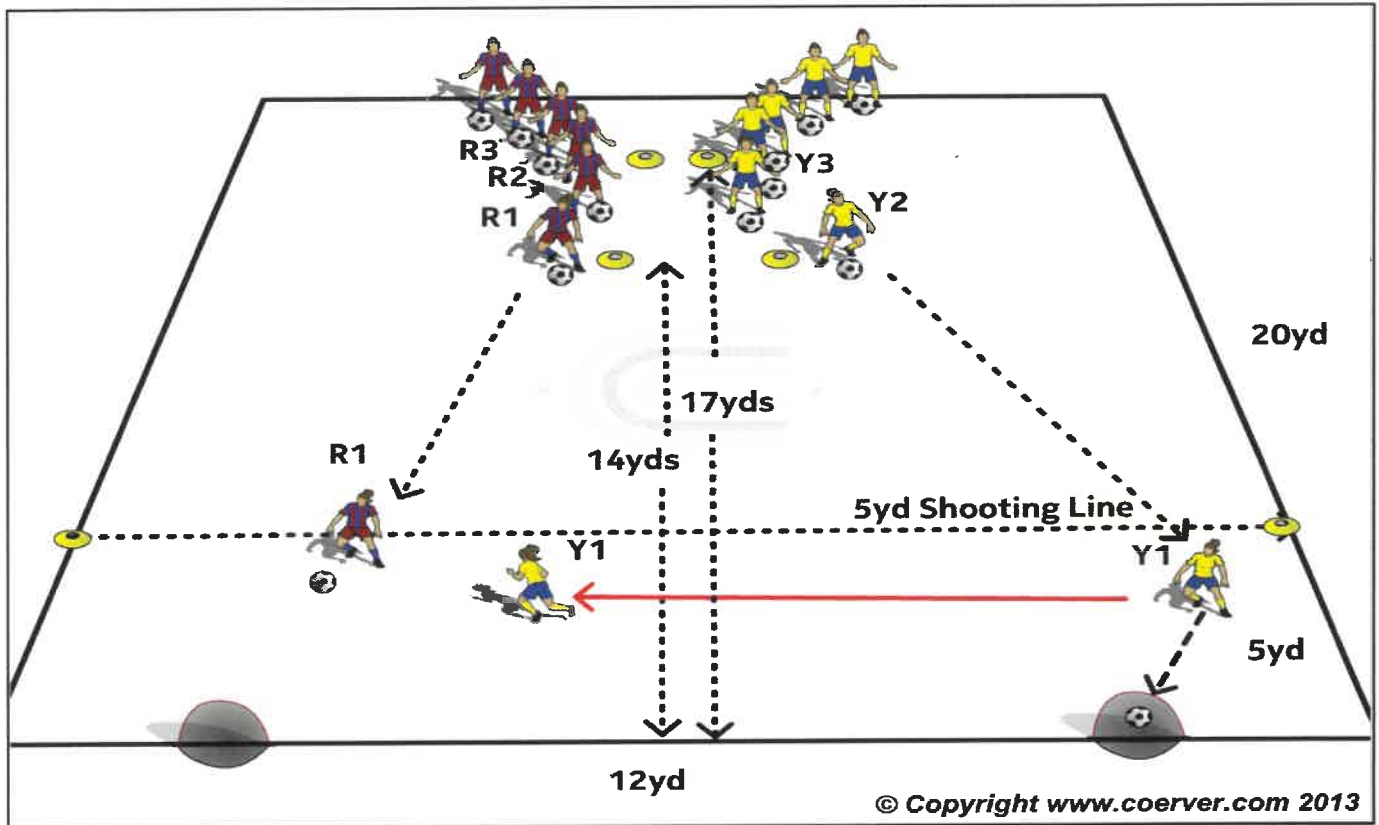
COACH'S TIP:

Show how the body shields the ball when you make a Coerver change of direction move

PLAYER TIP:

Imagine different situations where you can block off an opponent and protect the ball with this move. Look up to pass or shoot 1st touch after the turn. Go for accuracy and not power with your shots.

SPEED DRILL 1 (S-1) SKILL STRETCHING/GAME



On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Speed

PURPOSE: To improve the use of speed with the ball to create goal chances.

SET UP:

Two teams with a ball to each player positioned approx 14 yards from the goal line.

Two small goals 18 yards apart on the goal line A.

A Shooting line 5 yards from goal line. Goals cannot be scored from outside the shooting line.

ACTION:

Y1 travels with the ball and gets inside the shooting line to score.

Y1 then defends against R1 who starts travelling with the ball to the shooting zone when Y1 shoots.

If Y1 can win the ball they should counter-attack to the opposite end to the target goals

As soon as a goal is scored or ball goes out of play, the next attacker starts and the previous attacker becomes the next defender, the last defender gets their ball and joins the back of their group.

The first team to a set score wins.

COACH TIPS:

Change positions of teams so Players attack from a different side of the field.

Adjust the distance from the goal to make easier (closer) or harder (further).

PLAYER TIPS:

Speed with the ball is the first option, only use 1 v 1 moves if you have to (e.g. are blocked)

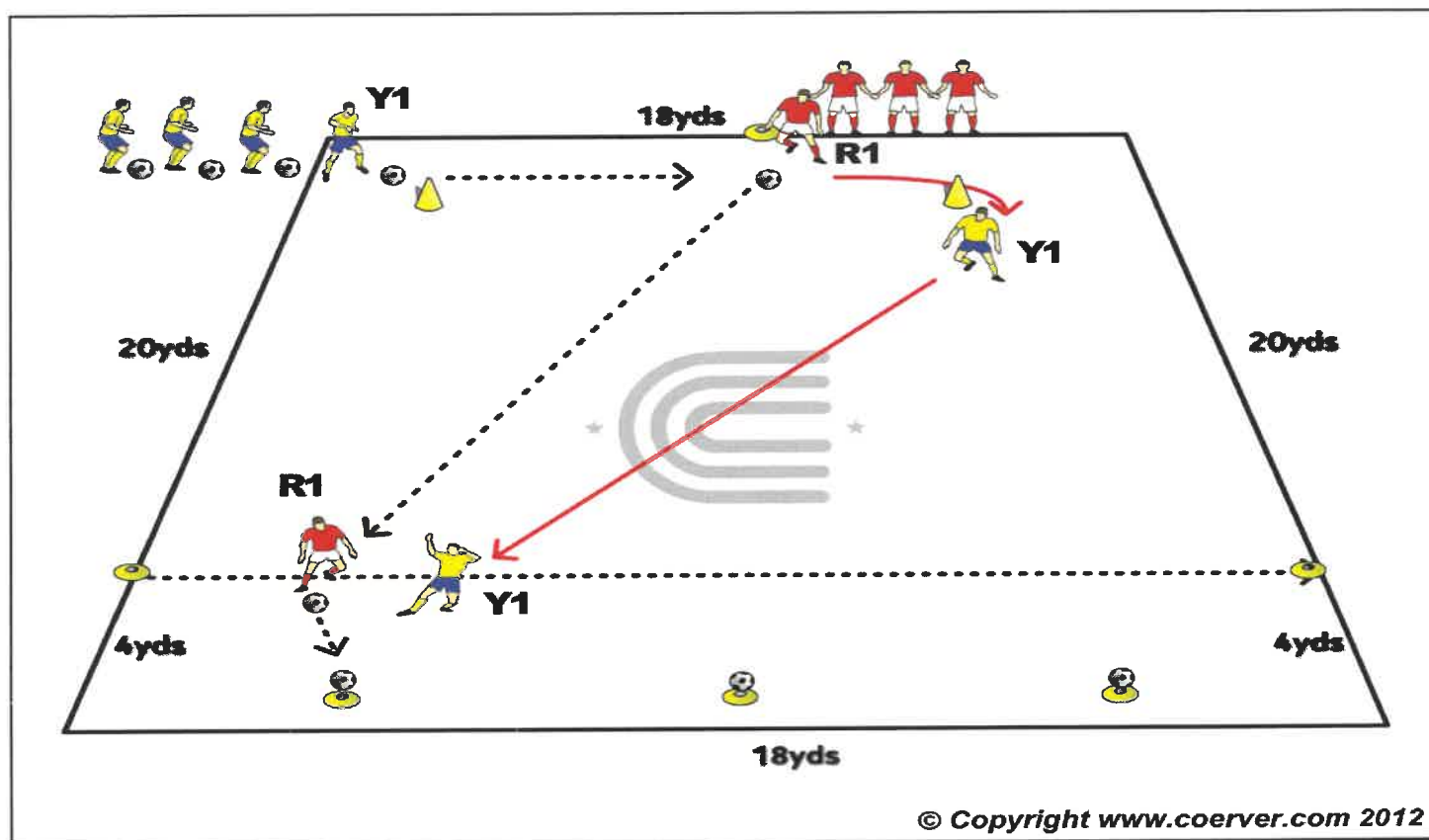
Feint Moves will be the most useful 1 v 1 as the use as the defender will mainly be in front of you.

Try to use the furthest foot away from the defender to protect the ball

When recovering to defend turn 'inside' and not 'outside' where they have your back to the field and have to cover more ground to defend the opposite goal.

Transition speed – attack to defence and defence to attack

SPEED DRILL 2 (S-2) SKILL STRETCHING/GAME



On-line Link: K Lilly Coerver Coaching e-book - Running with the Ball Drill 2

PURPOSE: To Improve skill under game pressure

SET UP:

A 25 x 25 yd grid with two balls set on cones 10 yds apart at one end of the grid.

At the opposite end three cones are set 6/7 yds apart.

Red team line up (attackers, without a ball) to the side of the first cone on the side furthest from the balls.

The Yellow team (defenders) line up 3/4 yds behind the line of the cones with a ball.

ACTION:

Y1 dribbles the ball between the cones and steps on the ball for R1, then Y1 sprints around the far cone to give chase to R1.

R1 takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

VARIATION 1:

The Attacker must shoot before the 4 yd shooting line to demonstrate composure and accuracy when finishing.

COACH'S TIP:

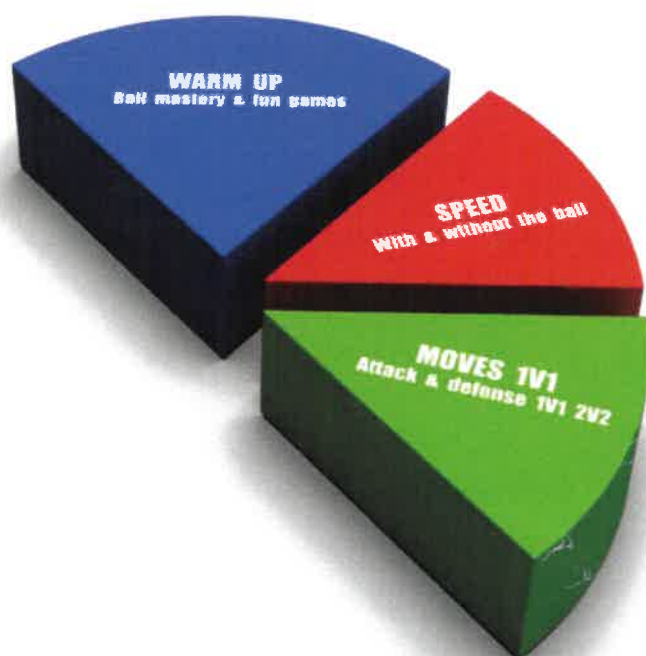
Adjust the position of the 2nd cone to make it difficult for the defender to get around and give close chase. Then gradually move the cone nearer so the defender has a better chance of catching the Attacker.

PLAYER TIP:

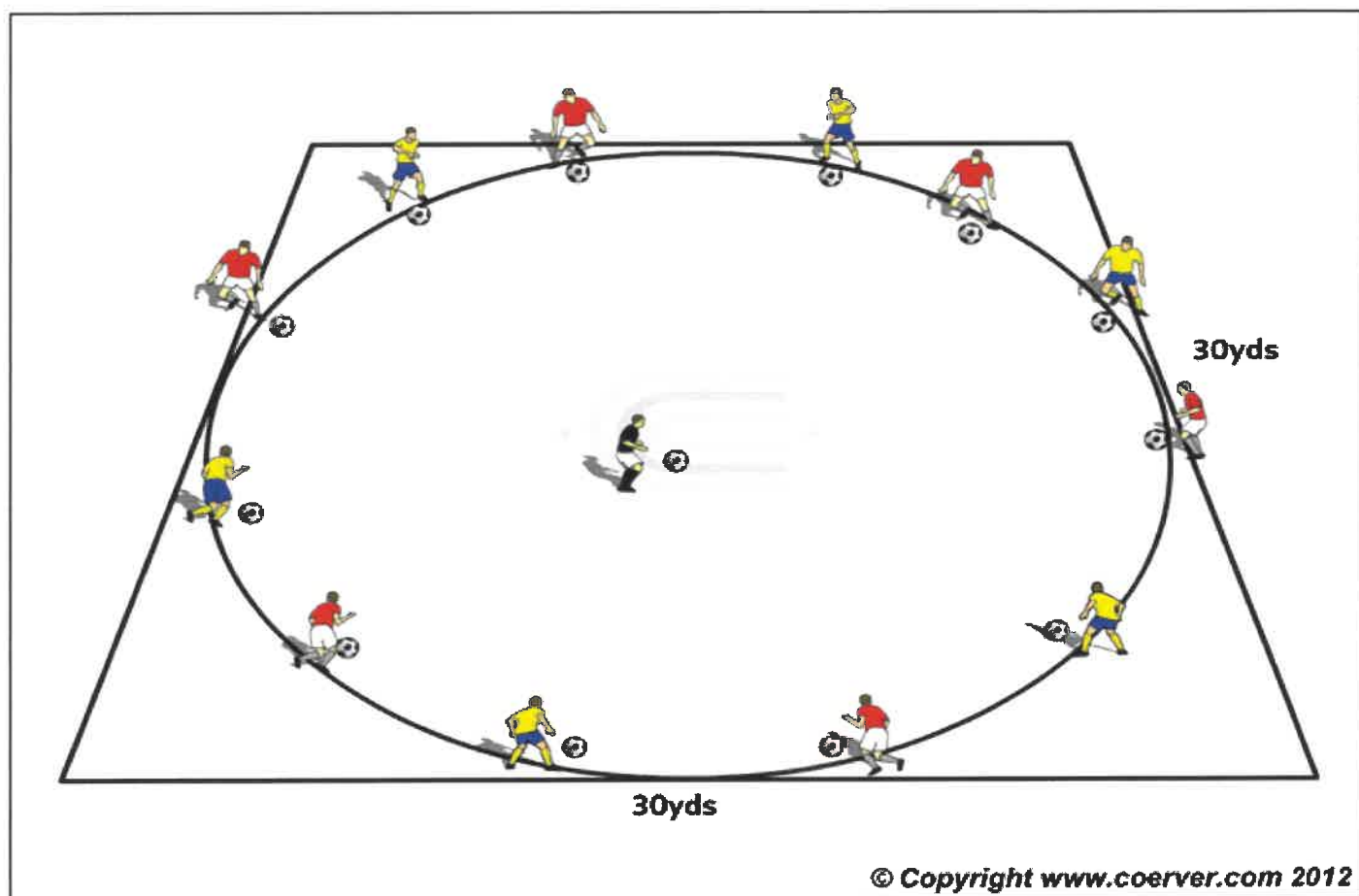
Get the ball out of your feet with a bold first touch then use the outside of the foot to keep control at speed.

PRACTICAL 2

PART (a) 1 v 1 FEINTS



MOVES DRILL 1 – SKILL TRAINING (M-1)



On-line Link: Additional Course Material

PURPOSE: To perfect the skill through repetition.

SET UP:

A 30 yard circle, players on the perimeter, ball each. Coach in the middle with a ball.

ACTION:

The Coach demonstrates, then players follow:

Step-Over Set:

Step-Over/Double Step-Over

Step-Over/Scissors Step Over,

The Slap Step Over/The Pull Through Step Over

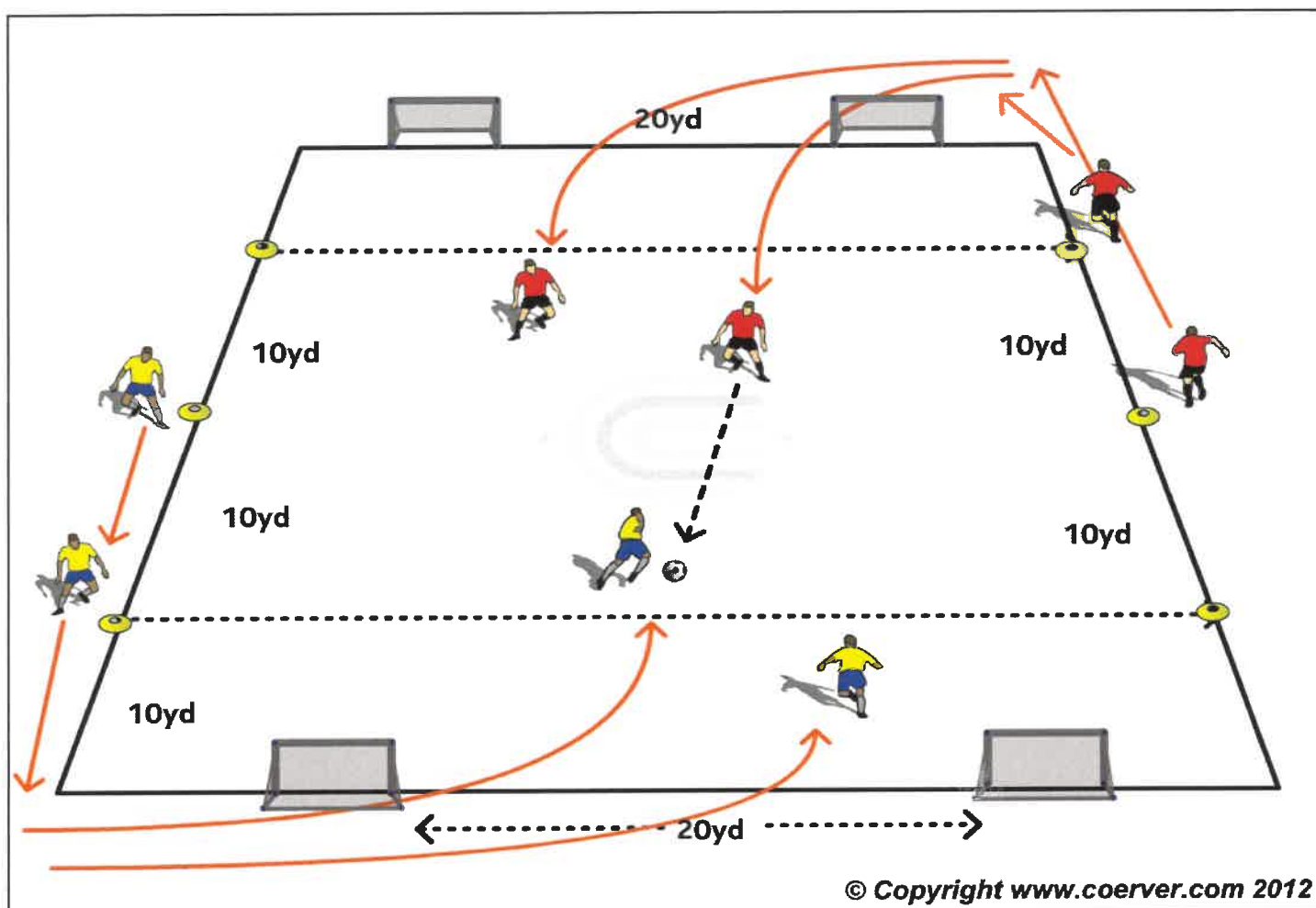
COACH'S TIP

Try and Practice the action so you can demonstrate correctly. Remember each 1 v 1 has a "Sequence".

PLAYER TIP

This is the First Step of learning feints - there are many to choose from. It's up to you in a game, to select what works for you, then use it at the right time and place.

MOVES DRILL 2 – SKILL STRETCHING/GAME (M-2)



On-line Link: Additional Course Material

PURPOSE: To teach the Feint//Combination option

SET UP:

A 40x20yd field with 2 “Pugg” goals on each end line.
 Two Groups. One attackers and one defenders.
 Go in pairs, staggered 5 or 10 yards apart.

ACTION:

On coaches signal, players sprint around the first goals, the coach passes to one of the attackers. The defenders through and stop the attackers scoring, and if they win the ball they attack the opposite goals.

COACH'S TIP:

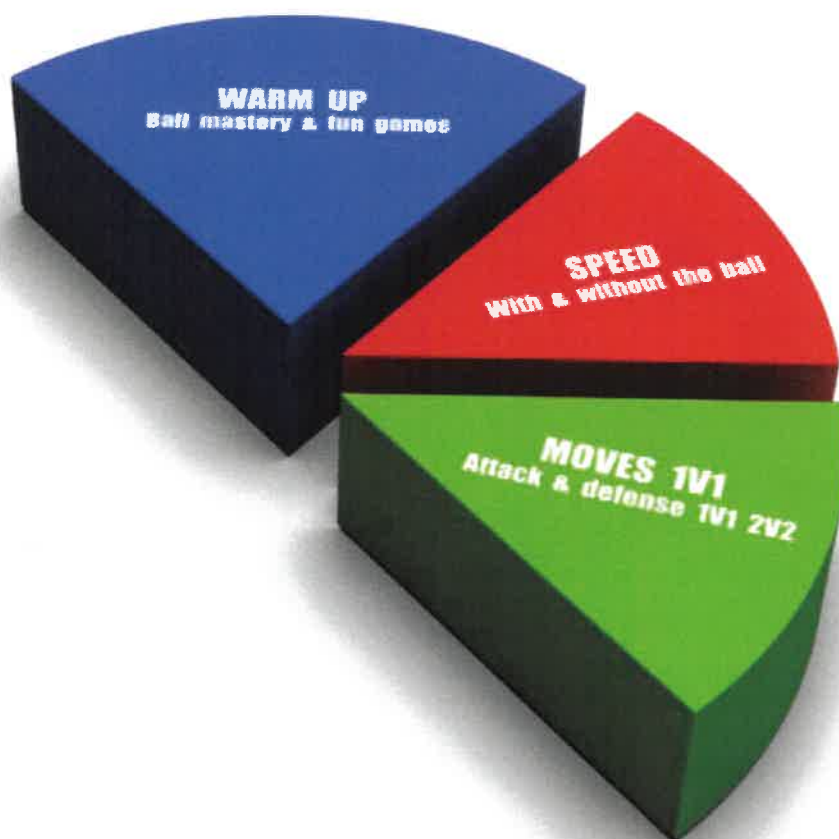
Alternate attackers and defenders each contest end.

PLAYER TIP:

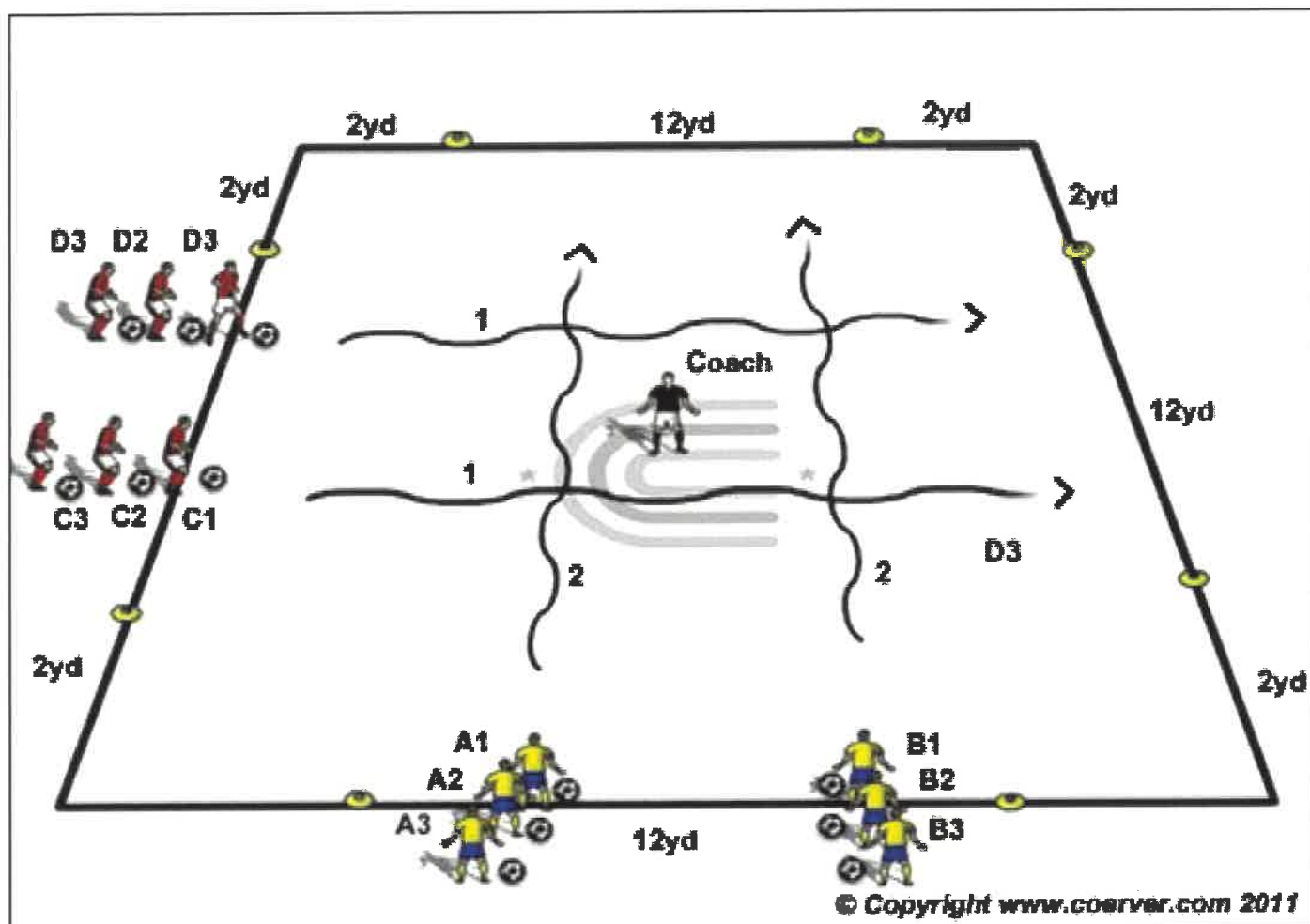
A good first touch is important to play 1 v 1 successfully.

PRACTICAL 2

PART (b) 1 v 1 Change Of Direction



MOVES DRILL 3 – SKILL TRAINING (M-3)



On-line LINK: Session Planner DISK 1. Ex 4.13. 4.14. 4.15. 4.16

PURPOSE: To Improve Ball Mastery

SET UP:

A 15x15 grid with two teams lined up on adjacent sides inside a 12-yard area on the line.
Each player with a ball.

ACTION:

VARIATION 1:

On the Coach's signal A1 & B1 make Single Cuts across the grid to the opposite line.
As they finish C1 & D1 repeat the actions across to their opposite line.
As & Bs and Cs & Ds alternately make the Single Cuts across to their opposite lines.

VARIATION 2:

Each pair alternately make Double Cuts to their opposite line.

VARIATION 3:

Each pair make Dribble Cuts to their opposite lines.

VARIATION 4: Using Coerver Moves (Competition)

One ball to each team.

A & B 15 seconds: then C & D

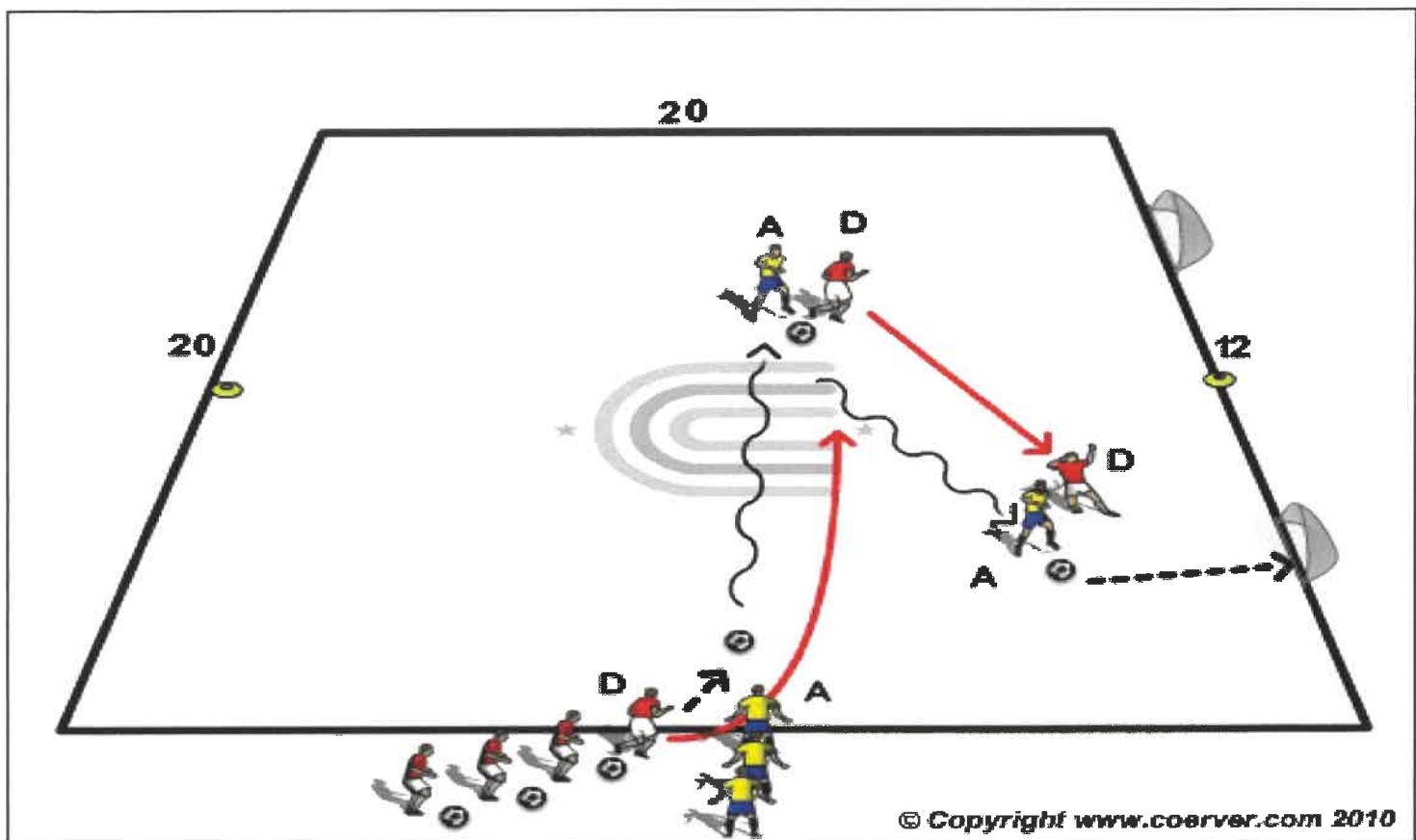
Players make inside or Outside Cuts to their opposite line for 15secs.

COACHS TIP:

Ask players to use their ankles and foot flexibilities to make the movements and not stiff or straight legs.

PLAYER TIP:

Eyes Up



On-line LINK Session Planner: DISK 3. Ex. 4.4.

PURPOSE: To improve Decision making, the “When, Where and Which Move”.

SET UP:

A 20 x 20 yard grid with two small goals 12 yards apart on one side-line.

Red D (defender) lines up with a ball alongside Yellow A (attacker) with two small goals on an adjacent side of the grid.

There is a line marked by two cones half way between the goals.

ACTION:

Red D lead passes Yellow Attacker A and overlaps to the goal side of A.

A speed dribbles at least to the mid line and tries to score on either goal using U turns, Stops & Starts, Feints or Changes of Direction.

COACH'S TIP:

Ask players to use specific feints as they start but then they are free to use any moves they wish.

If necessary, make a 6 yard shooting line attackers have to cross to shoot to encourage 1 v 1.

Encourage defenders to play full pressure defense.

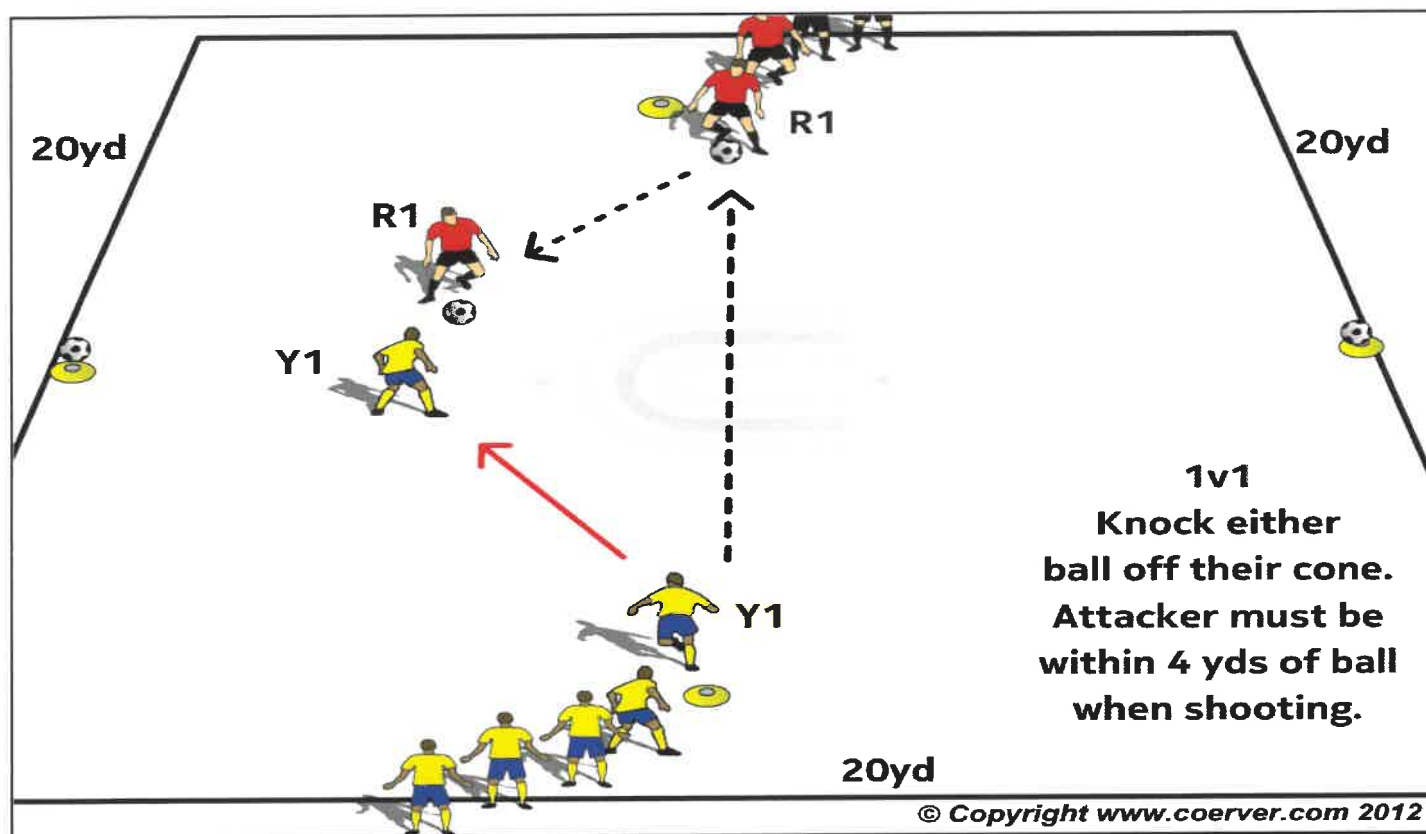
Keep scores.

PLAYER TIPS:

Try to use the moves at the start that the Coach suggests.

Then feel free to experiment and have fun.

MOVES DRILL 5 – SKILL GAME (M-5)



On-line LINK Session Planner: DISK 3. Ex. 8.1. 8.2.

PURPOSE: To Improve C.O.D under game pressure.

SET UP:

Two cones with a ball on top facing each other 18 yards apart.

Two teams, one with a ball for each player, facing the other team across a 15 yard grid.

ACTION:

The Red Defender passes across the grid to the opponent and they play 1v1 to score by knocking the ball of either cones.

If the Defender wins the ball, they become the attacker and look to score by knocking a ball off.

Either player can only score from within a shooting zone 4 yards from goal (mark with cones).

VARIATION 1:

Play 2 v 2.

The receiver must pass 1st touch to his partner and overlap behind him to start the action.

Same scoring rules apply. Defenders can score if they win possession.

COACH'S TIP:

Match players evenly. Switch roles frequently.

PLAYER TIP:

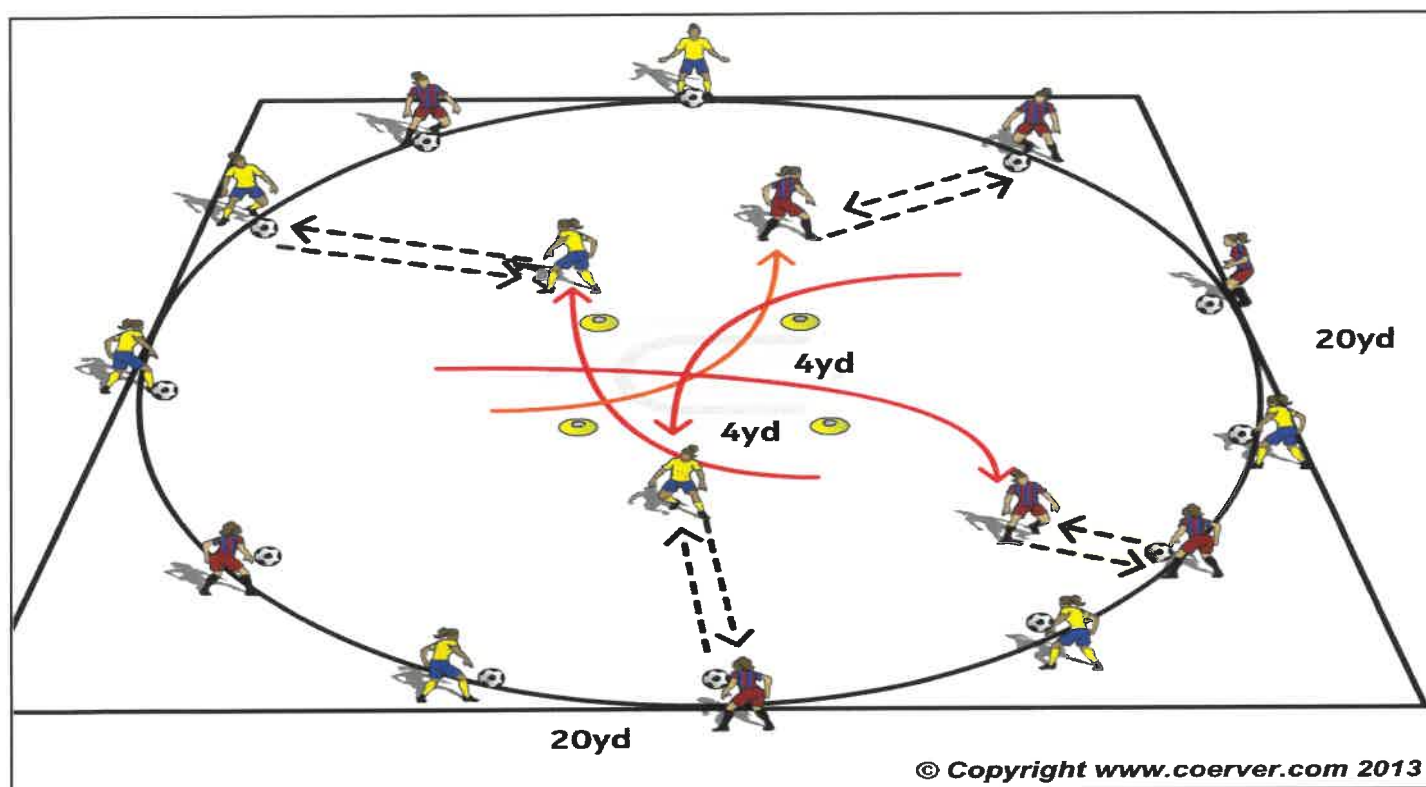
Adjust your body Shape as the ball is travelling toward you, so your first touch takes you toward the Goal.

PRACTICAL 3

(a) Group Play (Combinations)



SMALL GROUP PLAY DRILL 1– SKILL TRAINING (SGP-1)



On-line LINK: Coach Great Soccer DISK 4. GROUP PLAY. Ex. 3.1.

PURPOSE: To Improve first touch & Passing accuracy.

SET UP Players with a ball each in a 24 yd circle with a 5 yard square marked in middle. 4 players in middle zone.

ACTION No ball.

On Coach's signal middle players run to Perimeter Players and change places with them. The runners must bend their run through the middle zone to change with another player. As the players get warmed up they're encouraged to make bigger and stronger CUTS in the middle zone.

VARIATION 1:

Middle player plays a 1-2 pass to the Perimeter Player then sprints through the Middle Zone, bends his run towards another Perimeter Player and another 1-2 Pass.

Middle Zone Players must count the passes they complete in 45 seconds.

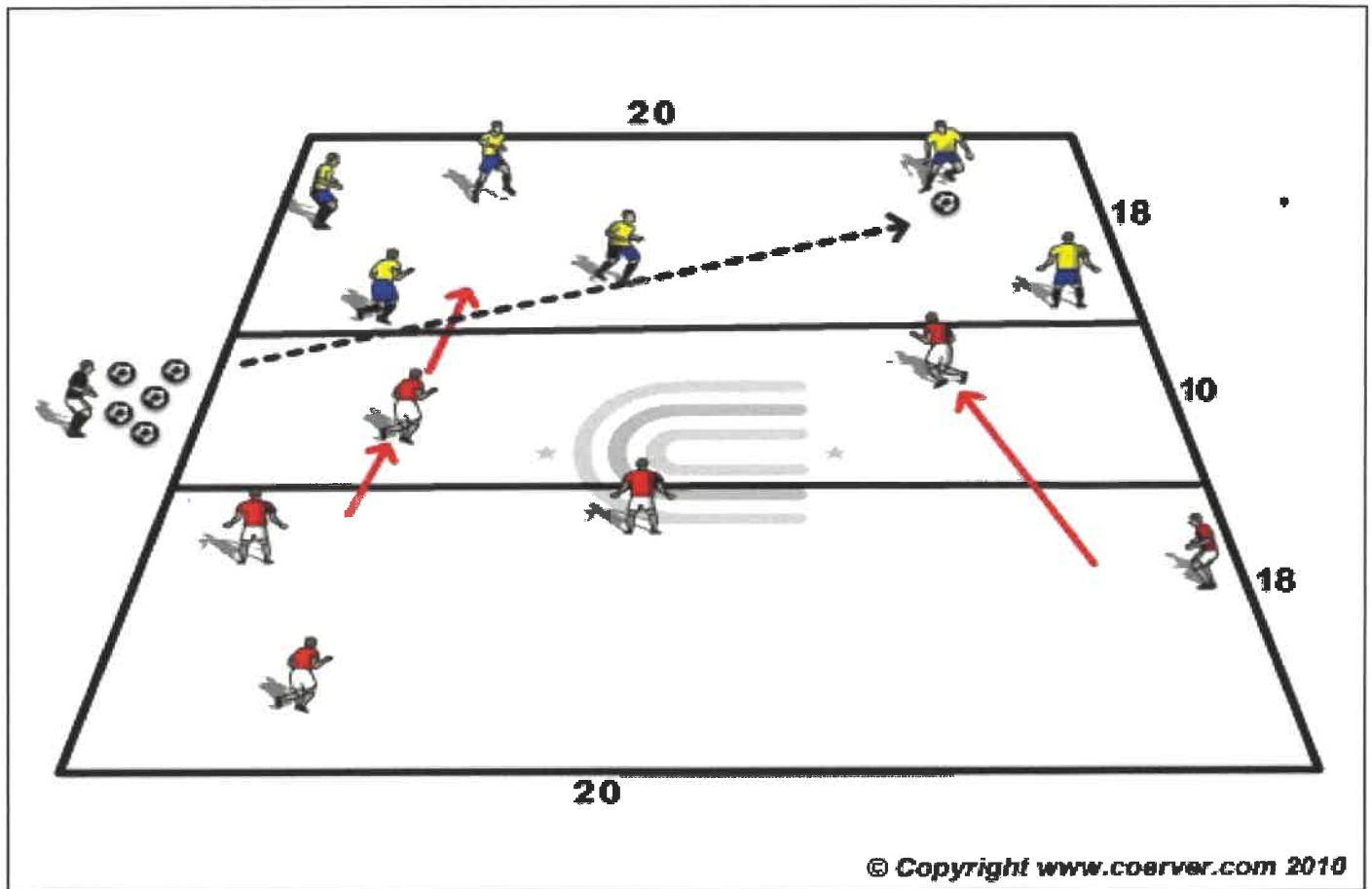
The combinations are.

1. One touch push pass with inside. 2. Take outside pass inside of same foot.. 3. Take across body with inside of foot and pass with inside of opposite foot.. 4. Take with inside of foot & passes with outside of same foot. 5. Volley inside of foot. 6. Cushion header then return. 7. Chest and head. 8. Knee trap & Half volley. 9. Chest trap & Half volley. 10. Juggle twice with inside of both feet and volley back. 11. Let ball run through legs then spin and make a change of direction in move and passes back.

COACH'S TIP Keep only 4 players in the middle so that others can rest between efforts.

PLAYER TIP Middle players call for the ball especially as they tire. Perimeter players to wait for the call before passing.

SMALL GROUP PLAY DRILL 2 - SKILL STRETCHING (SGP-2)



On-line LINK : "Session Planner" DISK 2. SPEED. EX 5.1

PURPOSE. To Improve possession with quick combinations

SET UP.

2 20x18yd (or other according to number and age of players) grids 10 yards apart. 6 players in the end grids. The Coach with a supply of balls outside middle zone.

ACTION.

No ball. One Team sends a player to tag an opponent in their zone and then get back as quickly as possible to release a team mate to do the same.

The coach times how long it takes the team to tag all its opponents.

The opponents then become taggers and they are timed against the first team.

COACH'S TIP. Count down the clock at the end of each effort.

PLAYER TIP. Focus on one opponent and stay after him and don't be distracted by their team mates.

Sprint back to team at end of turn.

VARIATION 1.

With ball. The Coach passes to the Yellow team who inter pass as quickly as they can while the Red team sends two players (or 1 depending on numbers and size of area) to try to touch the ball.

When one of the Red players touch the ball or it goes out of bounds they sprint back to their field while the coach passes a new ball to the Red team and two yellow players sprint to the Red zone to try to get the ball.

The Coach keeps count of team pass totals (or time of possession) for several games.

VARIATION 2.

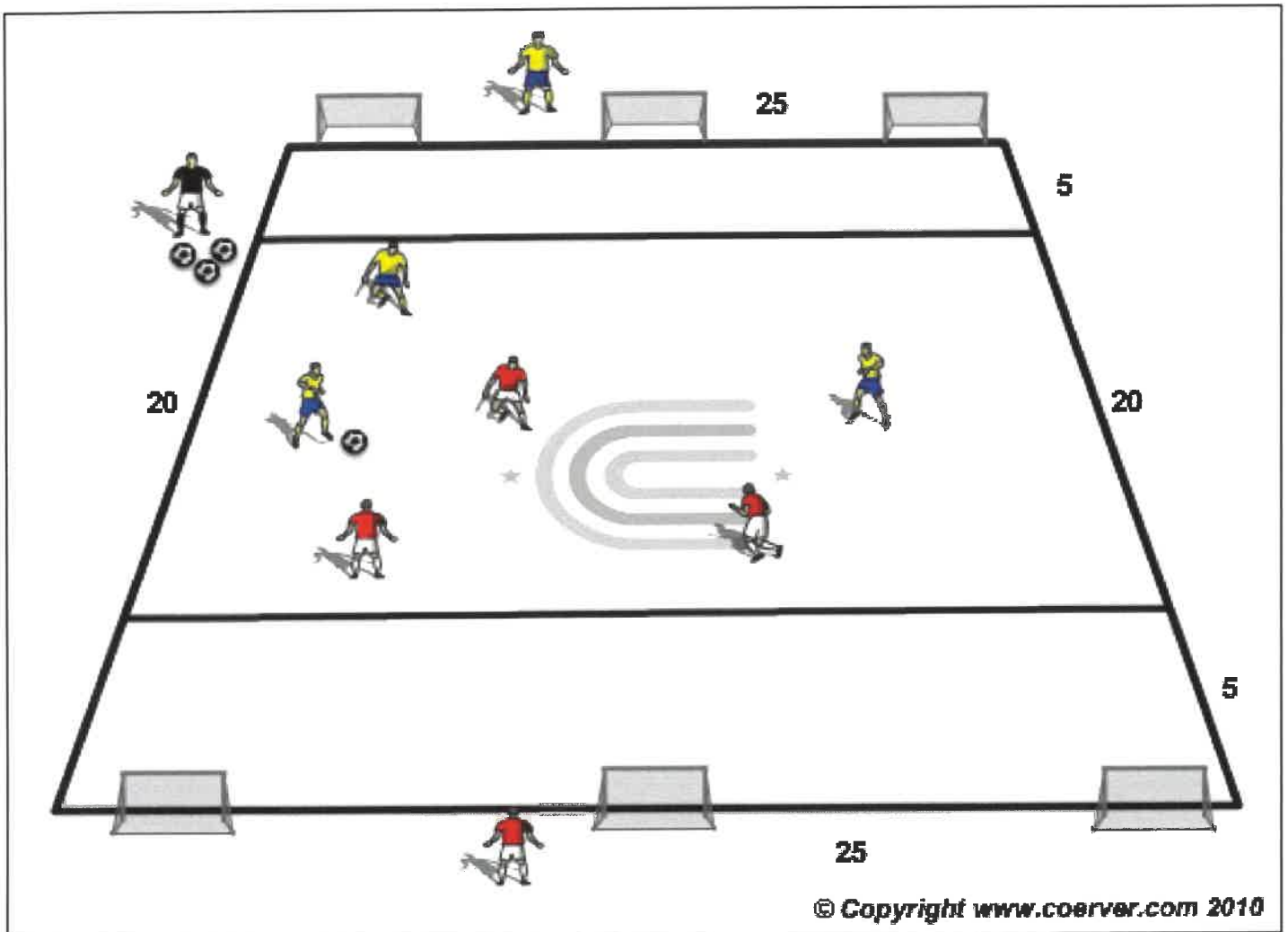
Every 6 or 10 consecutive passes (depending on numbers of players on teams) counts as a goal. First team to ten goals or number the Coach designates wins.

COACH'S TIP. Enlarge or shrink the grids to make it easier or harder.

PLAYER TIPS. Move off the ball and call instructions to team mates just as you would in a game.

Try to incorporate surprise moves like take over's and screen runs in tight situations.

SMALL SIDED GAME 1 - SKILL GAME (SSG-1)



On-line Link: K Lilly Coerver Coaching Ebook - Passing Drill 4

PURPOSE: to improve decision making

SET UP

A 30 x 25yd field with three small goals and a 5 yard shooting line in front of them at each end.

ACTION

Teams play 3v3 in the middle 20 yard and can only score from inside the shooting zone in front of their opponents goal.

A player from each team plays behind their team's goal line. He can play as GK so that if he stands behind any goal the opponents cannot score in it.

Inside players can pass to GK but must change roles with him.

COACH'S TIP

Encourage looking beyond first opponent.

PLAYER TIP

Try to make fast break outs from the deep positions.

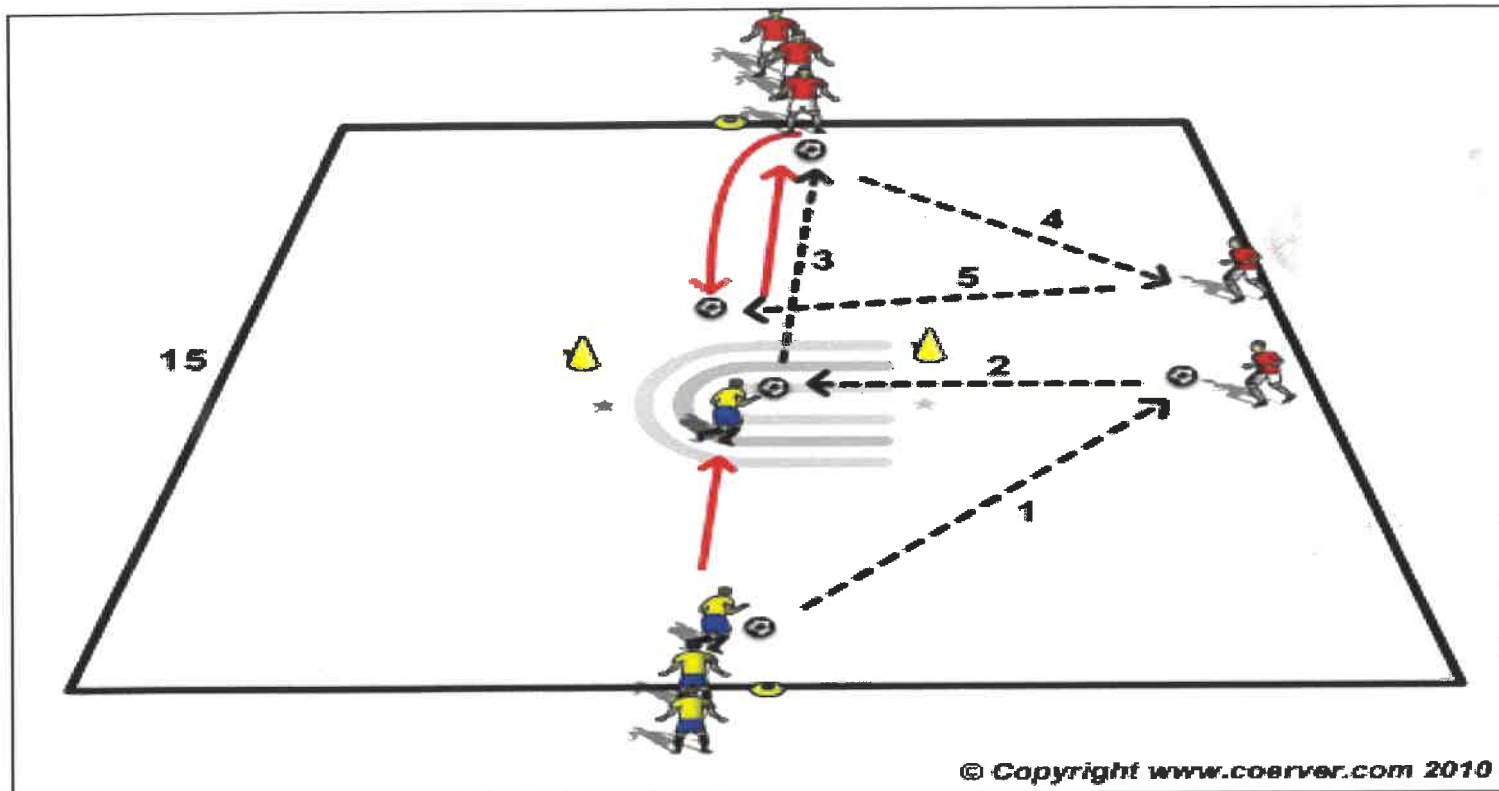
Be patient; if you can not go forward, keep the ball till you get the chance.

PRACTICAL 3

(b) Group Play (Killer Pass/Run)



SMALL GROUP PLAY DRILL 3– SKILL TRAINING (SGP-3)



On-line LINK Session Planner: DISK 4. Ex. 8.1. 8.2.

PURPOSE: To Improve 1-Touch and 2-Touch Passing

SET UP:

An 18x15 yd grid with a 4yd gate in the middle.

Two teams at each end of the grid facing each other with a "Wall Passer" on one side.

One ball.

ACTION:

The player with the ball passes to the wall passer who plays it into the middle of the field. The passer 1-touches it through the gate and follows his pass as a passive defender.

The receiver on the opposite team passes first touch to the wall passer then goes around the defender to take the Wall Passer's return and pass 1-touch to the opposite team player.

The sequence continues so that each player plays Wall Passer.

VARIATION 1:

The Wall Passer overlaps behind the receiver and receives the next Wall Pass on the other side of the grid. They repeat the overlap on the next pass.

Have players and teams compete for who can complete the most - touch passes without break or in a given time.

VARIATION 2:

The Wall Passer receives with his back foot (farthest from passer) and continues the overlapping sequence.

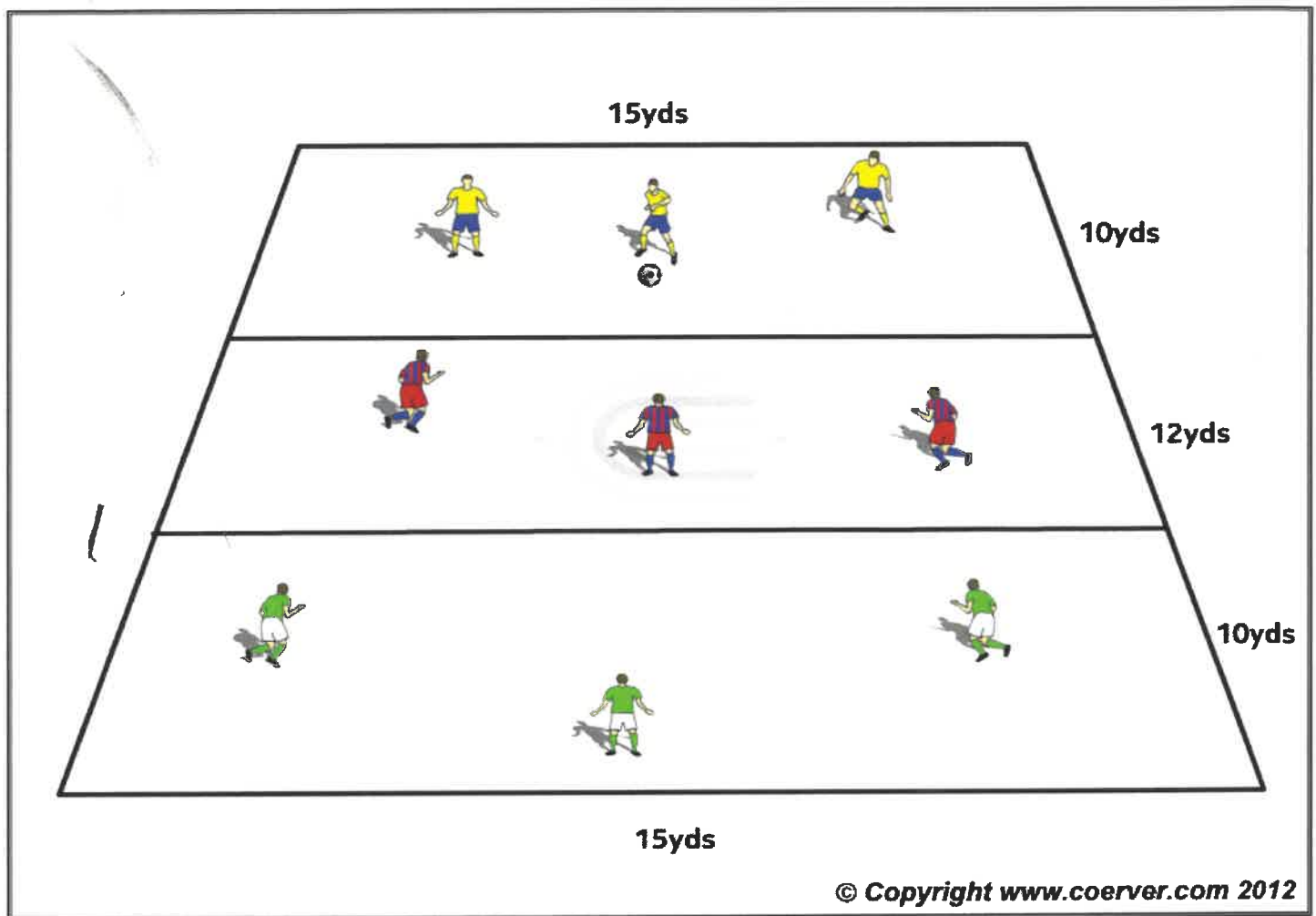
COACH'S TIP:

Widen or narrow the gate in the middle to make it easier or harder.

PLAYER TIP:

Wall Passer. Adjust your body position to make it easier to play the wall pass correctly

SMALL GROUP PLAY DRILL 4 - SKILL STRETCHING (SGP-4)



On-line: Additional Course Material

PURPOSE: To improve the "Killer pass"

SET UP

A 32 x 20yd field with 3 zones.
3 players in each of the 3 zones.

ACTION

End Zone players pass the ball a minimum of 4 times then have to pass to opposite end zone players to do the same.

One defender from the middle zone can go into end zone and try and touch the ball, if they do defenders and end zone team change.

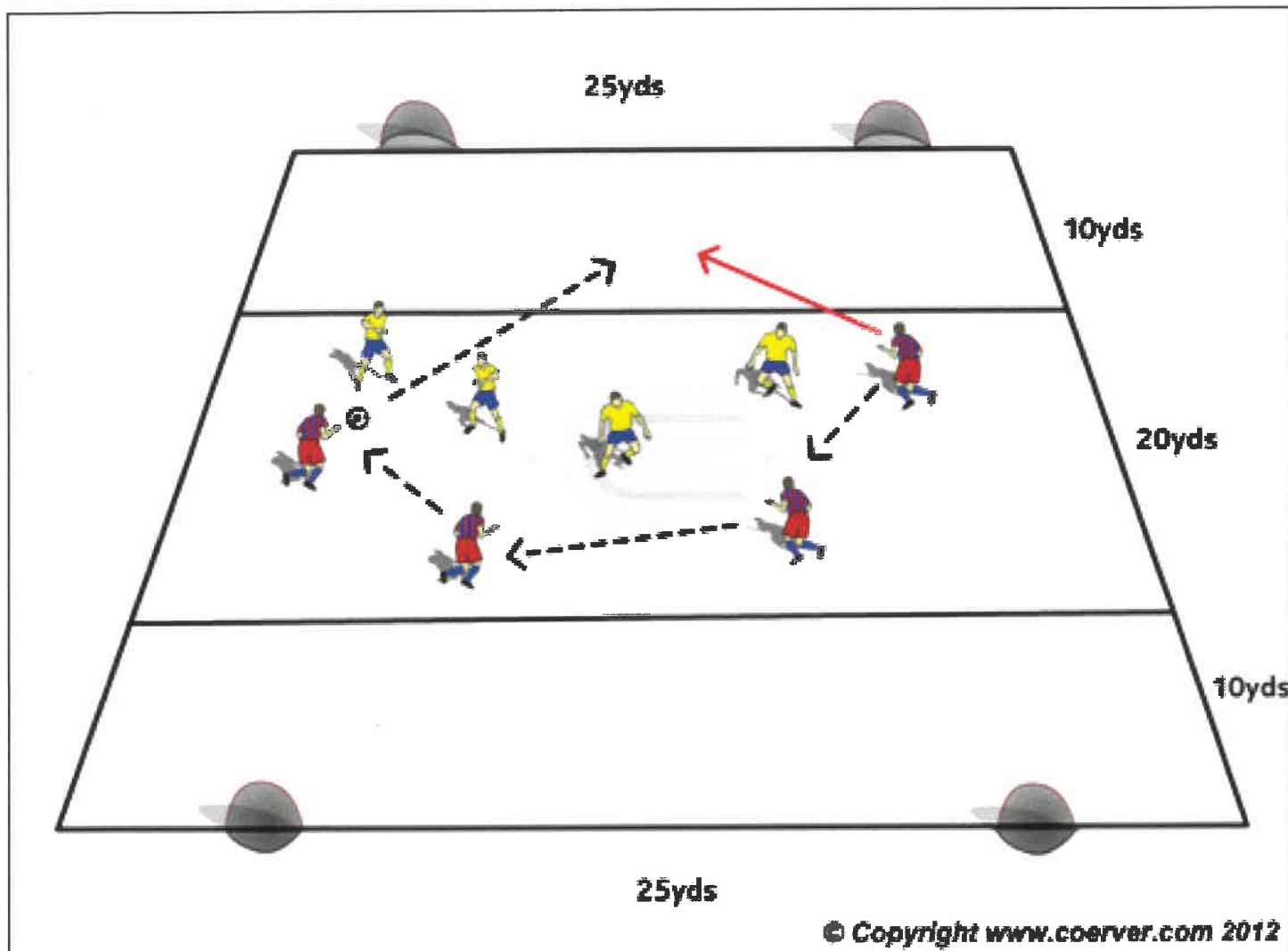
COACH'S TIP

If you use this drill for defending make sure defenders communicate, decide who presses, then do it quickly.

PLAYER TIPS

Pass and move, never stand still., try and make forward pass at each opportunity you have Communicate.

SMALL SIDED GAME 2 - SKILL GAME (SSG-2)



On-line Link: Additional Course Material

PURPOSE: To improve “Killer Pass/Killer Run/Killer Shot” under full pressure.

SET UP: 40×25 yard area. Players play 4 v 4 in middle zone.

ACTION:

After a minimum of 3 consecutive passes, the team in possession can score in either goal by passing into the shooting zone to one of their players who is making a run (note: defenders may not follow).

Player running into the shooting zone must shoot first time.

COACH’S TIP:

You can add a neutral player who plays with the team in possession

PLAYER TIPS:

“Killer Pass” - Good pass speed.

“Killer Run” - Don’t get offside; always look at player with ball always.

“Killer Shot” - Look for accuracy before power.

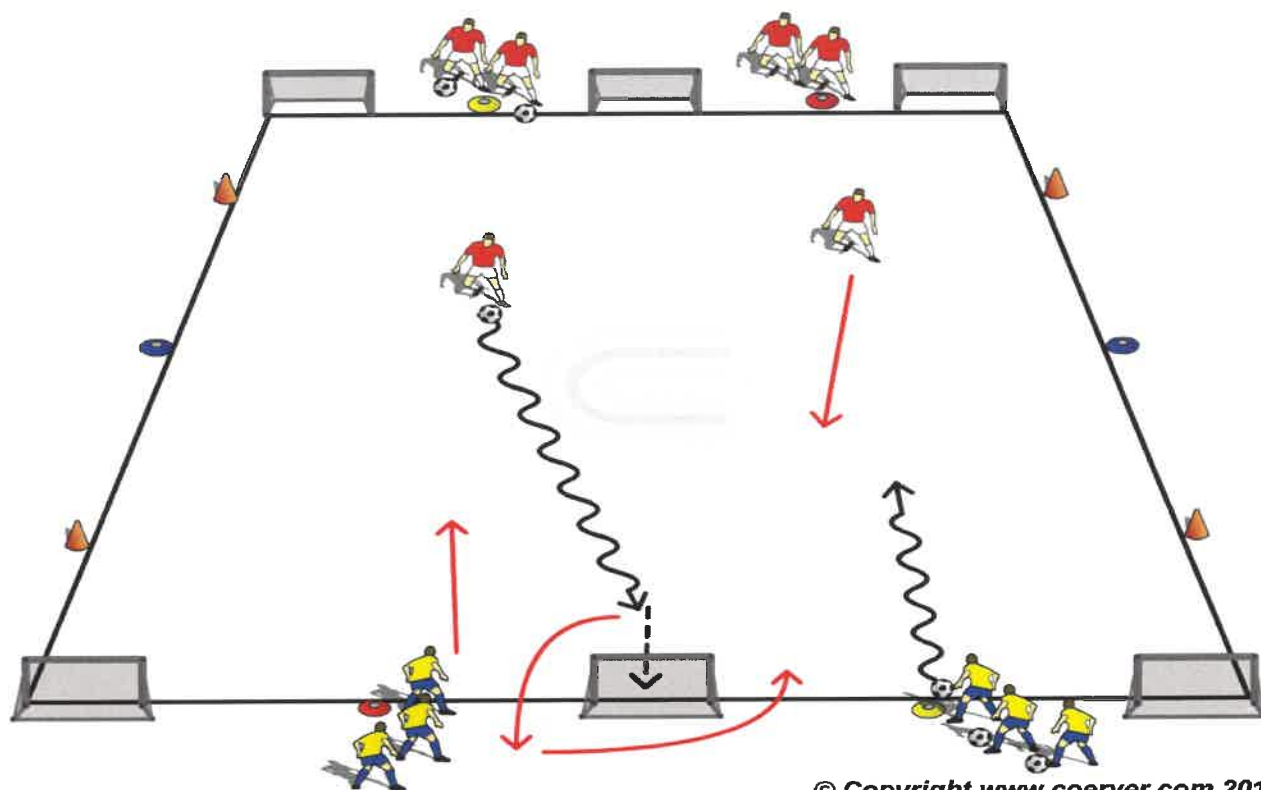
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COACHING

(c) Group Play (Fast Break Attack)



SMALL SIDED GAME 3 – SKILL STRETCHING/GAME (SSG-3)



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On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Small Sided Games

PURPOSE: To improve Fast Break Attack play

SET UP:

A 30 x 20 / 35 x 25 yard field with two 5 yard shooting zones at each end (age dependant).

3 small goals are on each end line.

Players are in 2 teams (playing 2 v 2) and positioned either side of the middle goal at each end

Players at the yellow cones have a ball each, players at the red are without

This can also be played 3 v 3 / 4 v 4 (depending on numbers)

ACTION:

The first 2 red players travel onto the pitch and look to enter the shooting zone and finish into any of the 3 goals.

As soon as a goal is scored or the ball goes out of play, the reds become defenders and the first 2 yellow players become the next attackers.

Each pair will attack and defend before getting their ball and joining the back of their group.

If the defending team win the ball, they should counter attack into the opposite goals.

COACH TIP:

Pressure on the attackers can be used in three stages, stage 1 is for the player that shoots to run around the goal they score in before they can defend (which leaves a 2 v 1 opportunity), stage 2 is the player that shoots just having to touch the goal before they defend and stage 3 is the players that scores can defend straight away after shooting.

This will gradually increase the pressure on the attackers.

PLAYER TIP:

Speed with the ball is the first option if possible.

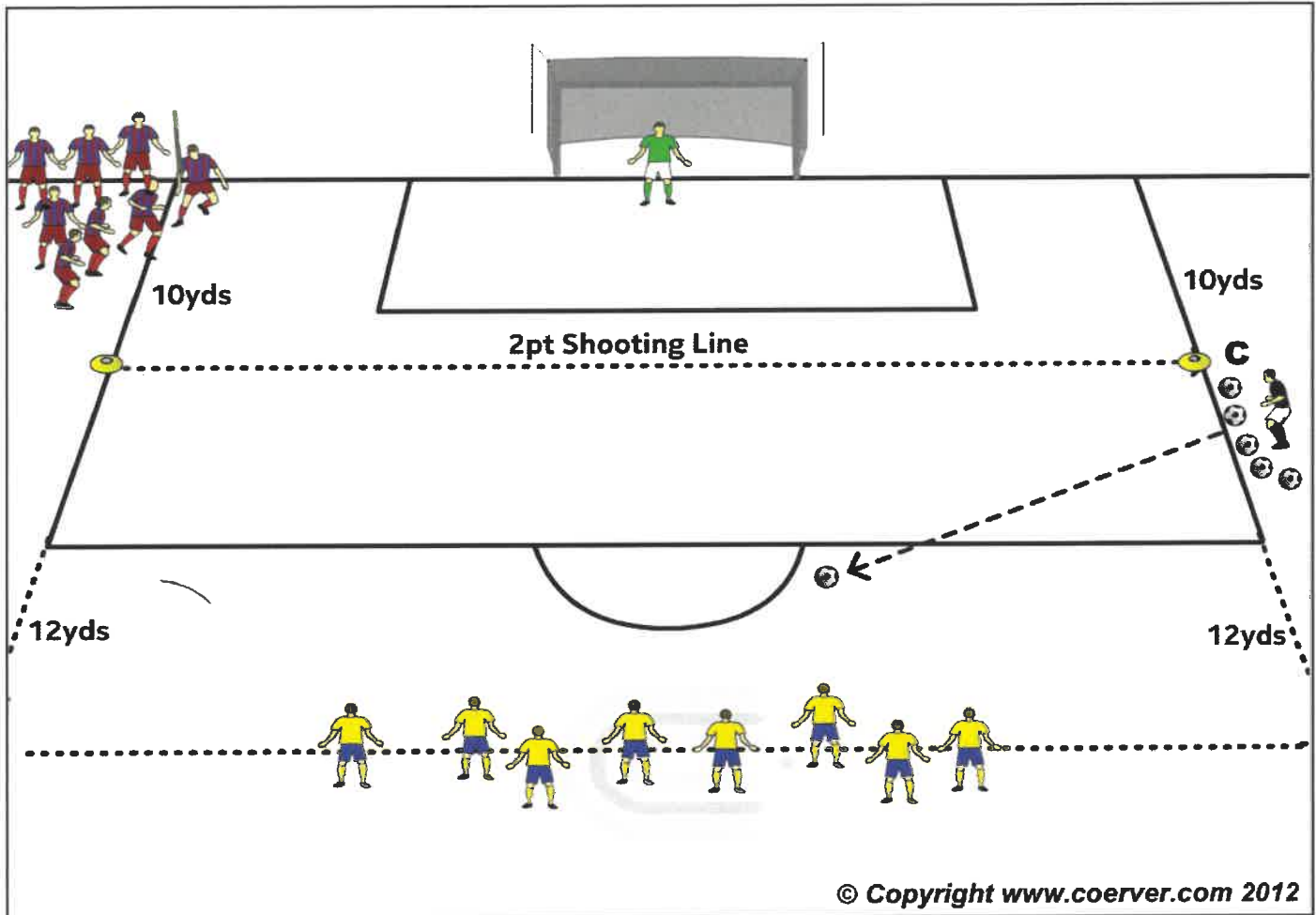
1 v 1 to create space to Run, Shoot or Pass

Combination Play (2 v 1 / 2 v 2), overlap, 1 v 1 as a fake pass, screen run, takeover, wall pass

Transition speed – attack to defence and defence to attack (quick fast break attack / counter attack)

When defending outnumbered (1 v 2), slow the attackers down to allow the second defender to recover

SMALL GROUP PLAY DRILL 5 – SKILL STRETCHING/GAME (SGP-5)



Bonus Drill:

PURPOSE: To improve quick finishing.

SET UP:

22 x 20 yard pitch with a 10 yard shooting line.

The Defenders (Barcelona) start in the corner, the Att's start behind the start line.

ACTION:

Coach starts by passing the ball and calling a number, the Def's send the number called, the Att's send one more player than was called.

If the Att's score, they jog back over the start line; but if the defender touches the ball, or the GK saves, or the shot goes wide the attackers have 4 seconds to sprint back behind start line. Attackers cannot shoot till they have gone over the 10-yard shooting line.

COACH TIP:

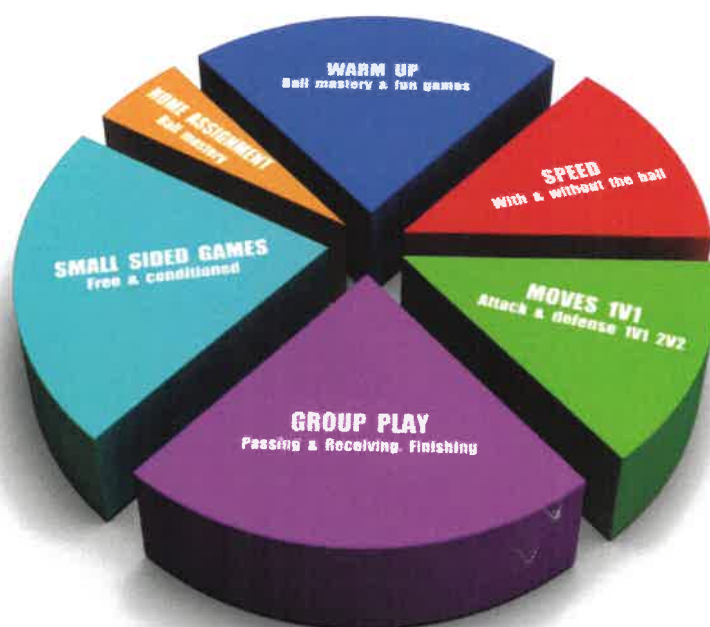
The Goalkeeper cannot advance beyond the 6-yard box to begin with.
Change the attackers and defenders regularly.

PLAYER TIP:

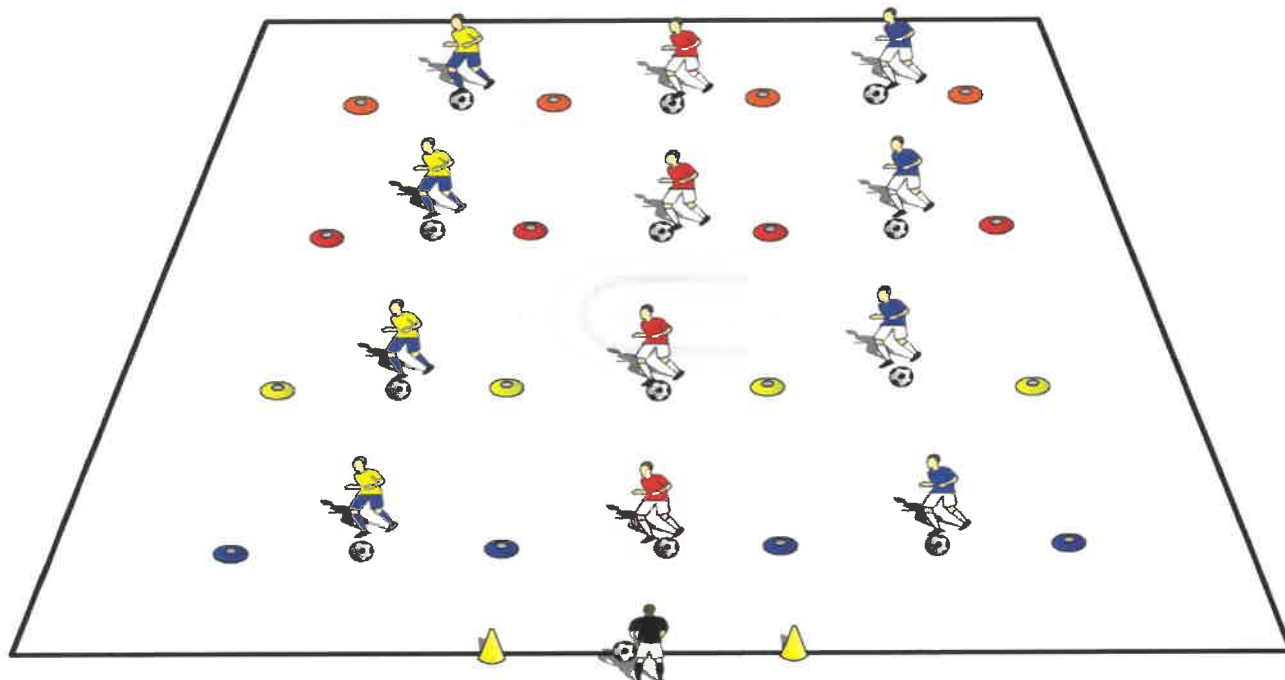
Be focused, sometimes bad luck happens and you lose the ball or the shot is missed; your job is to recover immediately.

PRACTICAL #4

A MODEL COERVER[®] SESSION



Warm-Up Drill 1a



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On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Warm Up

PURPOSE: To develop ball control, touch and coordination

SET UP:

Players in teams of 4 with a ball each in-between 2 colored cones
Cones are 4 yards apart (4 x 4 yards).

ACTION:

Coach shows the players a ball mastery skill and the players practice this between their cones
Progress to on the coach's signal, all players start to perform a ball mastery skill, when coach calls "change" the players leave their ball and move to the ball in front (players in the front row move to the back of the grid)

This can also be done when each horizontal line of players perform a different ball mastery skill, each time a player moves up, they perform the skill relating to that line

COMPETITION:

The first team to get all of their players to the new position wins, the players must have their foot on the ball to count, coach keeps track of the scores, this can also be played as a 1 v 1 with the players turning to face each other (blue cone vs red cone & orange cone vs red cone)

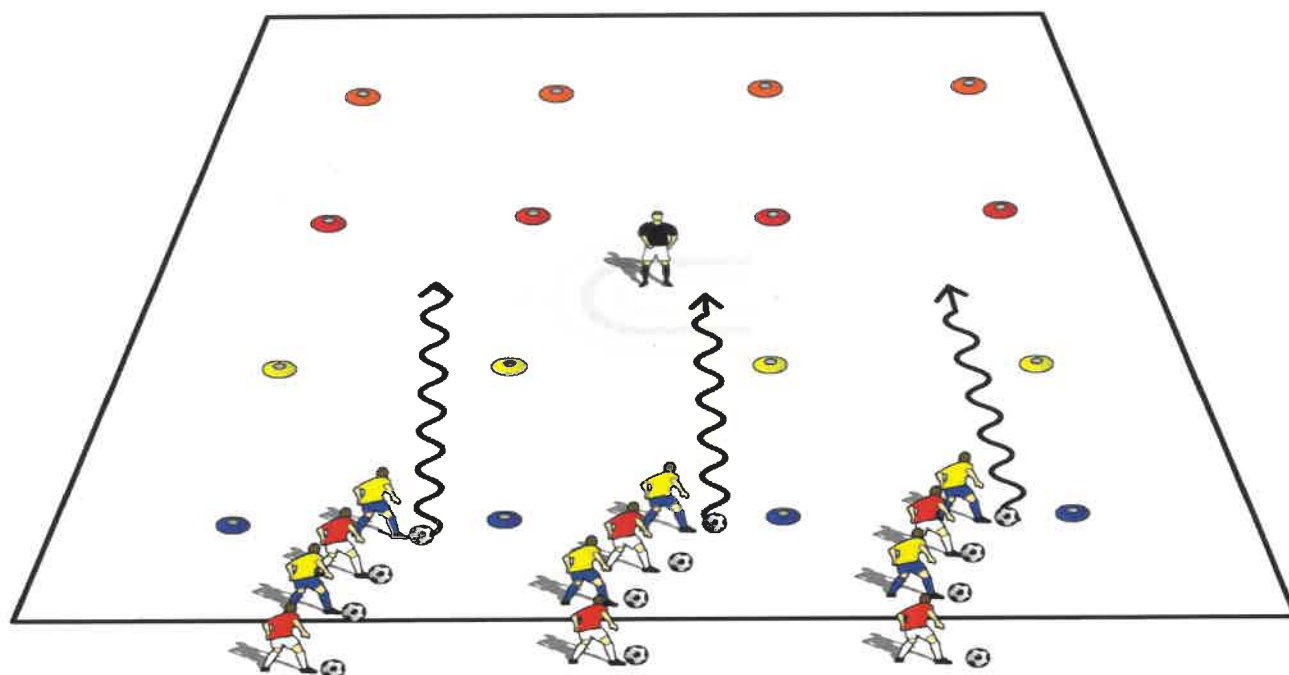
COACH TIPS:

Instead of calling or whistling, raise your hand for players to change so as to get their eyes up from the ball to see the signal.

PLAYER TIPS:

Keep your eyes up as much as possible to be aware of players around you and keep straight lines and correct spacing.

Warm-Up Drill 1b



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On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Warm Up

PURPOSE: To develop ball control, touch and coordination

SET UP:

Players in groups of 3 with a ball each

Cones are 4 yards apart (4 x 4 yards).

ACTION:

On the coach's signal the first 3 players start to perform ball mastery on the move travelling up the grid. The remaining players perform ball mastery on the spot, coach then signals the next 3 players to start. When the players reach the opposite side of the grid, they wait there for all players to arrive then they work back in the opposite direction.

COMPETITION:

Players line up side by side at one end of the grid (alternate colours), coach is positioned at the opposite end of the grid with hand in the air. When coach drops their hand, the players start to perform ball mastery across the grid, when coach raises their hand in the air, the players have to stop with their foot on top of the ball. If this is not done straight away, the player is sent back to the start. The team with the most players over the finish line after 60 secs wins

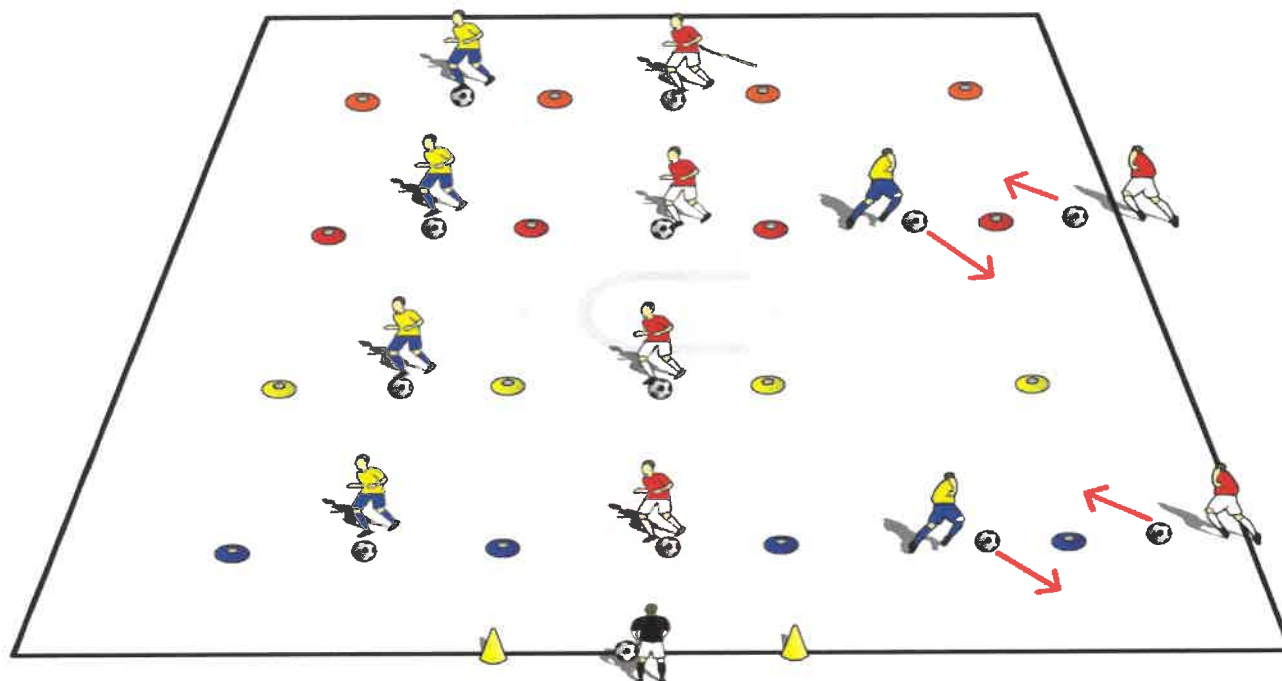
COACH TIPS:

To help with "eyes-up", coach has 2 x coloured cones in their hand, as the players are travelling coach holds up a cone and the players have to call the colour. To progress this, the players have to stay in-line with their group mates as they move forward, this will encourage the players to check their shoulders while travelling with the ball

PLAYER TIPS:

Keep your eyes up as much as possible to be aware of players around you.

Warm-Up Drill 1c



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On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Warm Up

PURPOSE: To master 1 v 1 skill movements (no pressure)

SET UP: (The diagram shows two parts to this drill / part 1 is done first followed by part 2):

Part 1 (first 2 lanes to the left of the diagram) / Players with a ball each standing in-between 2 x cones

Part 2 (far right of the diagram) / Players in pairs with a ball each standing 1 yard away from a cone (which is in the middle of the players)

ACTION:

Part 1:

Coach breaks the 1 v 1 skill down into 3 parts (Scissors / Double Scissors), the players work on part 1 first, when mastered they work on part 1 added to part 2, when mastered they work on parts 1-3 which is now the completed move, make sure to work both feet equally.

Part 2:

The players work in pairs, on coaches call both players perform a left scissors and take the ball to the right, once in their new position coach calls again and the players repeat. Starting positions are 12 o'clock and 6 o'clock, finishing positions are 9 o'clock and 3 o'clock, make sure to work the right Scissors and also Left/Right Double Scissors

COMPETITION:

The first player to get to the new position after coach calls wins, the players must have their foot on the ball to count, coach keeps track of the scores. Introduce claps associated with the moves so the players have to react quickly, 1 clap single right Scissors, 2 claps single left Scissors, to make more difficult ad 3 claps double Scissors lead right, 4 claps double Scissors lead left

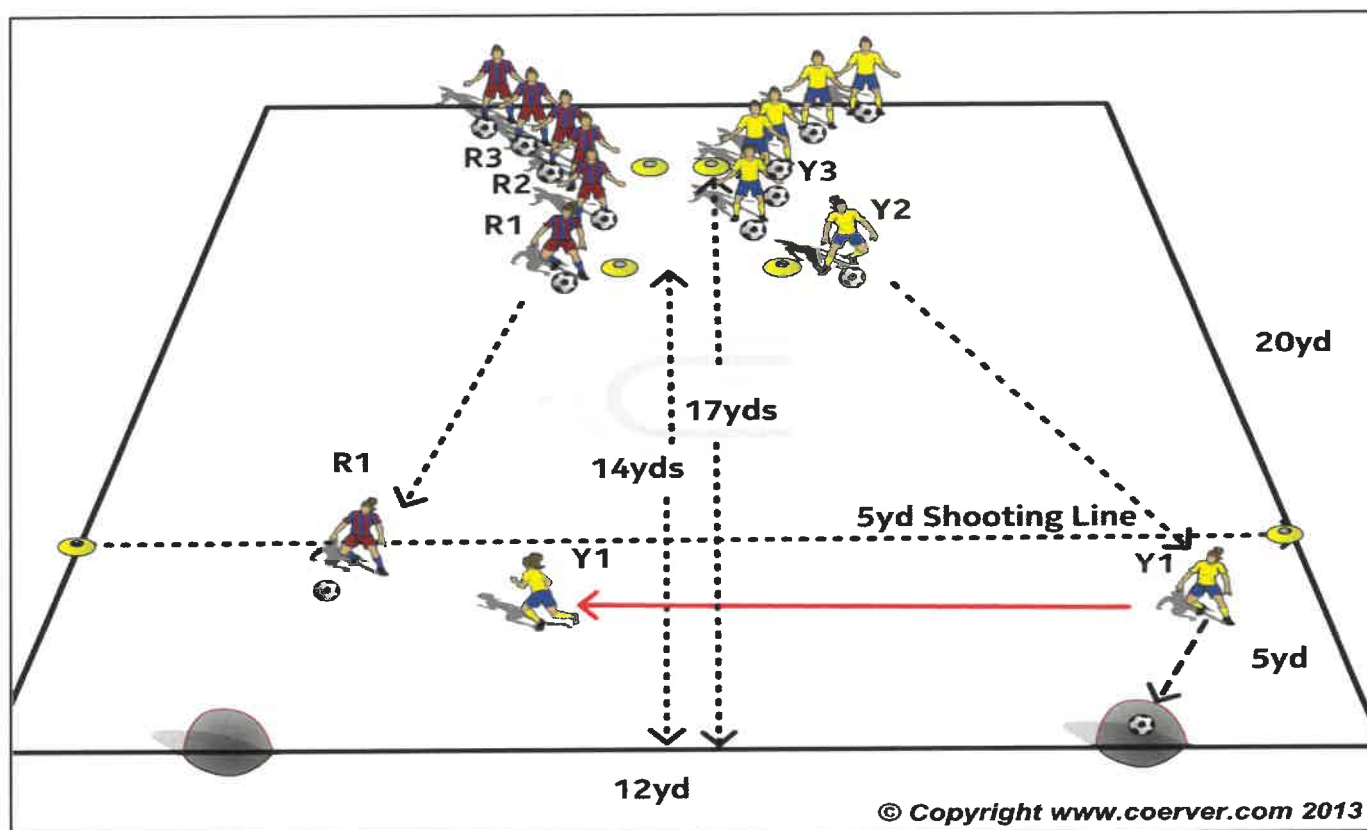
COACH TIPS:

Demo the way the players are facing, Individual tips to be given while walking around the grid

PLAYER TIPS

Start slowly and then add speed and the movement is perfected

Speed (With The Ball)



On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Speed

PURPOSE: To improve the use of speed with the ball to create goal chances.

SET UP:

Two teams with a ball to each player positioned approx 14 yards from the goal line.

Two small goals 18 yards apart on the goal line A.

A Shooting line 5 yards from goal line. Goals cannot be scored from outside the shooting line.

ACTION:

Y1 travels with the ball and gets inside the shooting line to score.

Y1 then defends against R1 who starts travelling with the ball to the shooting zone when Y1 shoots.

If Y1 can win the ball they should counter-attack to the opposite end to the target goals

As soon as a goal is scored or ball goes out of play, the next attacker starts and the previous attacker becomes the next defender, the last defender gets their ball and joins the back of their group.

The first team to a set score wins.

COACH TIPS:

Change positions of teams so Players attack from a different side of the field.

Adjust the distance from the goal to make easier (closer) or harder (further).

PLAYER TIPS:

Speed with the ball is the first option, only use 1 v 1 moves if you have to (e.g. are blocked)

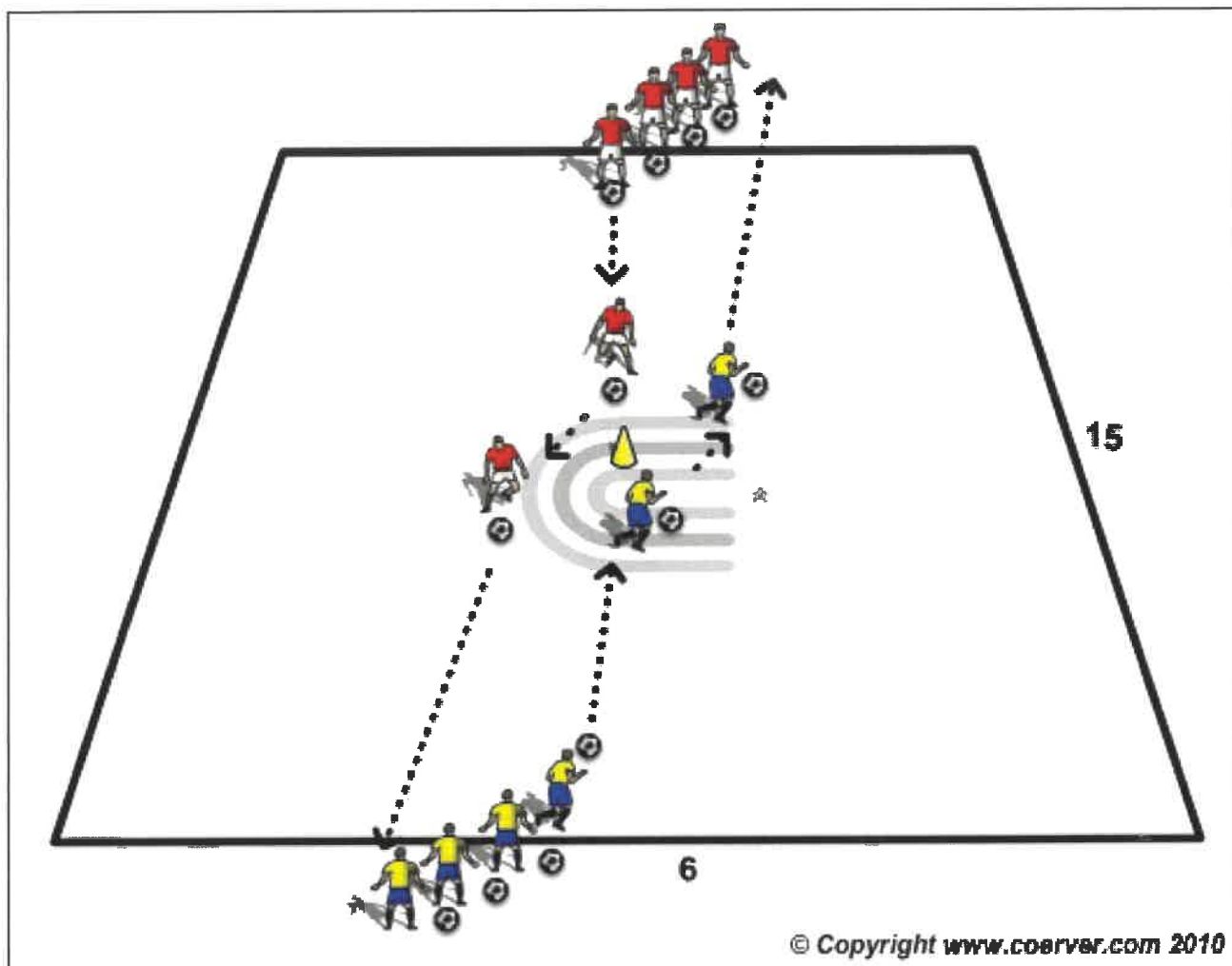
Feint Moves will be the most useful 1 v 1 as the defender will mainly be in front of you.

Try to use the furthest foot away from the defender to protect the ball

When recovering to defend turn 'inside' and not 'outside' where they have your back to the field and have to cover more ground to defend the opposite goal.

Transition speed – attack to defence and defence to attack

1 v 1 Drill 1a



On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: 1 v 1 Moves

PURPOSE: To practice and perfect feint

SET UP:

A 15 x 6 yard grid with a marker cone in the middle.

Two teams with a ball to each players on opposite end lines.

ACTION:

The first player from each team dribbles to the marker cone and makes a Drag Push move with the Right foot and goes Right then join the end of the opposite line.

The next two players in line repeat the sequence.

The moves practiced are 1. Scissors 2. Double Scissors

COACH TIP:

Encourage players to Start slowly and focus on good technique.

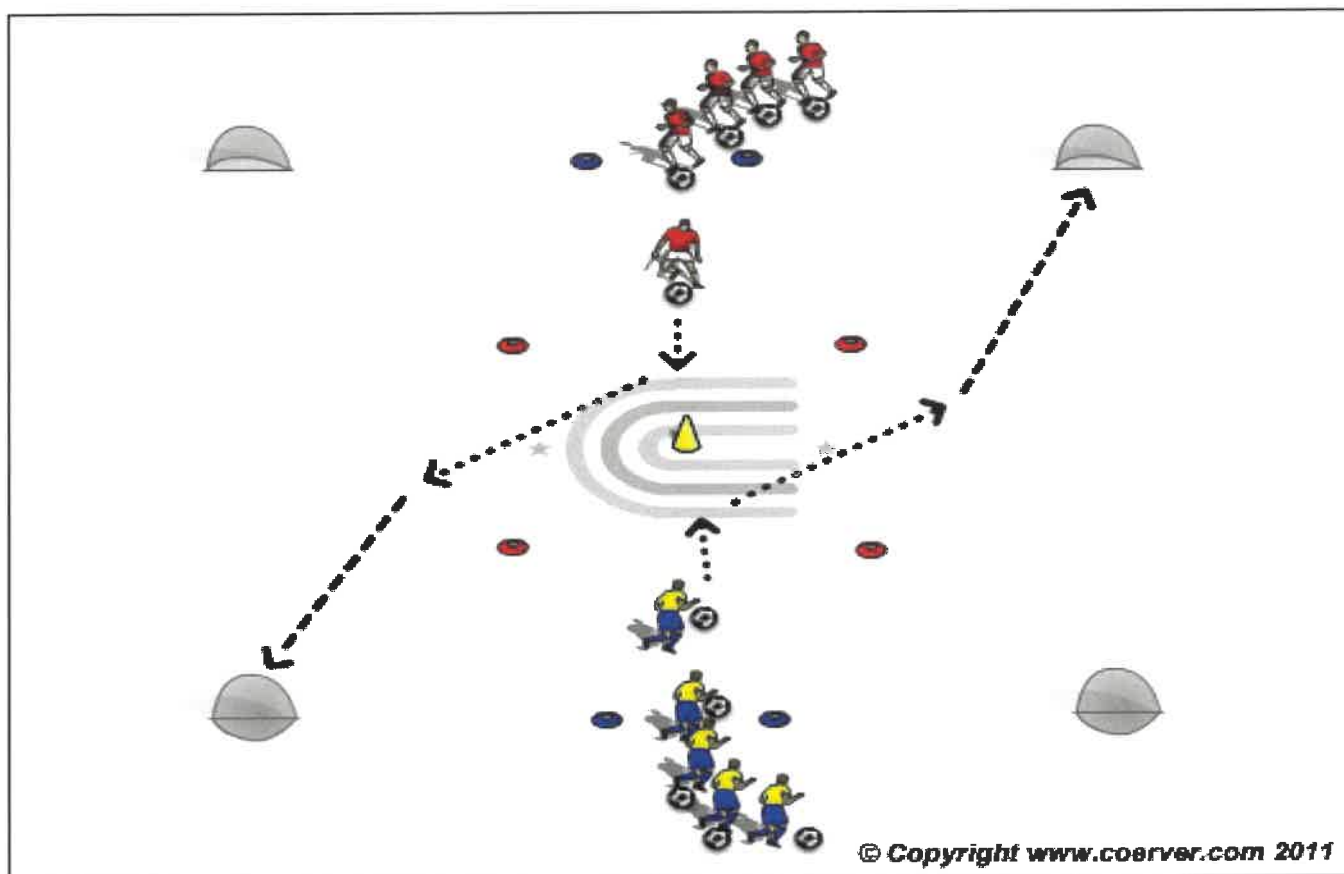
Then with mastery to take only one touch before making the feint move at the cone.

PLAYER TIP:

Go into the move steadily then accelerate out of it for a change of pace.

Try for 1 touch before making the move at the cone.

1 v 1 - Drill 1b Progression 1



On-line Link: Additional Course Material – Model Session

PURPOSE: To practice creating space with a feint to finish on goal

SET UP:

A 20 x 20 yard grid marked out by 4 x mini goals.

Players split into two equal teams with a ball each

2 x blue gates in the center of the grid at each end for each teams starting position

1 x pop-up cone or mannequin in the middle of the grid

1 x 5 yard gate either side of the pop-up cone / mannequin

ACTION:

The first player from each team dribbles towards the pop-up cone.

When in line with the front gate, both players perform a left scissors and go right through the side gate

Both players now look to finish on goal.

As soon as both players have had a shot, the next 2 players can go.

Also make sure the player practice the right scissors, go to the left and shoot at goal

COACH TIP:

Encourage players to Start slowly and focus on good technique.

To encourage the players to perform the move not too close/too far from the pop-up cone/mannequin, ask them for "eyes up" before they make the move and try to perform it as they come through the front gate.

To improve acceleration after the move, encourage the players to move out of the side gate in 1 touch.

Encourage the players to finish with their nearest foot, rather than their favorite foot.

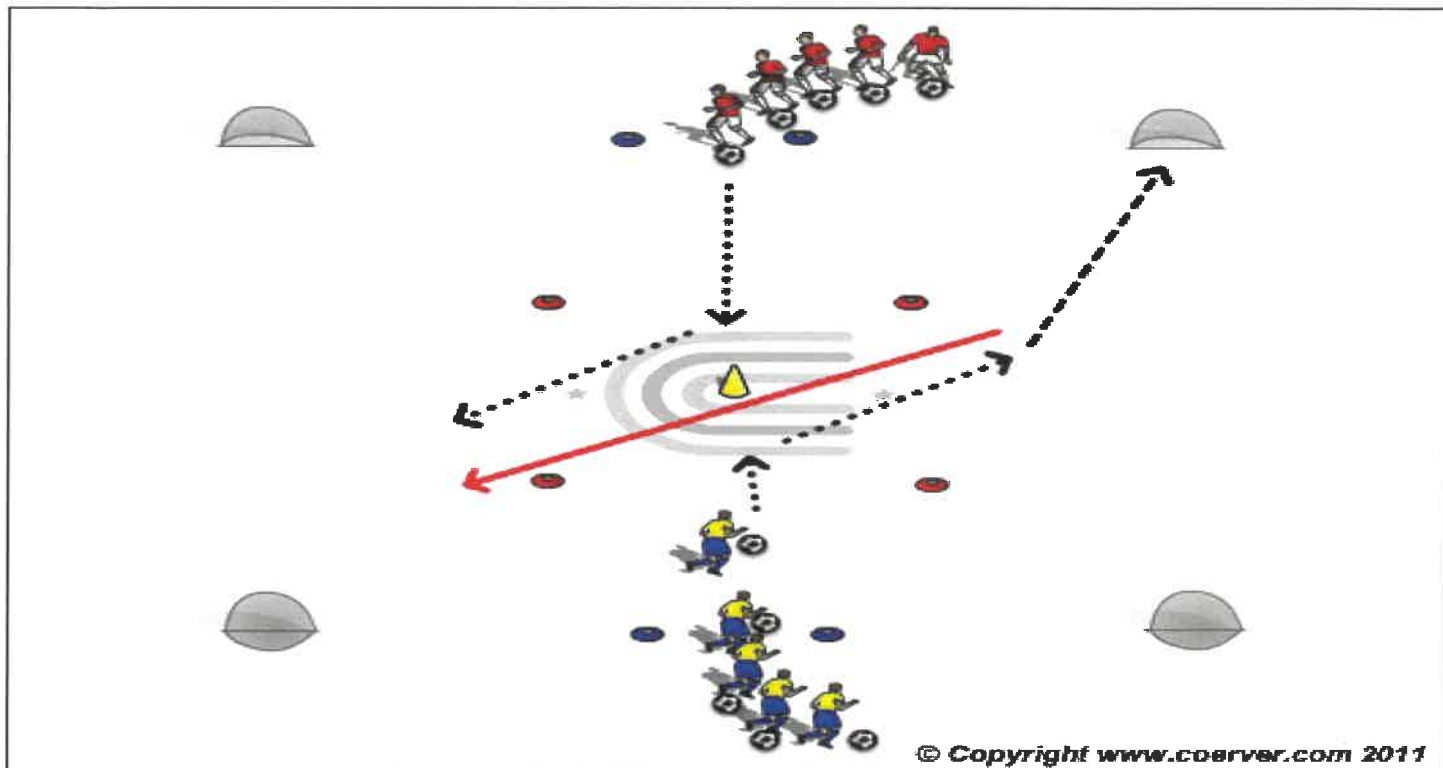
PLAYER TIP:

Go into the move steadily then accelerate out of it for a change of pace.

Try for 1 touch before making the move at the cone.

"Eyes-up" to judge the distance away from the pop-up cone/mannequin

Accuracy over power, "Eyes-Up" to see the target before shooting



On-line Link: Additional Course Material – Model Session

PURPOSE: To practice using feints to create space to finish against the 2nd defender

SET UP:

A 20 x 20 yard grid marked out by 4 x mini goals, Players split into two equal teams with a ball each

2 x blue gates in the center of the grid at each end for each teams starting position

1 x pop-up cone or mannequin in the middle of the grid, 1 x 5 yard gate either side of the pop-up cone / mannequin

ACTION:

The first player from the yellow team dribbles towards the pop-up cone.

When in line with the front gate, the yellow players performs a left scissors move and takes the ball to the right through the side gate.

The yellow player now looks to finish on goal.

As soon as the yellow players shoots, the front red players repeats the above steps.

As soon as the yellow player has had their shot they now become a full pressure defender looking to

block the front red player's shot on goal but must move behind the pop-up cone / mannequin before they can block

As soon as the red player has shot, the next yellow players goes and the red player looks to close they down.

The drill repeats it-self.

Also make sure the player practice the right scissors, go to the left and shoot at goal

COACH TIPS:

Encourage players to Start slowly and focus on good technique.

To encourage the players to perform the move not too close/too far from the pop-up cone/mannequin, ask them for "eyes up" before they make the move and try to perform it as they come through the front gate.

To improve acceleration after the move, encourage the players to move out of the side gate in 1 touch.

Encourage the players to finish with their nearest foot, rather than their favorite foot.

Concentration is key for the player when switching from attack to defence, this transition must happen as soon as the player has shot to have any chance of blocking the next attacker.

PLAYER TIPS:

Go into the move steadily then accelerate out of it for a change of pace.

Try for 1 touch before making the move at the cone.

"Eyes-up" to judge the distance away from the pop-up cone/mannequin

Must get through the side gate in 1 touch to get away from the recovering defender

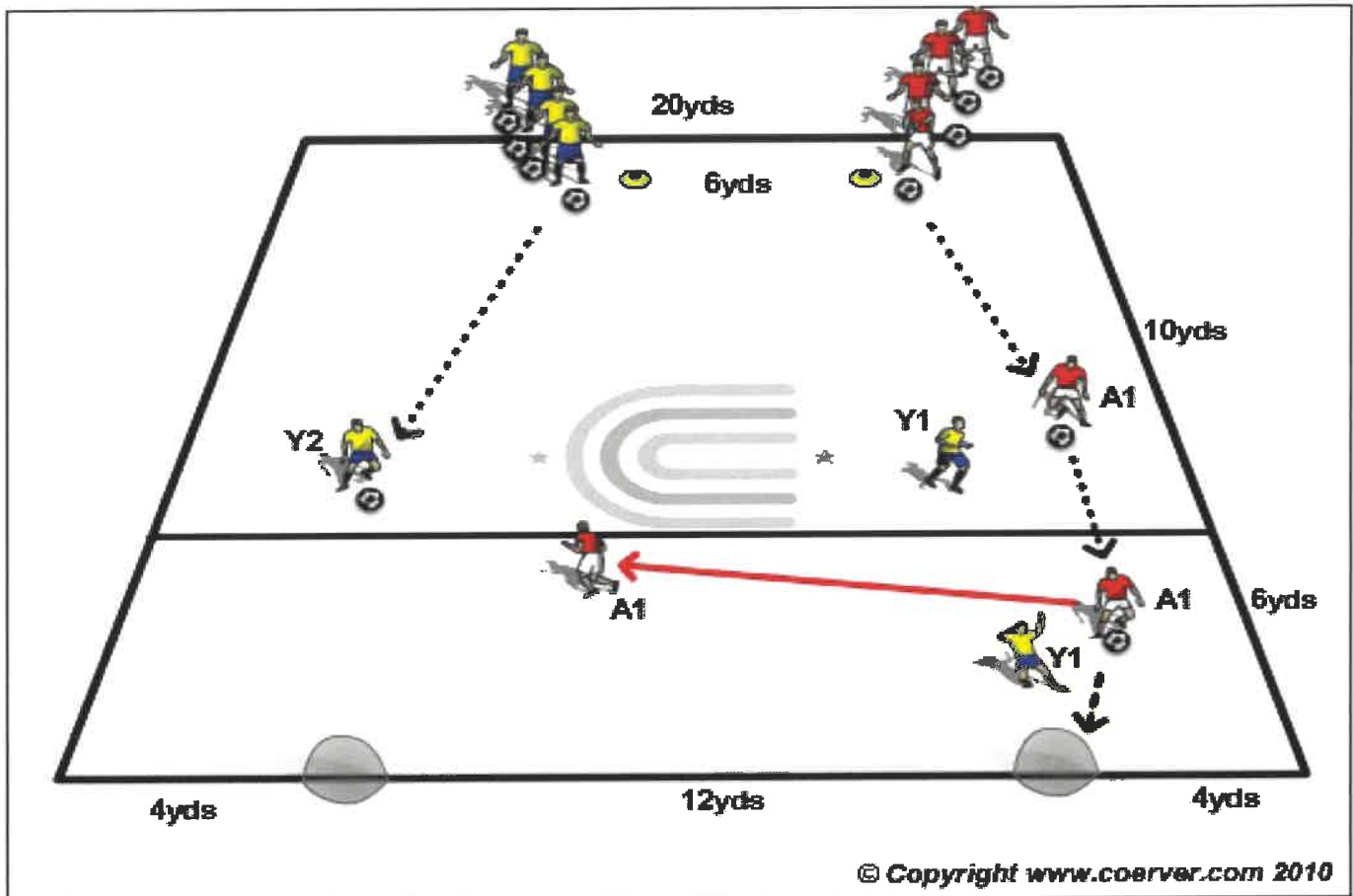
Must shoot with the nearest foot (furthest foot from the defender) so as to protect the ball from the recovering defender

Accuracy over power, "Eyes-Up" to see the target before shooting

COMPETITION:

The first team to 10 points wins, a player that scores wins a point, a defender that blocks wins a point also

1 v 1 / 2 v 1 - Small Group Play



On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: 1 v 1 (+ 2 v 1)

PURPOSE: To improve the use of 1 v 1 skills to create goal chances.

SET UP:

Two teams with a ball to each player positioned approx 14 yards from the goal line.
Two small goals 8-12 yards apart on the goal line A (depending on difficulty level)
A Shooting line 6 yards from goal line. Goals cannot be scored from outside the shooting line.

ACTION:

A1 dribbles against Y1 and gets inside the 6yd shooting line to score
A1 then defends against Y2 dribbling towards the shooting zone.
If Y1 can win the ball they should counter-attack to the opposite end to the target goals
As soon as a goal is scored or ball goes out of play, the next attacker starts and the previous attacker becomes the next defender, the last defender gets their ball and joins the back of their group. .
The first team to a set score wins.

VARIATION:

2 v 1, instead of the last defender getting their ball and joining the back of their group, they join in as a second attacker with their next attacking team mate.

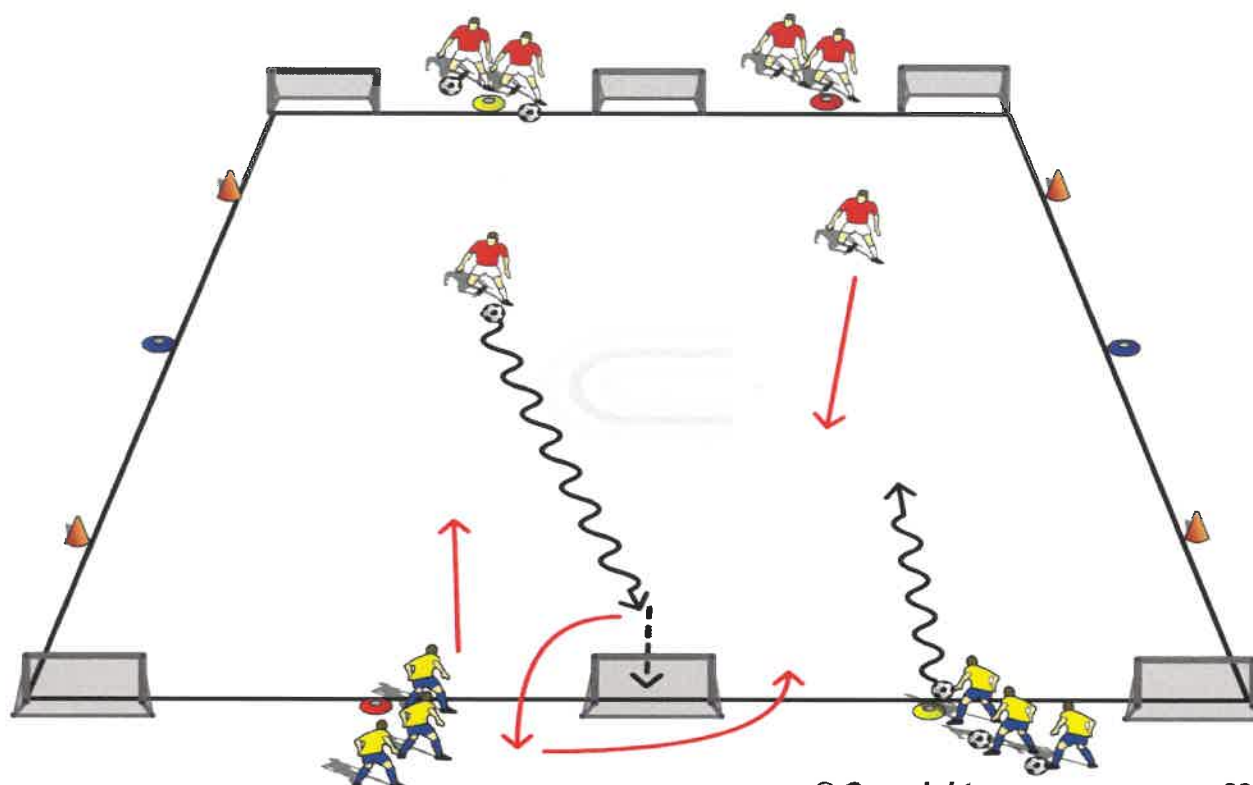
COACH TIPS:

Change positions of teams so Players attack from a different side of the field.
Adjust the distance from the goal to make easier (closer) or harder (further).

PLAYER TIPS:

Speed with the ball is the first option, only use 1 v 1 moves if you have to (e.g. are blocked)
Feint Moves will be the most useful 1 v 1 se the use as the defender will mainly be in front of you.
Try to use the furthest foot away from the defender to protect the ball
When recovering to defend turn 'inside' and not 'outside' where they have your back to the field and have to cover more ground to defend the opposite goal.
Transition speed – attack to defence and defence to attack

Small-Sided Game



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On-line Link: Additional Course Material – Model Session

PLANNER SEGMENT: Small Sided Games

PURPOSE: To improve Fast Break Attack play

SET UP:

A 30 x 20 / 35 x 25 yard field with two 5 yard shooting zones at each end (age dependant).

3 small goals are on each end line.

Players are in 2 teams (playing 2 v 2) and positioned either side of the middle goal at each end

Players at the yellow cones have a ball each, players at the red are without

This can also be played 3 v 3 / 4 v 4 (depending on numbers)

ACTION:

The first 2 red players travel onto the pitch and look to enter the shooting zone and finish into any of the 3 goals.

As soon as a goal is scored or the ball goes out of play, the reds become defenders and the first 2 yellow players become the next attackers.

Each pair will attack and defend before getting their ball and joining the back of their group.

If the defending team win the ball, they should counter attack into the opposite goals.

COACH TIP:

Pressure on the attackers can be used in three stages, stage 1 is for the player that shoots to run around the goal they score in before they can defend (which leaves a 2 v 1 opportunity), stage 2 is the player that shoots just having to touch the goal before they defend and stage 3 is the players that scores can defend straight away after shooting.

This will gradually increase the pressure on the attackers.

PLAYER TIP:

Speed with the ball is the first option if possible.

1 v 1 to create space to Run, Shoot or Pass

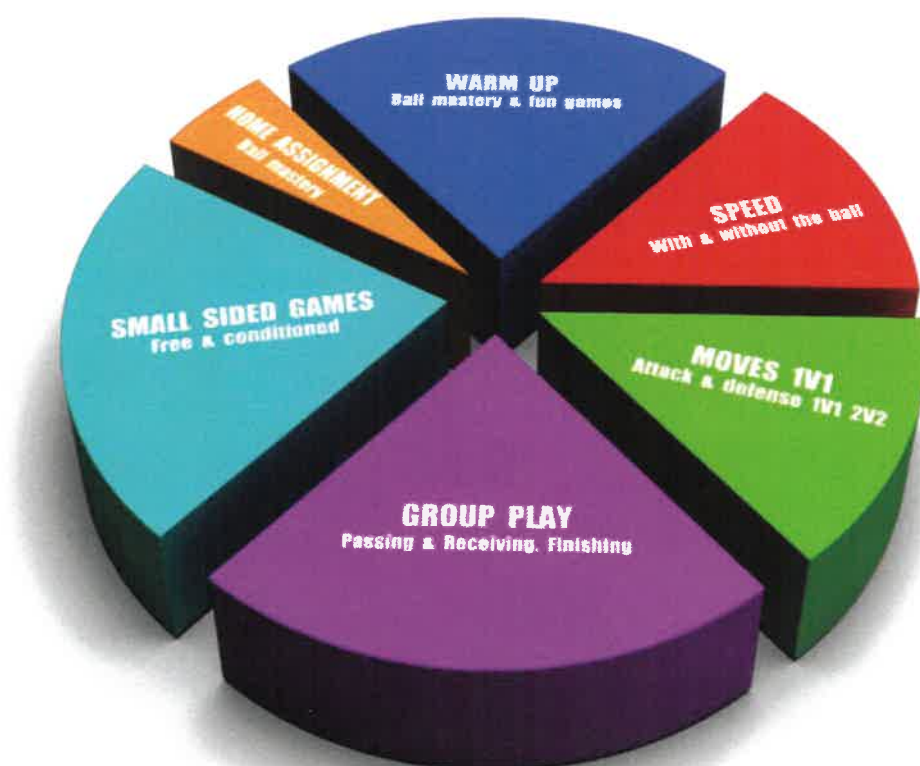
Combination Play (2 v 1 / 2 v 2), overlap, 1 v 1 as a fake pass, screen run, takeover, wall pass

Transition speed – attack to defence and defence to attack (quick fast break attack / counter attack)

When defending outnumbered (1 v 2), slow the attackers down to allow the second defender to recover



HOME ASSIGNMENT



For more information on Home Study Ball Mastery and Moves get our Play Like The Stars DVD...go now to www.coervercoaching.nl



HOME ASSIGNMENT EXAMPLE

The Drag Scissors

Step 1: Drag the ball across your body with the inside of your foot.

Step 2: As the ball's rolling....Step around it with the same foot ...

Step 4: Then take the ball with the outside of the other foot ...

Step 5: ... past your opponent and accelerate

PLAYER TIPS

1. This is a difficult move, so try it slowly at first.
2. The same foot that drags the ball steps around it.
3. Step strongly to the side to throw your opponent off balance.

Practice for 5 minutes a day



Step 1



Step 2

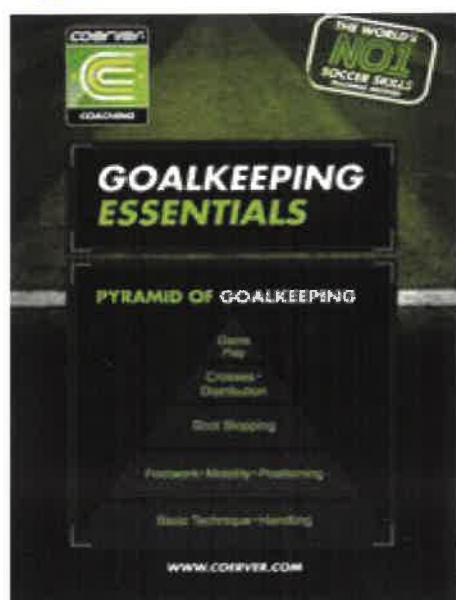
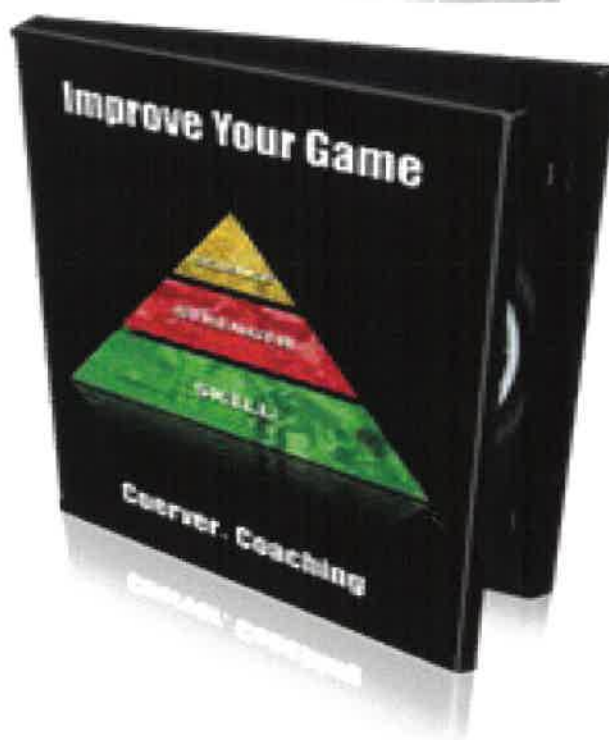
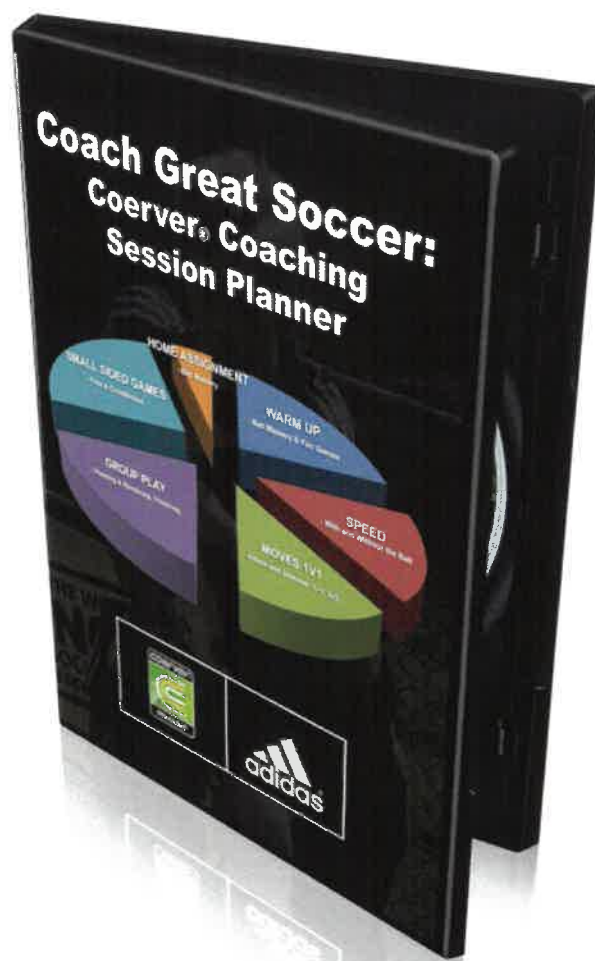


Step 3



Step 4

COERVER® LEARNING



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EBOOK!



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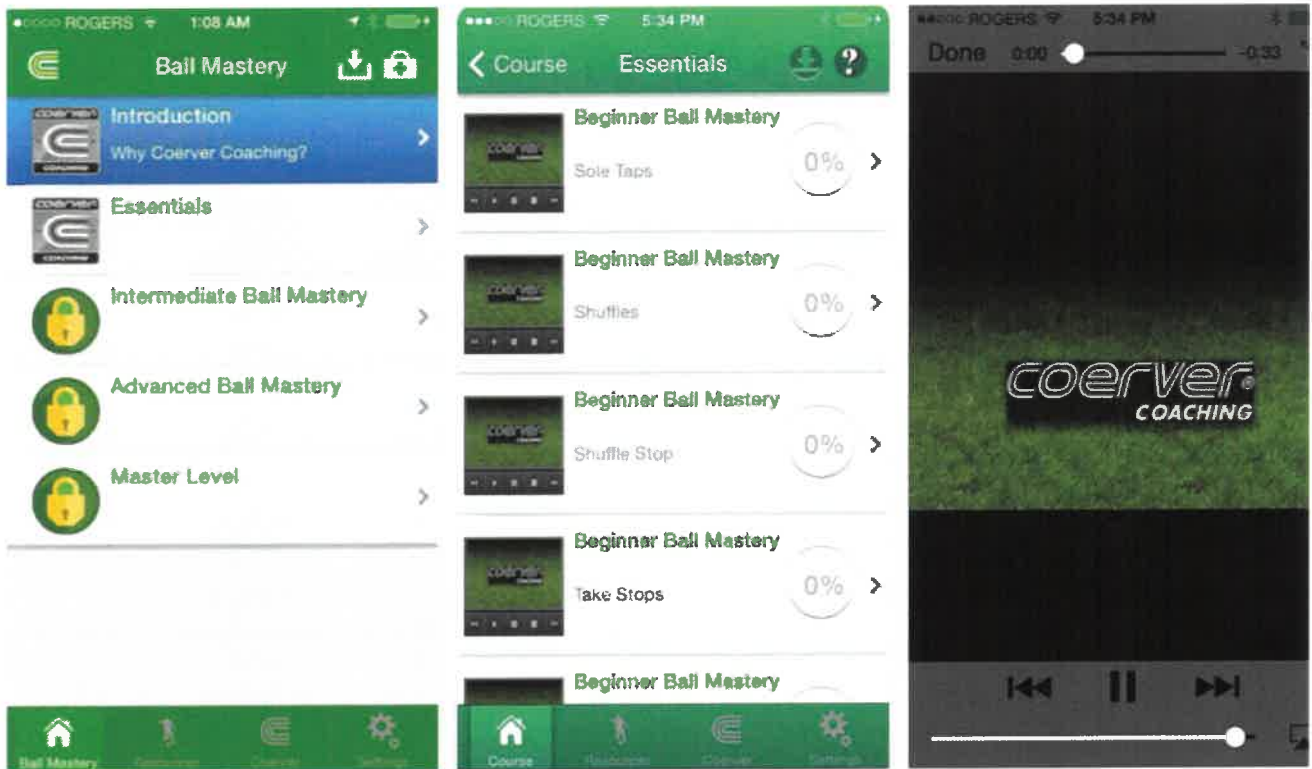
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PLAY LIKE THE STARS ROADSHOW

De nieuwe Coerver® Play Like The Stars Road Show geeft clubs en scholen in heel Nederland de kans om kennis te maken met 's werelds nummer 1 Soccer Skills trainingsmethode in hun eigen buurt. Professionele Coerver coaches komen op bezoek bij uw club of school, komen een volledige dag coachen en geven een clinic voor ouders, docenten en coaches.

Coerver's® Play Like The Stars Road Show gebruikt de technieken van 's werelds beste individuele spelers en teams als basis voor trainingssessies. Iedere sessie bestaat uit een theoriepresentatie en een praktijksessie waarbij gebruik wordt gemaakt van de nieuwste Coerver Coaching methode en de modernste trainingsmaterialen.

VOORBEELD COERVER® PLAY LIKE THE STARS

ROAD SHOW DAGSCHEMA:

10:00 - 13:00 / Technische sessie voor spelers (U8-U11)

14:00 - 17:00 / Technische sessie voor spelers (U12-U16)

18:00 - 20:30 / Clinic voor coaches en ouders

De Coerver® Play Like The Stars Road Show kan tijdens het weekend en in de schoolvakanties worden verzorgd. Het dagschema kan, indien nodig, worden aangepast aan de specifieke wensen van een club.

COERVER® PLAY LIKE THE STARS ROAD SHOW PAKKET:

Spelerspakket #1:

64 spelers - 2 groepen van 16 (sessie 1)/ 2 groepen van 16 (sessie 2)

Spelerspakket #2:

96 spelers - 3 groepen van 16 (sessie 1)/ 3 groepen van 16 (sessie 2)

De kosten per speler bedragen € 25,- hiervoor krijgt u o.a.:

- Professionele Coerver® Staff op bezoek bij uw club of school;
- 3 uur professionele technische coaching voor iedere speler;
- Coerver®/adidas® certificaten en diverse prijzen.

Voor meer informatie mail info@coervercoaching.nl

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TO YOU WITH THE COERVER® PLAY LIKE THE STARS ROADSHOW





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BIEDT DE VOLGENDE COMPONENTEN:**



PARTNER CLUB PAKKET

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Voor meer informatie mail info@coervercoaching.nl

Volgend seizoen, uw beste seizoen!



PARTNERCLUBS

Internationaal gezien heeft Coerver® Coaching vele samenwerkingsverbanden met profclub en diverse voetbalfederaties. Maar waar de samenwerkingen het grootst zijn is bij de amateurverenigingen. Zij werken voornamelijk met recreanten waar de ontwikkeling van de individuele speler centraal staat en dat zij zich spelenderwijs zich op een plezierige manier kunnen ontwikkelen door de vernieuwde Coerver Coaching oefen- en spelvormen.

Coerver® Coaching Nederland streeft ernaar om zoveel mogelijke samenwerkingen met verschillende amateurverenigingen aan te gaan waarbij wij ondersteuning bieden aan de vrijwilligers en gediplomeerde trainers. Onderstaand een aantal clubs waar wij samenwerkingsverbanden hebben in de vorm van onze Partnerclub programma en waar wij onze Coerver Coaching activiteiten hebben mogen organiseren.



HSV De Zuidvogels



SPONSOR PARTNERS

 **STERN** AUTO



Mercedes-Benz

24 juni 2016 heeft Stern Auto met veel trots een Mercedes-Benz Vito Sport geleverd aan Coerver® Coaching. Stern Auto is als partner verbonden aan Coerver® Coaching, een internationaal FIFA erkende voetbalorganisatie actief in meer dan 50 landen.

Dit partnerschap is tot stand gekomen door de raakvlakken die Stern Auto en Coerver® Coaching met elkaar hebben. Stern Auto is net als Coerver® Coaching de nummer 1 wat betreft hun vakgebied en ondersteunt daarmee de opleidingen. Daarnaast delen beide partijen de ambitie om op een nog hoger niveau te komen, waardoor dit partnerschap een goede start is om dit doel te realiseren. Door elkaar te ondersteunen in de organisatie van evenementen en elkaars doelgroepen bij elkaar te brengen versterken beide partijen elkaar.

inholland
hogeschool




**Hogeschool
van
Amsterdam**

Het ROC van Amsterdam is afgelopen seizoen de samenwerking aangaan met Coerver® Coaching. Ook zij erkennen de methode en zien de meerwaarde voor haar studenten om breder opgeleid te worden. De ROC studenten behalen in het 3^e leerjaar hun KNVB TCIII diploma. Daarna zullen zij in hun 4^e leerjaar kennismaken met de Coerver® Coaching methode. Middels deze samenwerking bieden zij meer ondersteuning aan de studenten en hun opleidingen en wij begeleiden deze studenten en voorzien hen van diverse stageplekken. Na het behalen van hun diploma is er een mogelijkheid om bij Coerver® Coaching aan de slag te gaan en ondersteuning bieden bij onze Partnerclubs.

Ook hebben wij de samenwerking met Inholland hogeschool en Hogeschool van Amsterdam waar wij diverse mogelijkheden hebben weten te creëren. Het verrichten van diverse onderzoeken tot aan projectmatig uitvoeren van de diverse opdrachten.

Coerver® Coaching kijkt wederom uit naar een goede plezierige samenwerking!

NOTES