

# PRACTICAL 1

## PART 1

### “The Coerver® Coaching History”

#### OUR 1984 MISSION STATEMENT

“We want to develop Skilled, Confident, Creative, players who  
combine well with team mates”

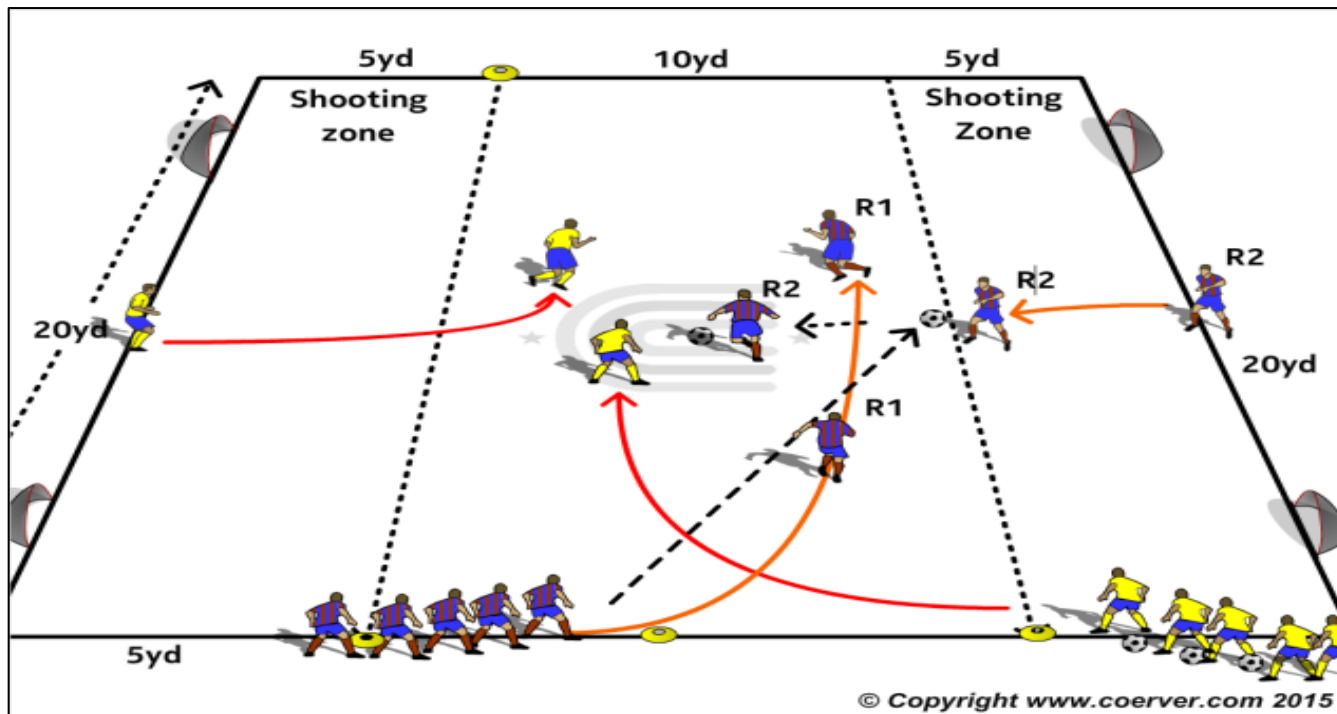
&/or

“Have the skills to go it alone” (1 v 1)



# DRILL 1

## COMBINE OR GO ALONE



**PURPOSE :** To improve decision making; combine or go it alone.

**SET UP.** A 20x20yd field with two mini goals at opposite ends of field with 5 yd shooting zones marked by cones. A center point about 12 yds from goal marked by a cone.

Two teams positioned on the same side of the field. Yellows, the Defenders with a ball each are positioned approx. 18 yds. from the goals and have second Defenders on the goal line between the Goals. Reds, the Attackers, are approx. 10 Yds. from the goal line with a second Attacker on the mid line between the opposite Goals.

**ACTION.** Yellow passes to R1 and overlaps R1 to defend the two goals on the line beyond Red. R1 passes 1 touch to R2 who advances with the ball and R1 overlaps behind him/her and R2 & R1 combine to try to score against the 2 Yellow Defenders.

If the Defenders win the ball they can score on the opposite PUGG goals but must get inside the 5yd shooting zone to shoot.

**COACH TIP.** Encourage players to use speed alone if that option is on.

**PLAYER TIP.** Use overlaps, 1-2s and screen runs to create openings for the player on the ball.

# PART 2

## “Explaining the link between Ball Mastery and the Team Game (Style)”

A good level of Core Skills is essential to playing the team game well, especially in the modern game where team possession is important

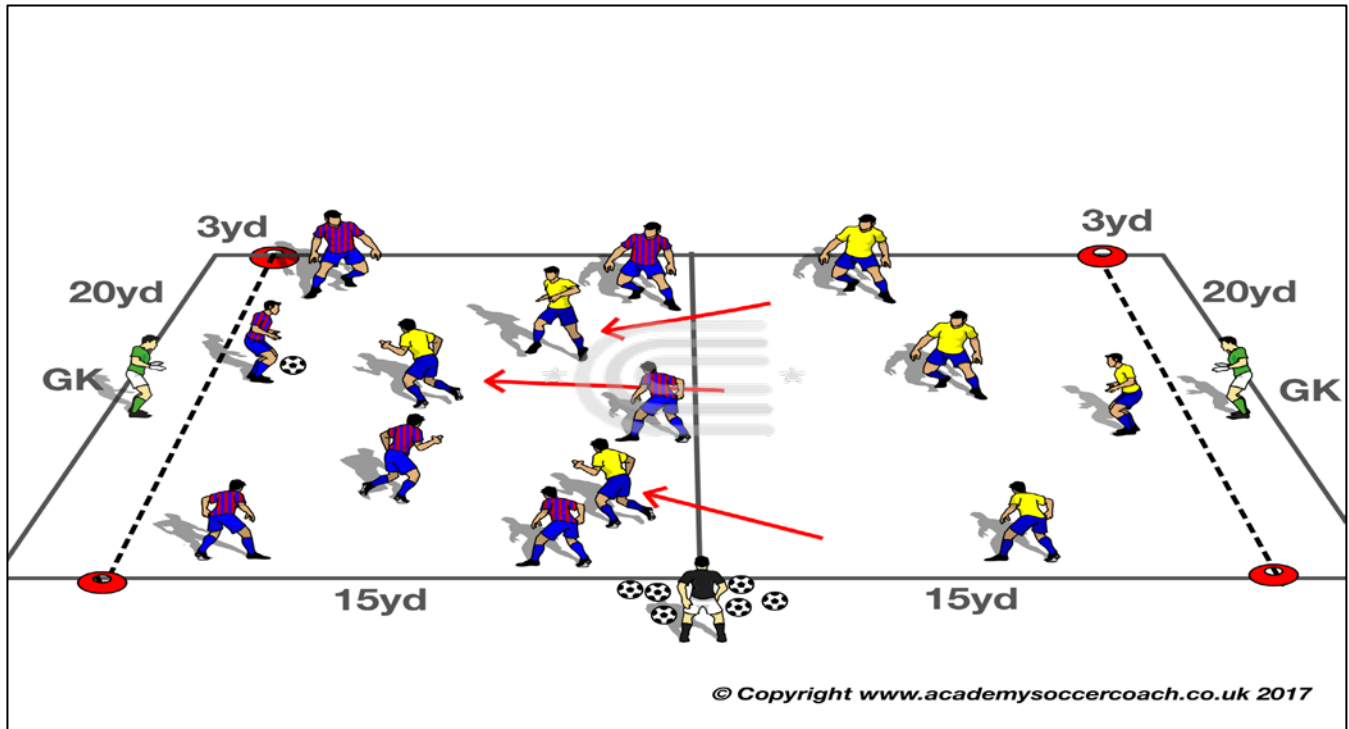
- The reality/difficulty of the team game is that as players age, and go up levels, there is less Time & Space to protect the ball. The Coerver System helps solve this difficulty, by Improving FIRST TOUCH “The Golden Touch”.
- The “Golden Touch” positively effects all the individual Core Skills needed to play the team game well.
- The Key to a good “Golden Touch” is the player acquiring “Ball Feeling” through the Coerver Ball Mastery Curriculum

**Conclusion** Coerver®Coaching has over 30 + years devised a Curriculum and Method to Improve Ball Mastery, which is the foundation of all the game core skills. This develops players who can play the Coerver Team Style: “THE COERVER BOX TRAP” ; an attacking possession style of soccer



# DRILL 2

## DEMONSTRATING "THE DIFFICULTY" (SPACE & TIME)



**PURPOSE.** To keep possession in tight spaces

**SET UP.** Two 18 x 20 yard Two teams of up to 10 players in each box. GK each end

**ACTION.** On coaches signal 3 players of one team (if 10 players) or (2 if seven in the team) go into opposite half and try and touch the ball; the team in possession has up to 3 touches. Once a defender touches the ball, the coach serves into other box, and the 3 who were defenders sprint back to their box and 3 players from the team last in possession sprint into half and become defenders.

**Variation (V ) :** Every 5 passes another defender goes in.

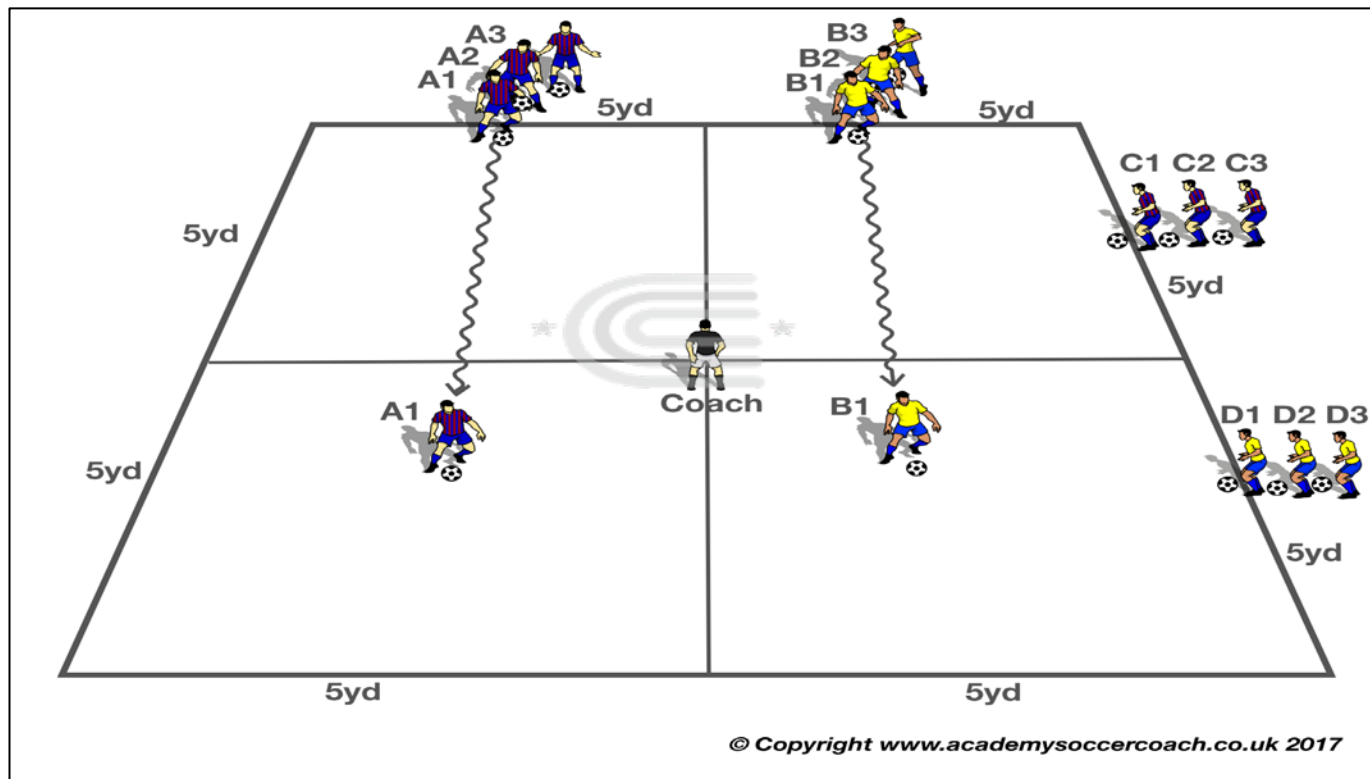
A scorer is appointed for each team. The first team to 30/40 ( non consecutive) passes wins.

**COACH TIP.** Make sure you have a large supply of balls. Adapt the size of the area to suit player level

**PLAYER TIP.** Remember pass and move, always look for the space

# DRILL 3 (V1)

## THREE STEPS TO “IMPRINTING” BALL MASTERY (STEP ONE)



**PURPOSE:** Improving Ball Mastery

### SET UP

4 boxes, 5 x 5 yards ,create a 10 x 10 yard grid.  
3 or 4 Players per grid in two colored teams..

### ACTION

#### STEP ONE (Repetition)

##### (V1): Toe Tapping

Players with a ball each, do one selected Ball Mastery Move travelling across the grid.

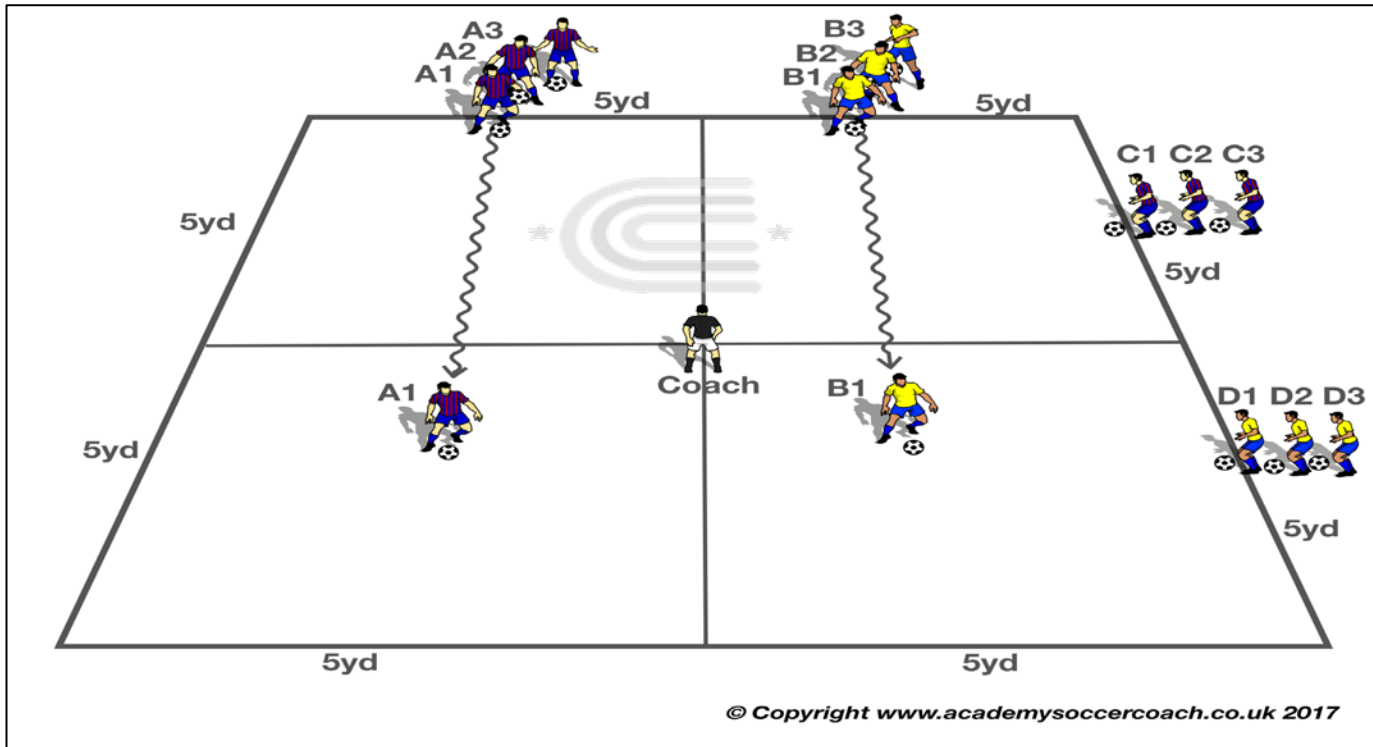
Coach has two different color cones, and holds up for player to call color ,ensuring eyes up occasionally

**COACH TIP:** Start with the easier Ball mastery Moves, and as time goes by add more difficult ones.

### PLAYER TIP

Try and stay in line with each other, so occasionally look around so you are in line.

# DRILL 3 (V2): THREE STEPS TO “IMPRINTING” BALL MASTERY (STEP ONE)



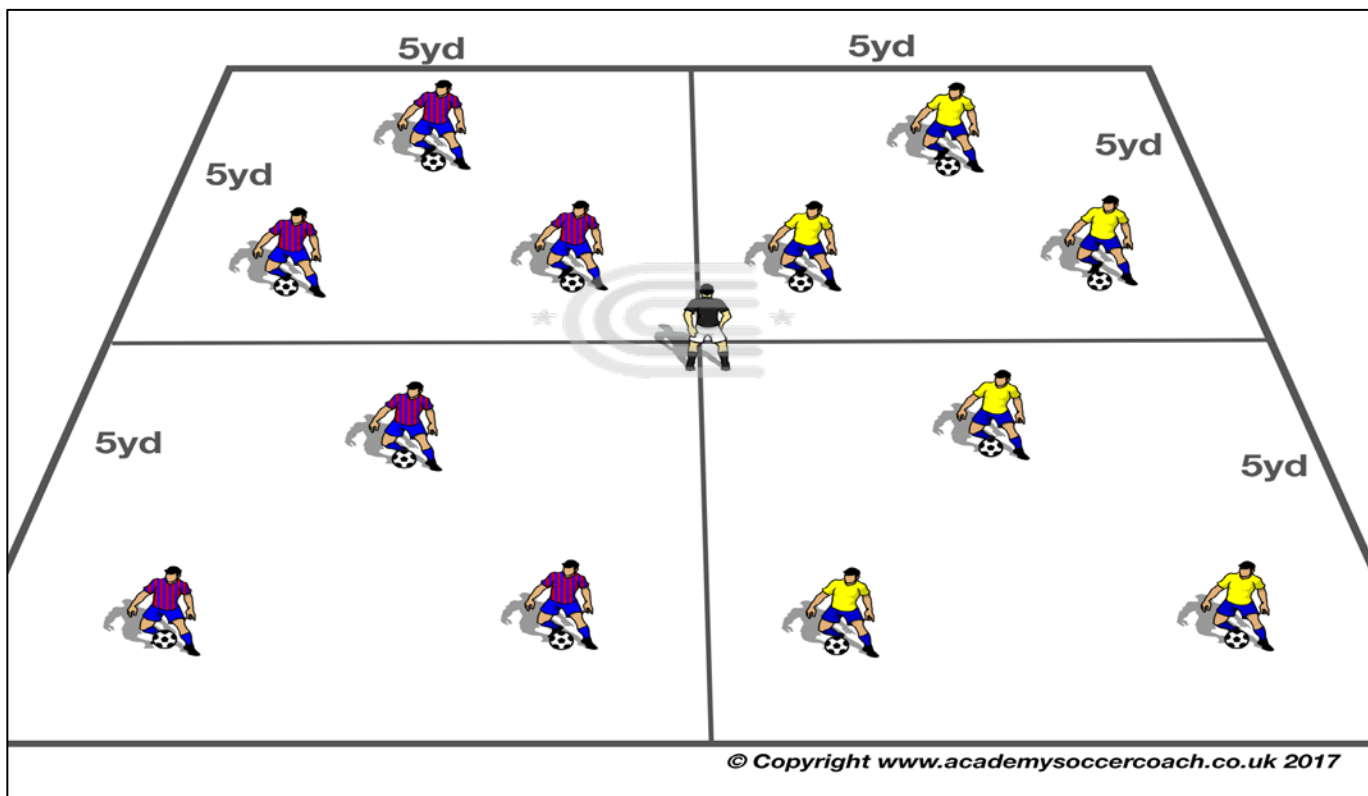
Same St Up and action as Drill 3 (V1)

**(V2) :Double Cut**

Players with a ball each, do one selected Ball Mastery Move travelling across the grid.

# DRILL 4

## THREE STEPS TO “IMPRINTING” BALL MASTERY (STEP TWO)



**PURPOSE:** Improving Ball Mastery

### SET UP

Same area as Drill 3

### ACTION.

#### STEP TWO (Grouping)

Now one group per grid, copy a mix of different ball mastery moves , as the coach in the middle does.

### COACH TIP

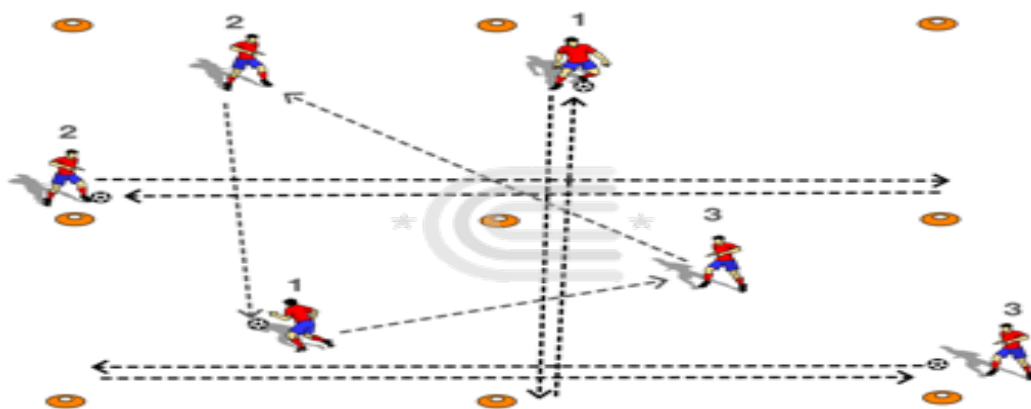
You can also select players, as the demonstrator in the middle and to make up their own routines; change middle player each 20 seconds.

### PLAYER TIP

You need to look up so you can copy middle demonstrator

# DRILL 5

## THREE STEPS TO “IMPRINTING” BALL MASTERY (STEP THREE)



**PURPOSE:** Improving Ball Mastery

### SET UP

Same area as Drill 4

*Group One :One player either end, and one going across the grid, each player with a ball. Group B: 3 players, passing the ball.*

### ACTION

#### STEP THREE: (Competition)

The 3 players on the outside perform a ball mastery move going back and forth across the grid, while the other group passes the ball.

Team in the middle must not come into contact with players going across the grid,

Players work for 30-60 seconds, switch roles and repeat.

This will cause stationary and moving traffic for the Receiving & Passing players to deal with.

#### Competition

Teams against each other, 1 x point for each successful pass, 2 x point for each successful lap per player. Play for 60 sec, individual players then add their scores up.

The team with the most points wins, switch roles and repeat.

### COACH TIP

To make more difficult ,make the grid smaller/have more players in the grid so players have less space or make bigger for beginner players

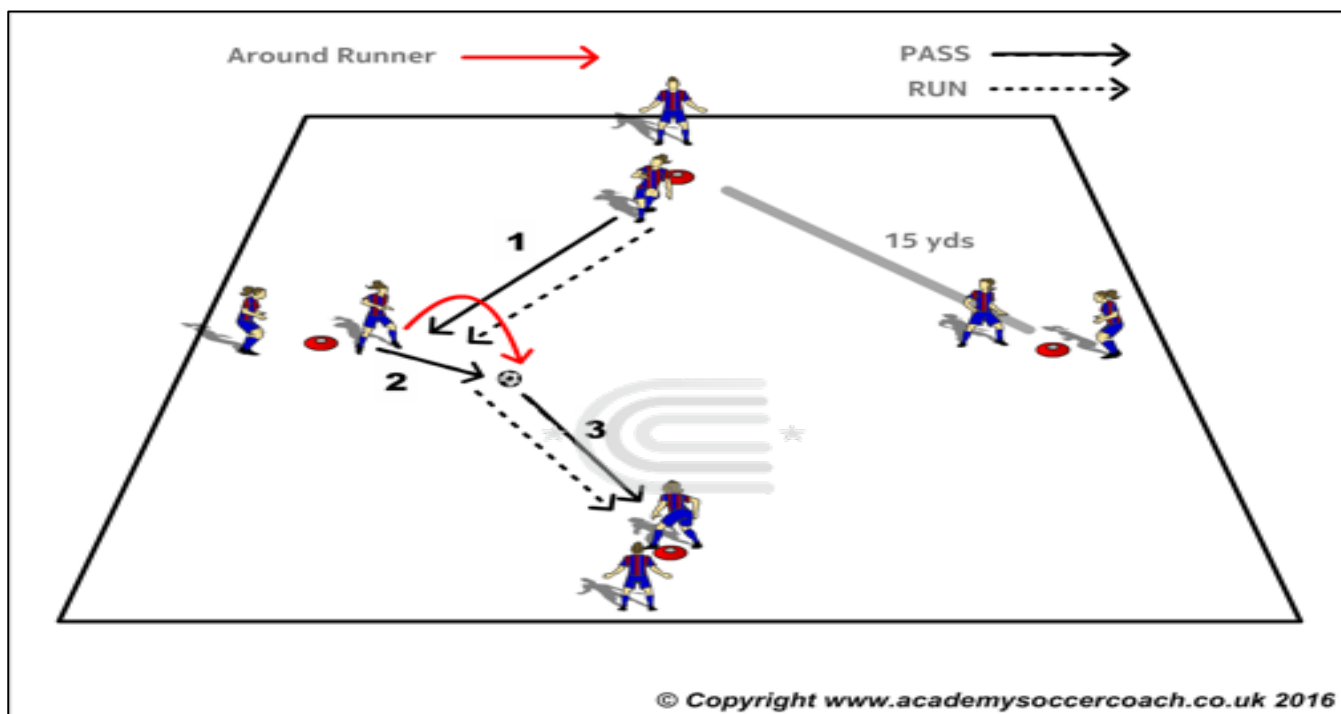
### PLAYER TIP

Visual skills and communication are key..



# DRILL 6 (V1)

## “THE GOLDEN TOUCH” > PASSING



**Purpose:** To improve receiving & passing

### SET-UP:

Players in groups of 3 or 4 on a cone in a diamond shape

### ACTION:

Player 1 passes to player 2 and follows the pass, player 2 first touches the ball around the incoming player 1, Player 2 now passes to player 3 and the sequence is repeated. You can also go the opposite way.

### VARIATIONS

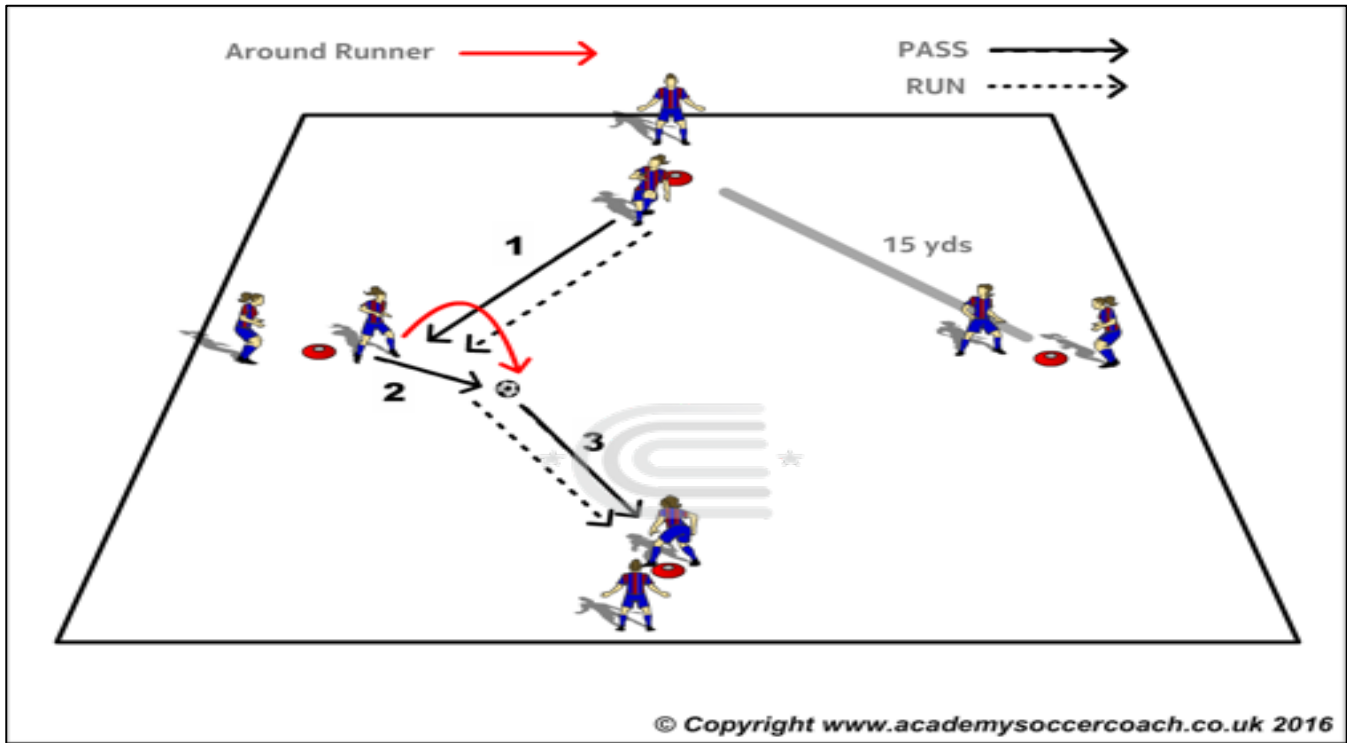
**(V1)** Two Balls

**COACHES TIP:** Make sure that the first touch is with one foot, and the pass with the other. You can start with one ball if you wish.

**PLAYERS TIP:** Your first touch should be firm and in the right direction for you to strike the ball with the opposite foot, without adjusting your body too much

# DRILL 6 (V2)

## “THE GOLDEN TOUCH” > PASSING



**Purpose:** To improve receiving & passing

### SET-UP:

Players in groups of 3 or 4 on a cone in a diamond shape

### ACTION:

Same as Drill 6 (V1)

### VARIATION

(V2) Three Balls

### COACHES TIP:

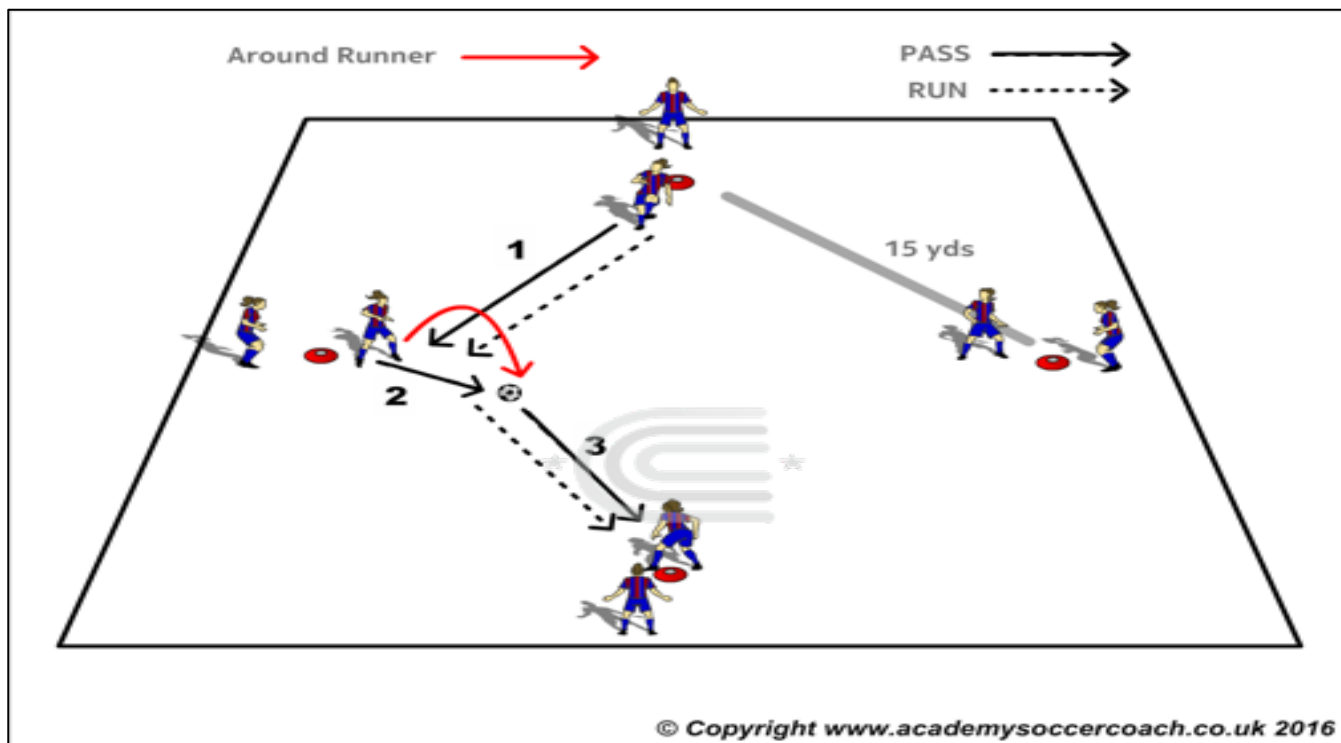
Make it a competition between groups; number of passes in 60 seconds

### PLAYERS TIP:

Don't over hit your pass

# DRILL 6 (V3)

## “THE GOLDEN TOUCH” > PASSING



**Purpose:** To improve receiving & passing

### SET-UP:

Players in groups of 3 or 4 on a cone in a diamond shape

### ACTION:

Same as Drill 6 V1

### VARIATION

(V3) Four Balls

### COACHES TIP:

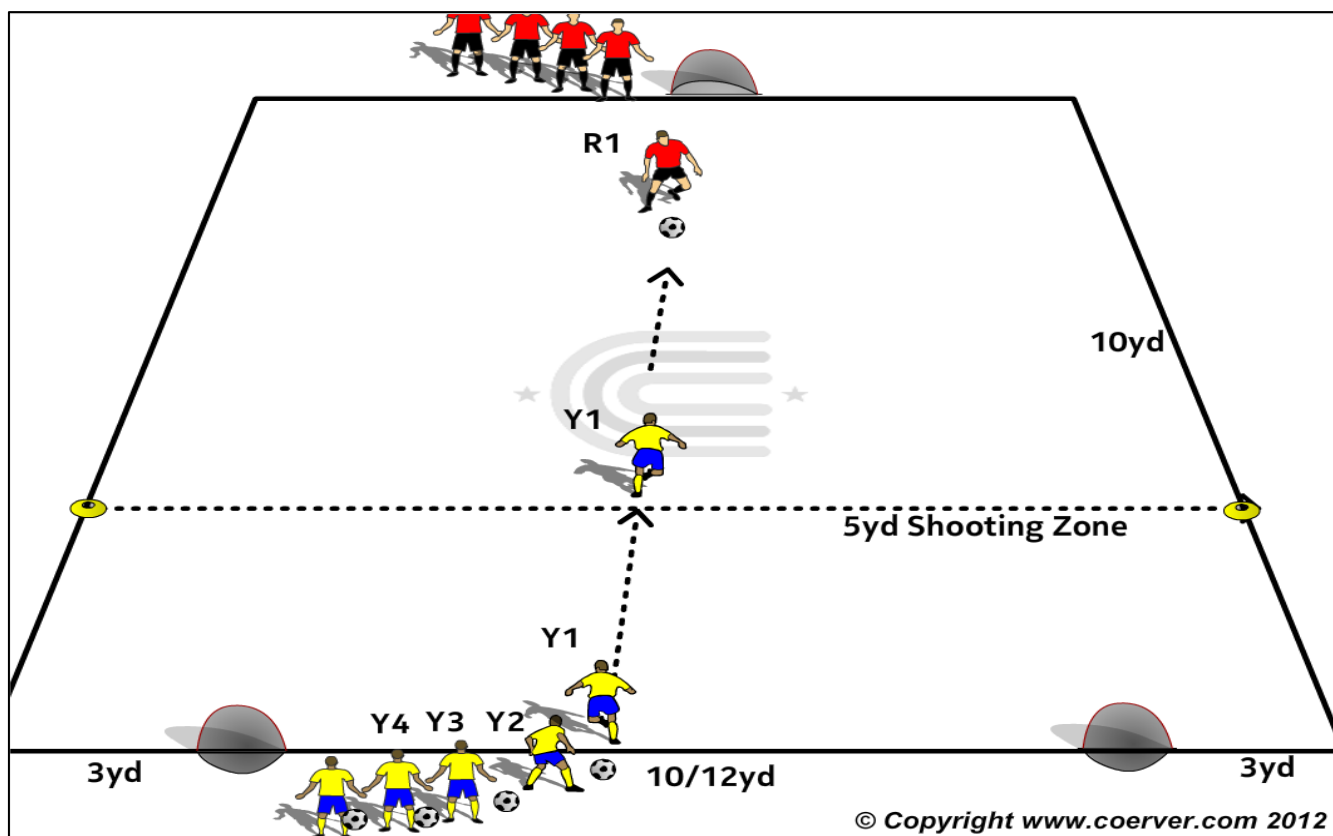
This is the most difficult ,so build up to it over time

### PLAYERS TIP:

Keep looking around so you can judge when to pass and when to delay your pass

# DRILL 7

## “THE GOLDEN TOUCH” > 1V1



### PURPOSE. To improve 1v1 Moves (Feints)

**SET UP.** A 15x18yd grid with two mini goals 10/12 yds. apart and a 5 yd shooting line in front of them on one end line and another mini goal is on the middle of the opposite end line. A team each with a ball is stationed on the end line between the two goals. The other team is stationed by the goal on the opposite end line.

**ACTION.** Y1 passes to R1 and advances to defend against R1. R 1 tries to penetrate the Yellow shooting zone and score. If Y1 wins the ball he can score on the lone Red goal but must be within 5yd to shoot. Teams switch roles at Coach's discretion.

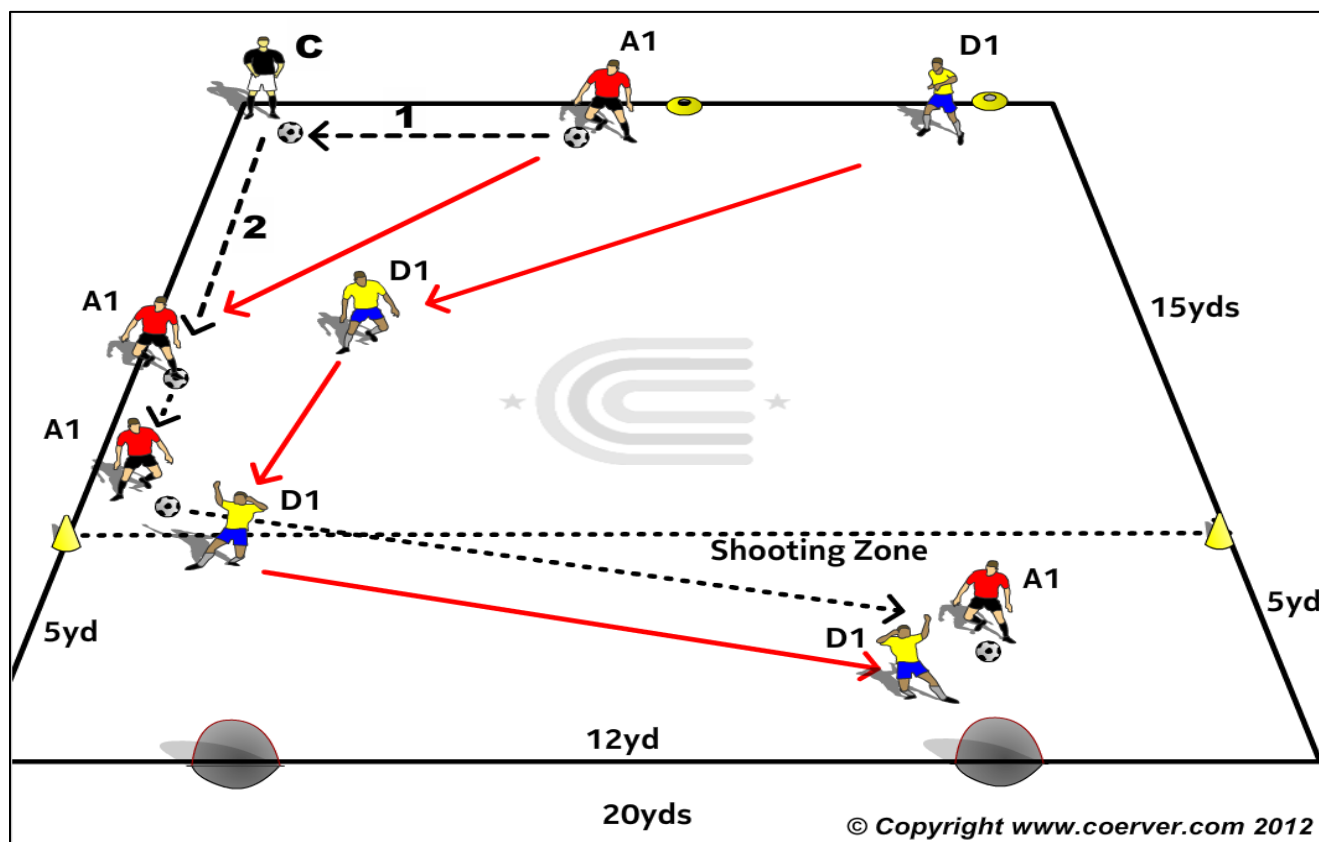
**COACH'S TIP.** If players are finding it difficult ,you can remove the mini goals, and attacker now has to get over end line.

**PLAYER TIP.** Go forward and meet the ball on the run, your first touch distance relative to distance & position of the defender

# DRILL 8 (V1)

## "THE GOLDEN TOUCH" 1V1

### The Chop



**PURPOSE:** To improve S&S Moves.

**SET UP.** A 20x20yd grid with two mini goals 10/12 yd. apart at one end.

The Coach positioned at a corner on the opposite end of the field to the goals with Two Players, an Attacker A1 with a ball and a Defender D1 5yds beyond A1 on the end line.

**ACTION.** Coach plays a one two with A 1 and sprints to the sideline to receive the return pass. Defender D1 challenges as soon as the coach plays the ball down the line, and tries to stop A1 scoring on either goal.

#### COACHES TIP.

Pass the ball down the line

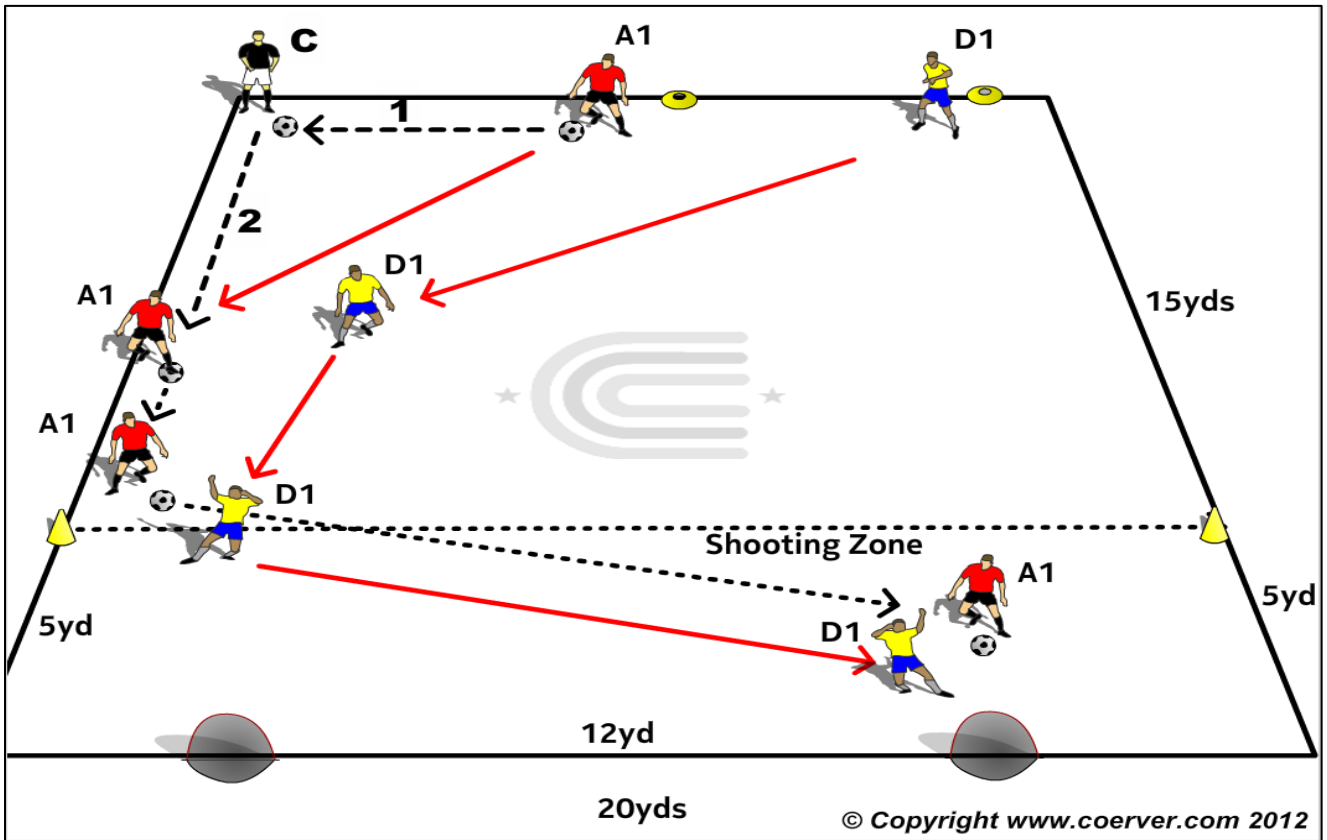
Make sure the players practice on both sidelines.

**PLAYER TIP.** Attacker try to use at least one of your S&S moves. The High Wave hesitation often works to gain an advantage.

# DRILL 8 (V2)

## "THE GOLDEN TOUCH"> 1V1

### The High Wave



**PURPOSE:** To improve S&S and Feint Moves.

**SET UP.** A 20x20yd grid with two mini goals 10/12 yd. apart at one end.

The Coach positioned at a corner on the opposite end of the field to the goals with Two Players, an Attacker A1 with a ball and a Defender D1 5yds beyond A1 on the end line.

**ACTION.** Coach plays a one two with A 1 and sprints to the sideline to receive the return pass. Defender D1 challenges as soon as the coach plays the ball down the line, and tries to stop A1 scoring on either goal.

#### COACHES TIP.

Pass the ball down the line

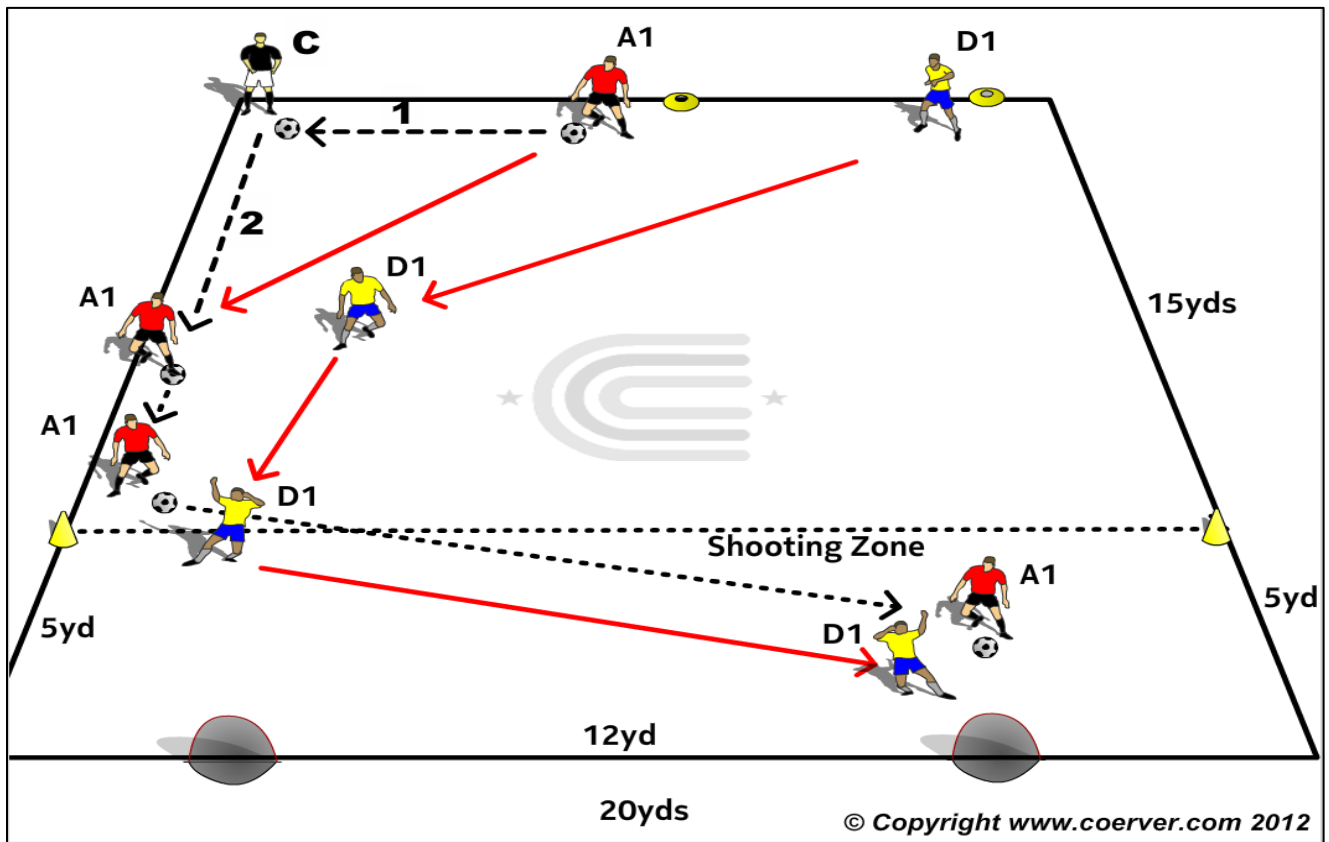
Make sure the players practice on both sidelines.

**PLAYER TIP.** Slow down a fraction as you make the High Wave Move

# DRILL 8 (V3)

## "THE GOLDEN TOUCH" 1V1

### The Pull Push



**PURPOSE:** To improve S&S Moves.

**SET UP.** A 20x20yd grid with two mini goals 10/12 yd. apart at one end.

The Coach positioned at a corner on the opposite end of the field to the goals with Two Players, an Attacker A1 with a ball and a Defender D1 5yds beyond A1 on the end line.

**ACTION.** Coach plays a one two with A 1 and sprints to the sideline to receive the return pass. Defender D1 challenges as soon as the coach plays the ball down the line, and tries to stop A1 scoring on either goal.

#### COACHES TIP.

Pass the ball down the line

Make sure the players practice on both sidelines.

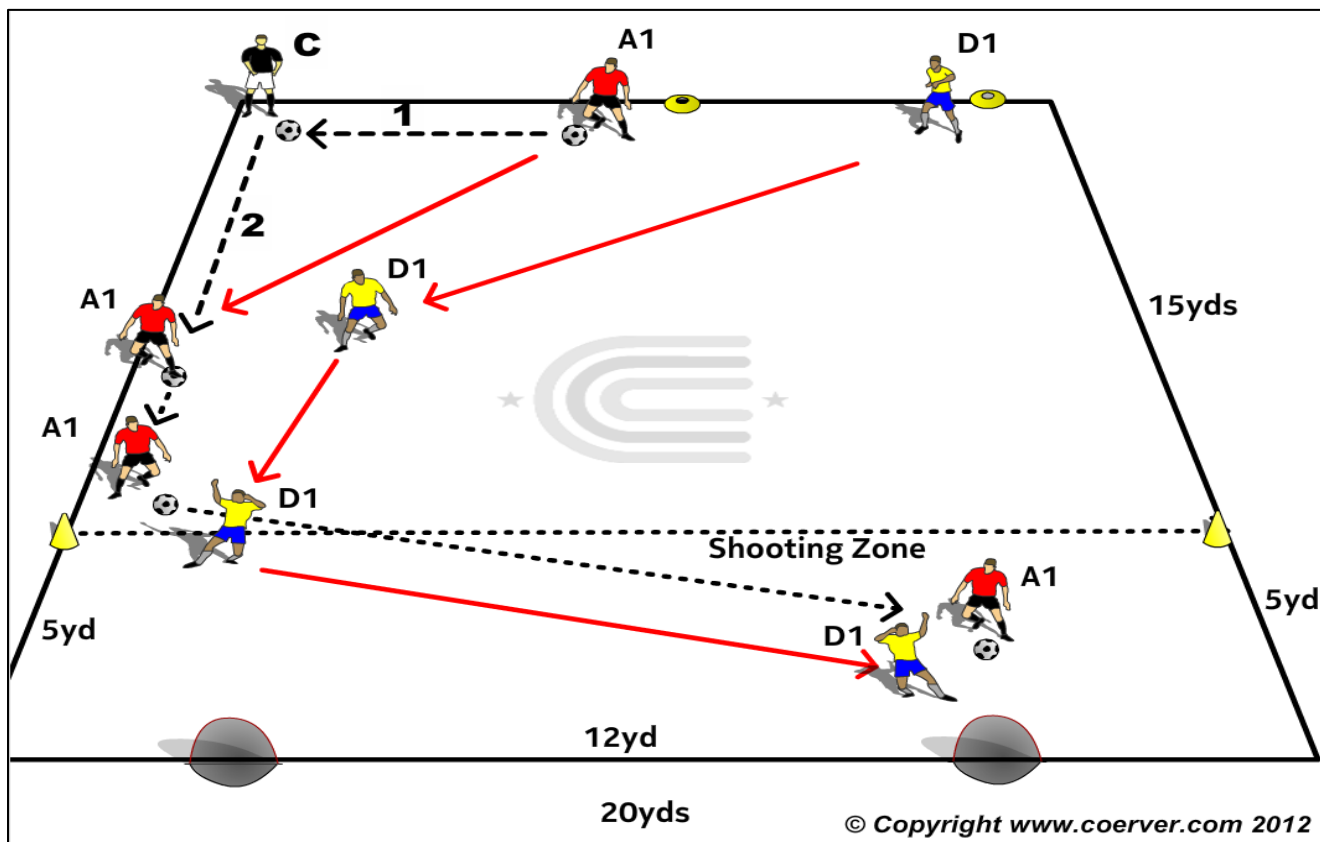
#### PLAYER TIP.

Slow down before you pull the ball back, then suddenly speed away as you push it forward

# DRILL 8 (V4)

## "THE GOLDEN TOUCH"> 1V1

### The Step Kick



**PURPOSE:** To improve S&S Moves.

**SET UP.** A 20x20yd grid with two mini goals 10/12 yd. apart at one end.

The Coach positioned at a corner on the opposite end of the field to the goals with Two Players, an Attacker A1 with a ball and a Defender D1 5yds beyond A1 on the end line.

**ACTION.** Coach plays a one two with A 1 and sprints to the sideline to receive the return pass. Defender D1 challenges as soon as the coach plays the ball down the line, and tries to stop A1 scoring on either goal.

#### COACHES TIP.

Pass the ball down the line

Make sure the players practice on both sidelines.

#### PLAYER TIP.

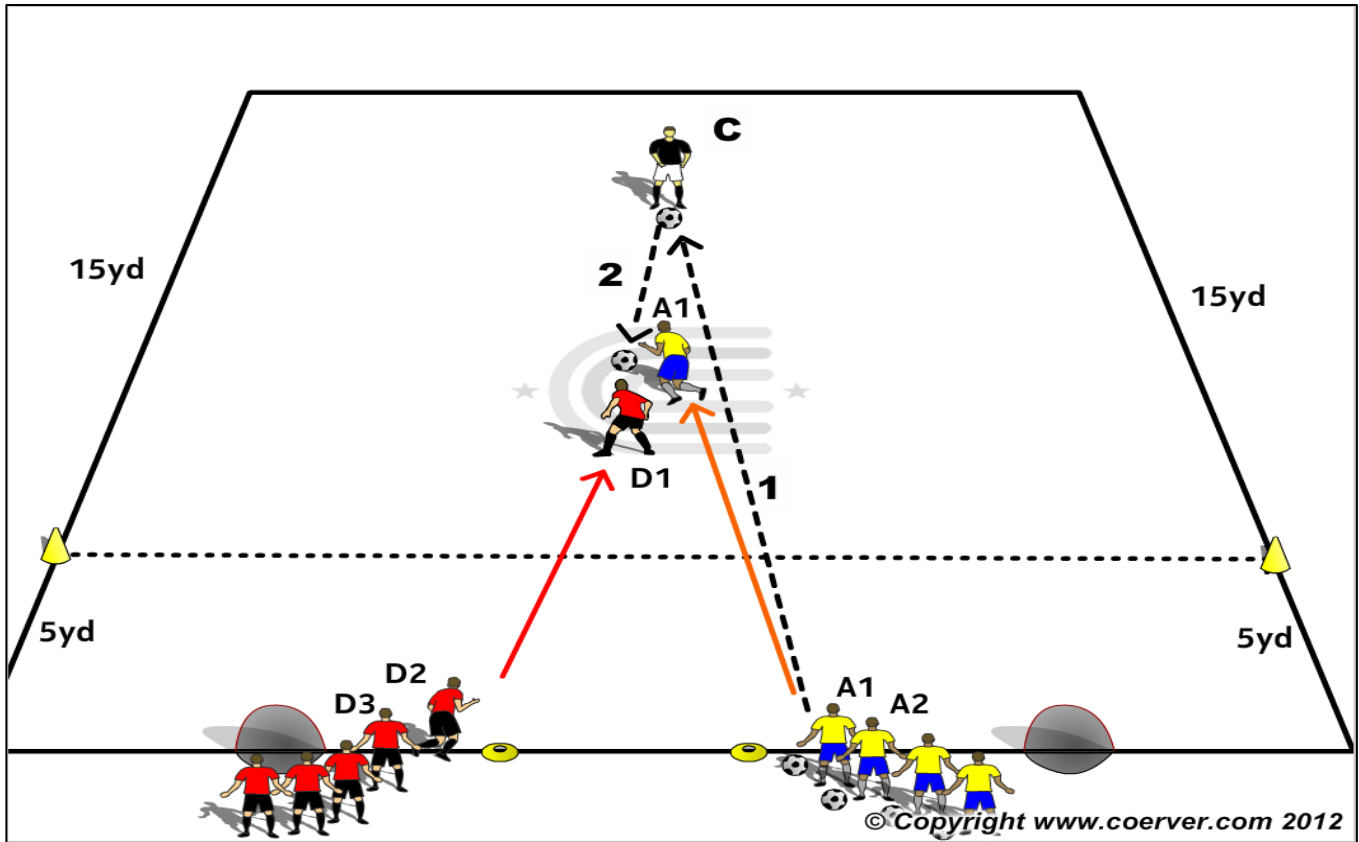
The Step kick works, if your kicking foot and the step on foot are used at the same time.



# DRILL 9 (V1)

## “THE GOLDEN TOUCH”> 1V1

### THE SHIMMY



**PURPOSE.** To improve turning and Feints under pressure.

**SET UP.** A 20x20 area with two small goals 12 yds. apart on one end line.

Two teams stationed between the goals. One team with a ball to each player, start as attackers  
The Coach stationed 15 yards from the teams facing the teams.

**ACTION.** A1 passes to the Coach and sprints to take the return pass with his back to goal as D1 sprints to pressure him. A1 tries to turn and penetrate the shooting zone to score.

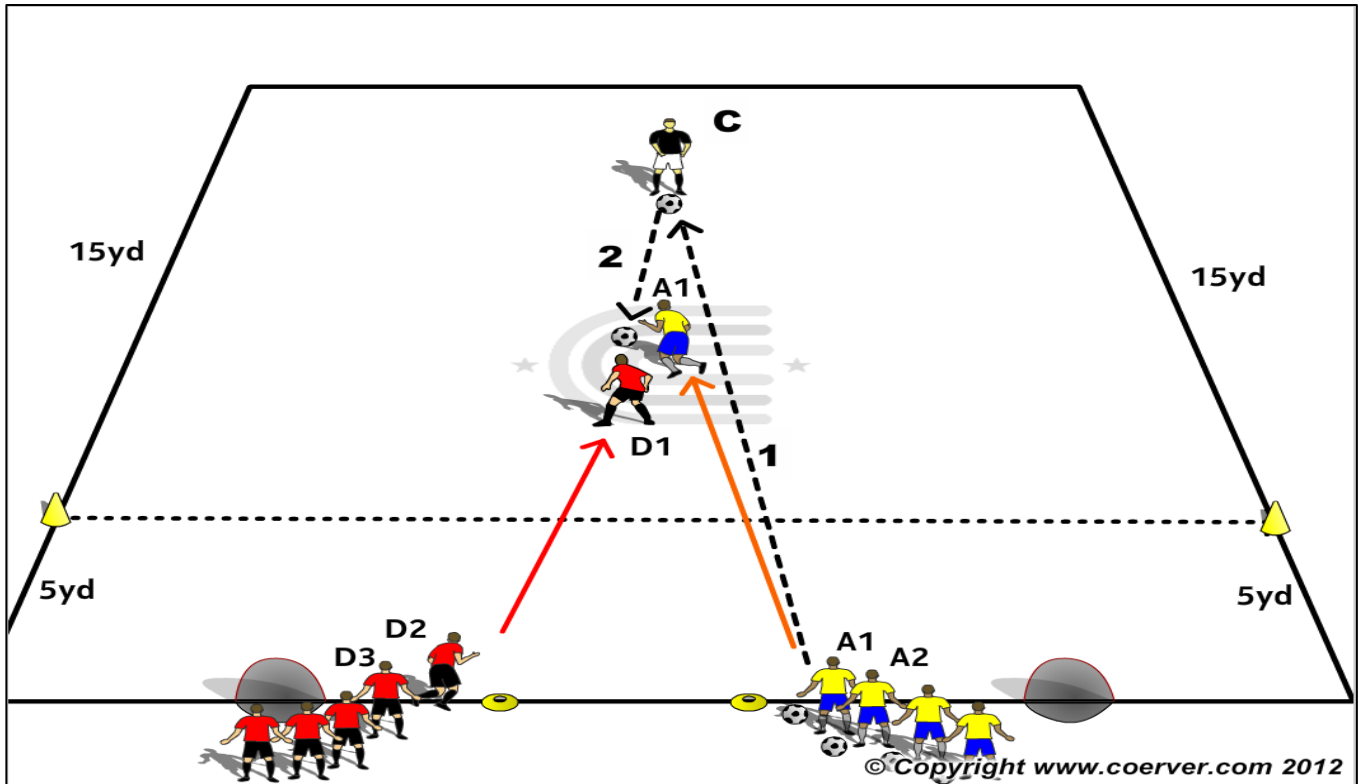
**COACHES TIP.** Encourage defending players to be close enough to pressure, touch close, without overcommitting.

**PLAYER TIP.** Try to receive half turned and work the ball with the foot furthest from the opponent.

# DRILL 9 (V2)

## “THE GOLDEN TOUCH” > 1V1

### THE STEP OVER



**PURPOSE.** To improve turning and Feints under pressure.

**SET UP.** A 20x20 area with two small goals 12 yds. apart on one end line.

Two teams stationed between the goals. One team with a ball to each player, start as attackers  
The Coach stationed 15 yards from the teams facing the teams.

**ACTION.** A1 passes to the Coach and sprints to take the return pass with his back to goal as D1 sprints to pressure him. A1 tries to turn and penetrate the shooting zone to score.

**COACHES TIP.** You can vary your service, on the ground or so the player can receive in the air

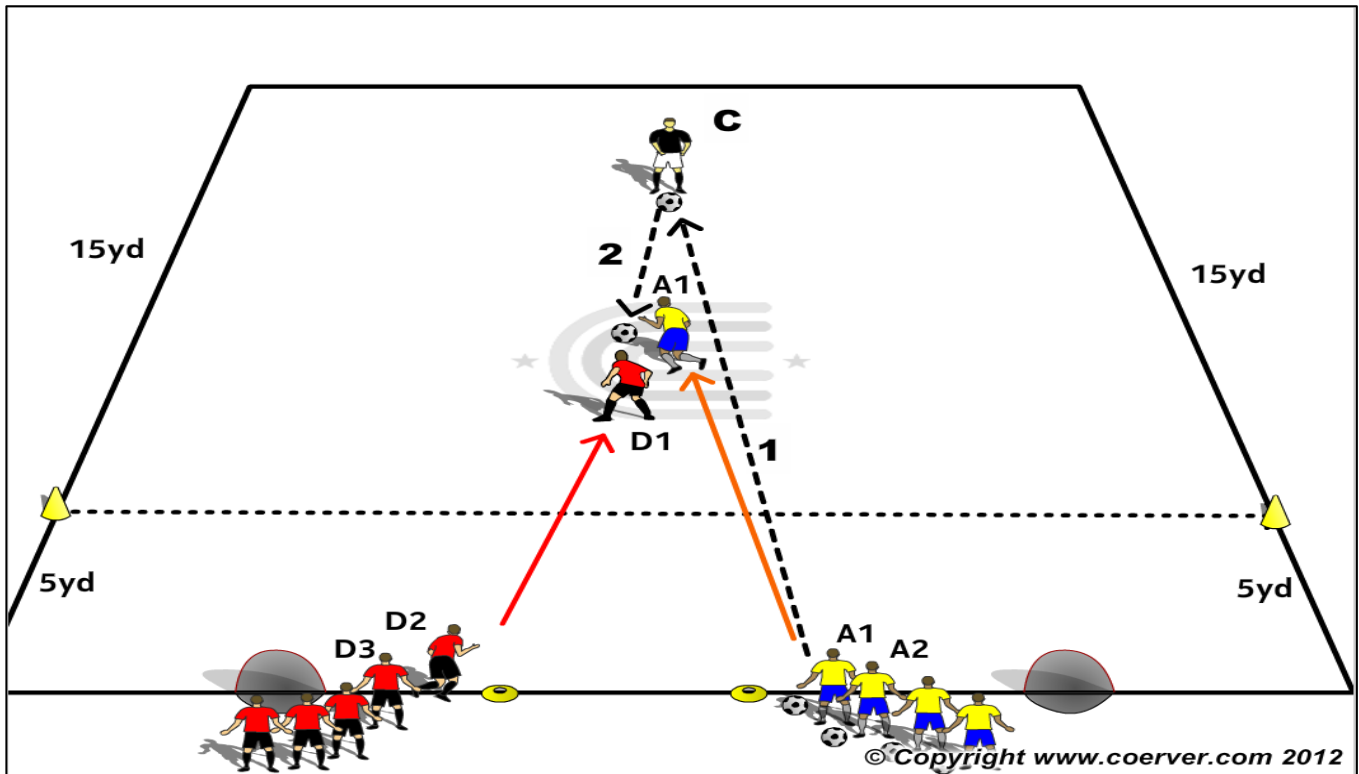
**PLAYER TIP.**

For the Stepover to work, you need to keep the step Over foot low, quick & wide.

# DRILL 9 (V3)

## “THE GOLDEN TOUCH” > 1V1

### THE STEP ON



**PURPOSE.** To improve turning and Feints under pressure.

**SET UP.** A 20x20 area with two small goals 12 yds. apart on one end line.  
Two teams stationed between the goals. One team with a ball to each player, start as attackers  
The Coach stationed 15 yards from the teams facing the teams.

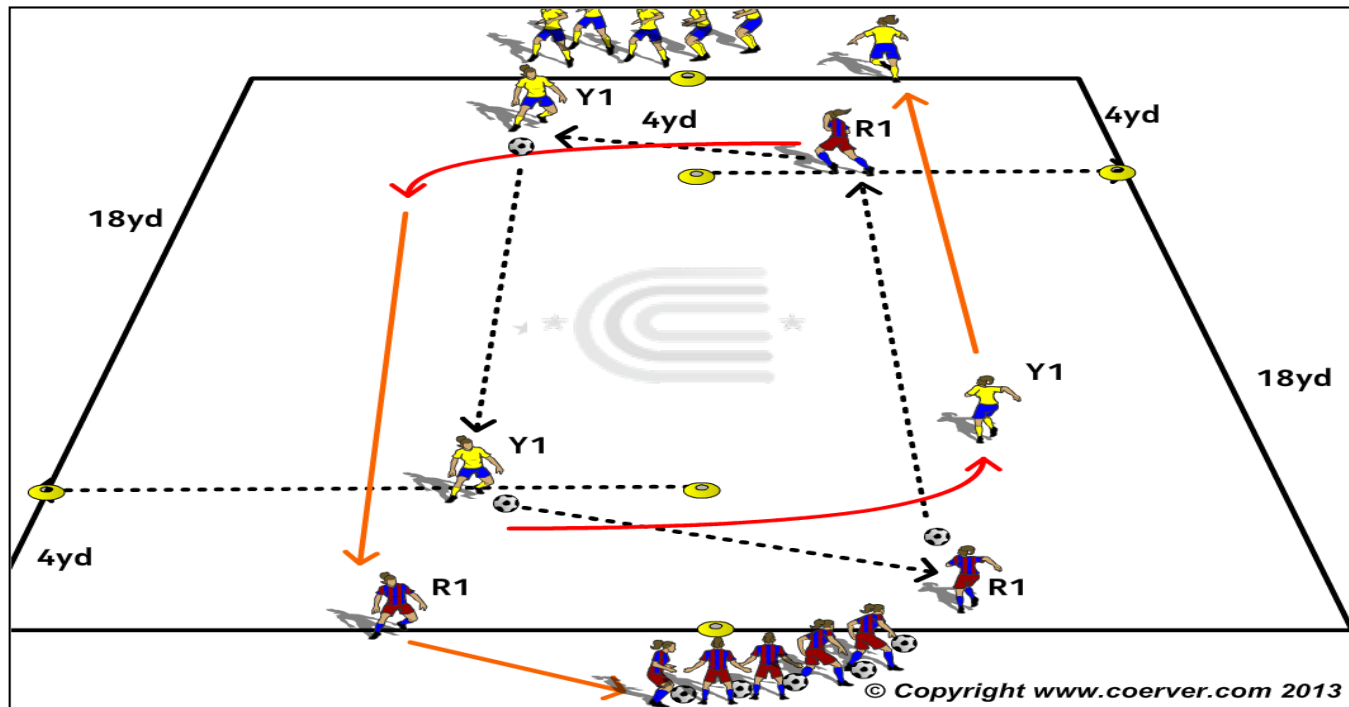
**ACTION.** A1 passes to the Coach and sprints to take the return pass with his back to goal as D1 sprints to pressure him. A1 tries to turn and penetrate the shooting zone to score.

**COACHES TIP.** Change Attackers and defenders after each action

**PLAYER TIP.** .Push the ball forward at an angle ,to commit opponent to one side

# DRILL 10

## “THE GOLDEN TOUCH” > RUNNING WITH THE BALL



**SET UP.** Two adjacent 24yd grids with 4 yds. lines marked with cones at the end of the grids. Two teams with a ball per team

### **ACTION.**

R1 dribbles to the 4 yds. line then passes to Y1 and overlaps Y1. R1 just tries to catch Y1 but not interfere with her run or with the ball. Y1 passes to R2 and overlaps R2 and the sequence continues at full speed.

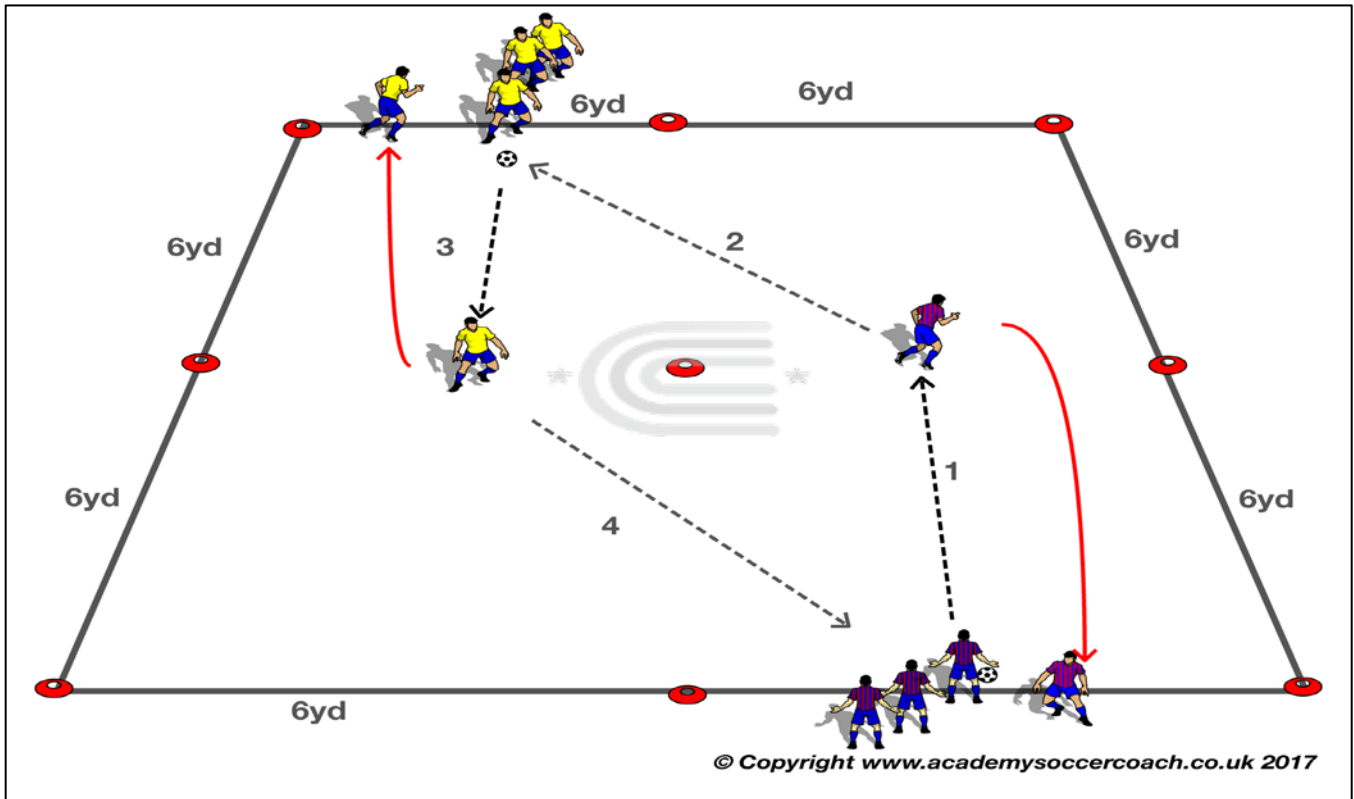
**Variation :** You can add a Coerver Stop/Start Move in the middle.

**COACH'S TIP.** Have 4 or 5 Players per group so there is a balance between rest and repetition

**PLAYER TIP.** Focus on good first touch even when pressured. A fumble loses a lot of ground.

# DRILL 11

## “THE GOLDEN TOUCH > RUNNING WITH THE BALL



**SET UP.** Two adjacent 24yd grids with 4 yds. lines marked with cones at the end of the grids. Two teams with a ball to each player for the initial drill.

### **ACTION.**

Now player who passes, runs backwards, receiver takes the ball forward with their first touch and sequence continues

**COACH'S TIP.** Ask the player running backwards to glance back so they don't run into their team mate.

**PLAYER TIP.** Receiving player go towards the ball as it is passed.