



# PRACTICAL 2

## Explaining the Science supporting Coerver®Coaching

This session focus's on 5 mental aspect of the game:

- Part 1 : **How the Brain Learns Skills**
- Part 2: **The importance of Observation and Visualization in Learning**
- Part 3: **Confidence Building**
- Part 4: **Developing Creativity**
- Part 5: **The Link between Exercise & Academic performance**



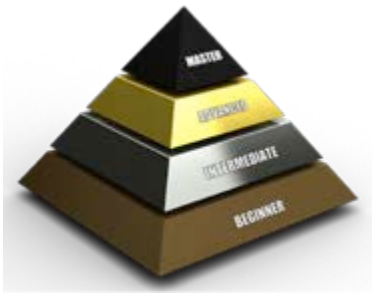
# Explaining The Science

## PART 1 : How the Brain Learns Skills

Our Curriculum : To Develop High quality “BALL FEELING”

The Coerver® Skill (Engram) Builders©2016

160 x Motor Engrams within the following Coerver Curriculum



***Coerver® Pyramid of Ball Mastery©2014***



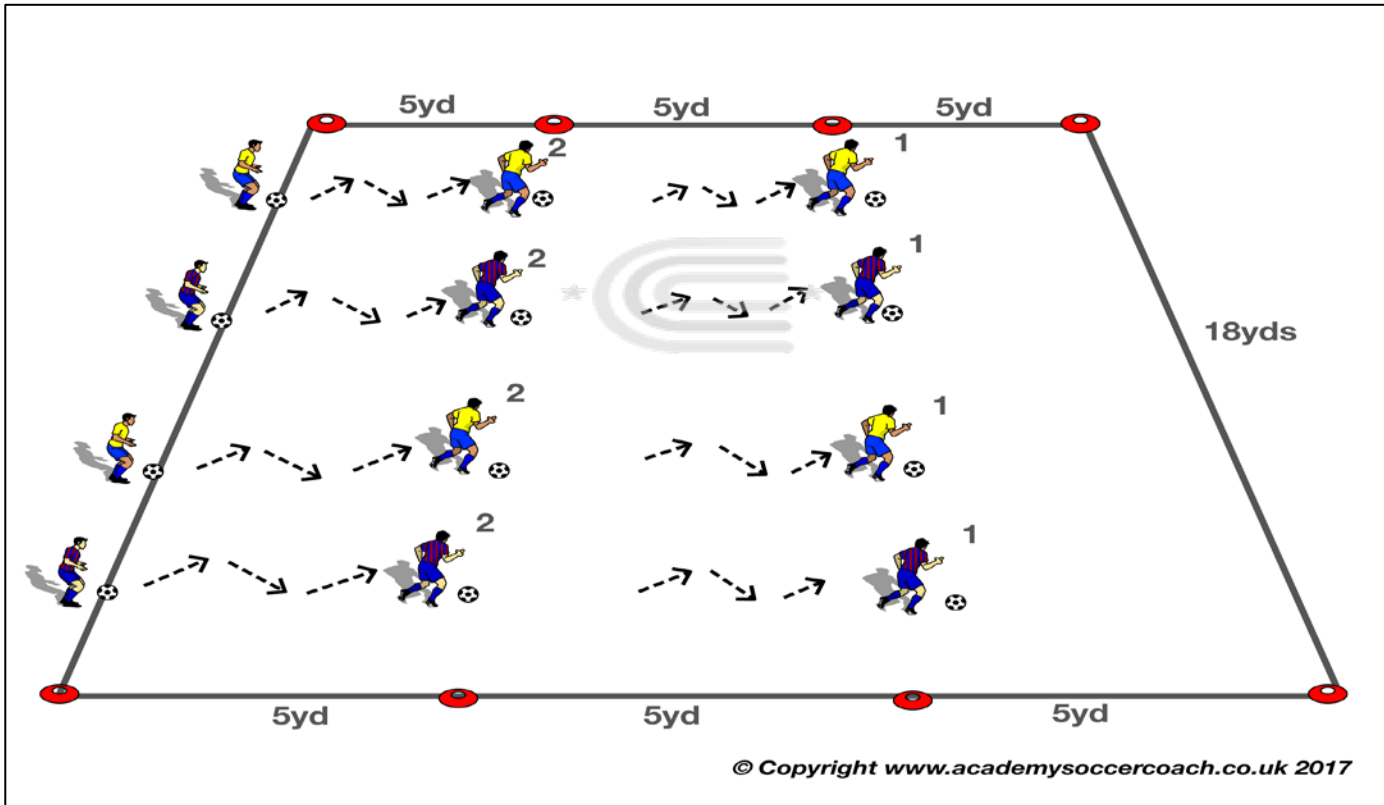
***Coerver® Pyramid of Moves©2003***

Our Method to imprint high quality “BALL FEELING”

1. REPETITION
2. REPETITION + COMPLEXITY (GROUPING)
3. REPETITION + SPEED (competition)

# DRILL 12 (V1)

## OUR 3 STEP METHOD TO IMPRINT HIGH QUALITY “BALL FEELING” STEP ONE (REPETITION)



**SET UP.** Players numbered 1, 2 or 3 are lined up with a ball on one side of a 15x20 yd grid. Coach in front of the players

**ACTION.** (Pull Push)

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

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

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

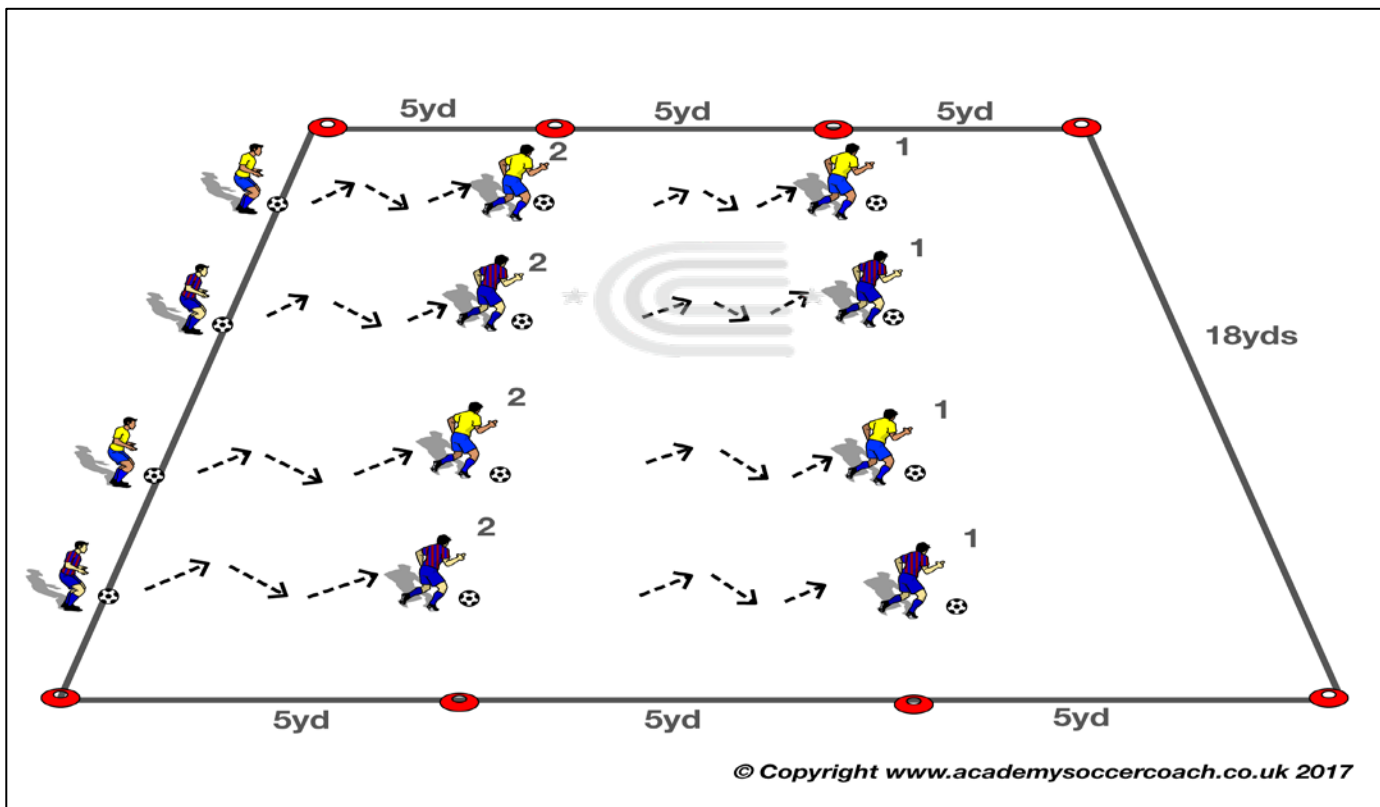
**COACH'S TIP** As players pass you, it is an opportunity to give them any tips.

**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.

# DRILL 12 (V2)

## OUR METHOD TO IMPRINT HIGH QUALITY “BALL FEELING”

### STEP ONE (REPETITION)

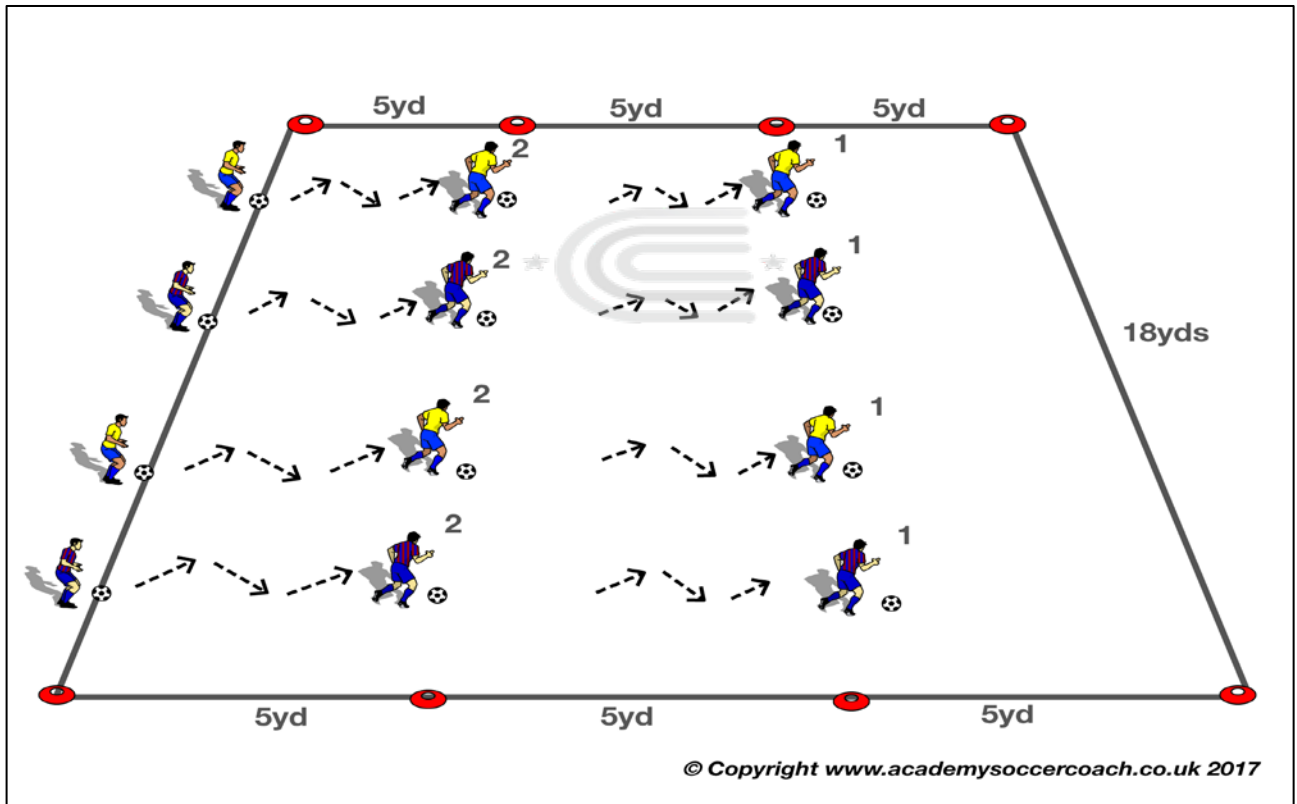


**SET UP. Same Set Up as Drill 12 (V2)**

# DRILL 13

## OUR METHOD TO IMPRINT HIGH QUALITY “BALL FEELING”

### STEP TWO : GROUPING



**SET UP.** Players numbered 1, 2 or 3 are lined up with a ball on one side of a 15x20 yd. grid.

#### **ACTION.**

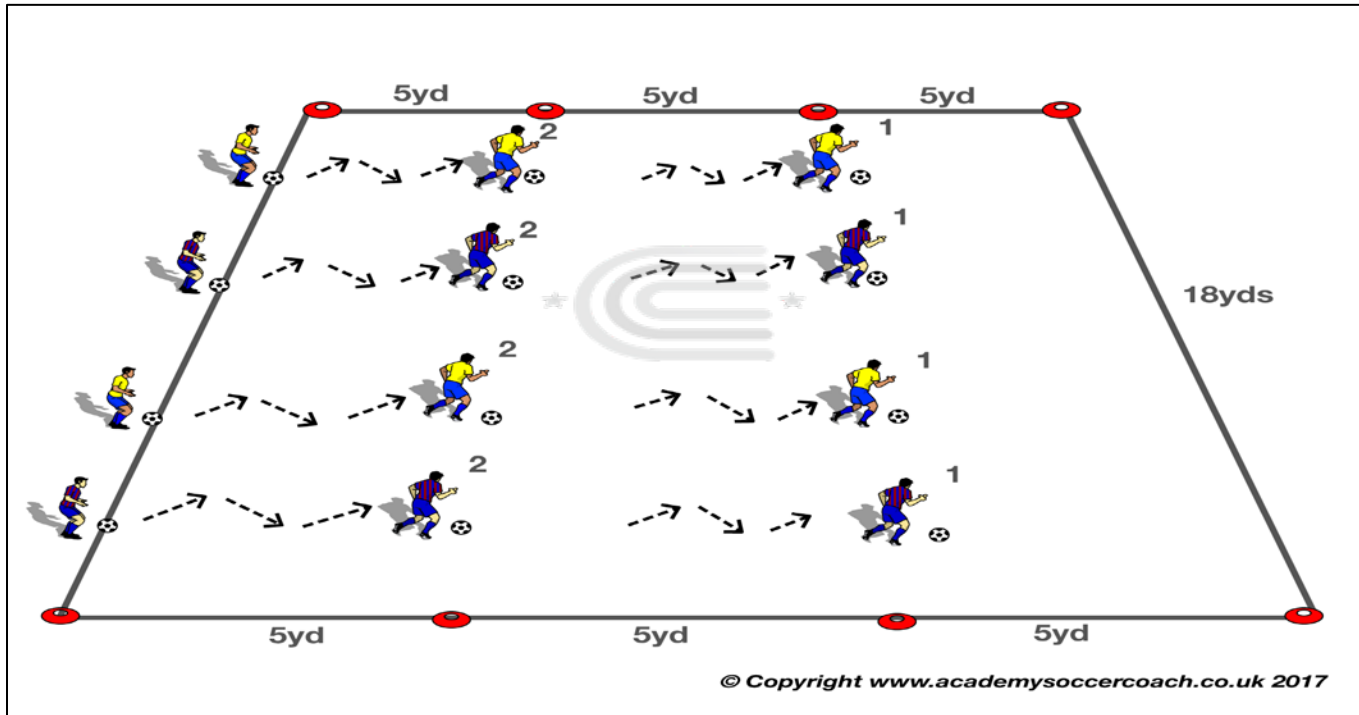
Each 5 yards the players do a new Ball Mastery Move

**COACH'S TIP.** Start with easier Ball Mastery moves, and progress to more difficult.

**PLAYER TIP.** Try and stay in line with the players on either side

# DRILL 14

## OUR METHOD TO IMPRINT HIGH QUALITY “BALL FEELING” STEP THREE : SPEED COMPETITION)



**SET UP.** Players numbered 1, 2 or 3 are lined up with a ball on one side of a 15x20 yd. grid.

### **ACTION.**

**Step 3:Competition.** Every different Ball Mastery Move counts as one point

**COACH'S TIP.** Ask players to keep their own scores.

**PLAYER TIP.** Practice your Ball Mastery Moves at home so you have a large selection to chose from.

# Explaining The Science

## Part 2 - The Importance of Observation & Visualization

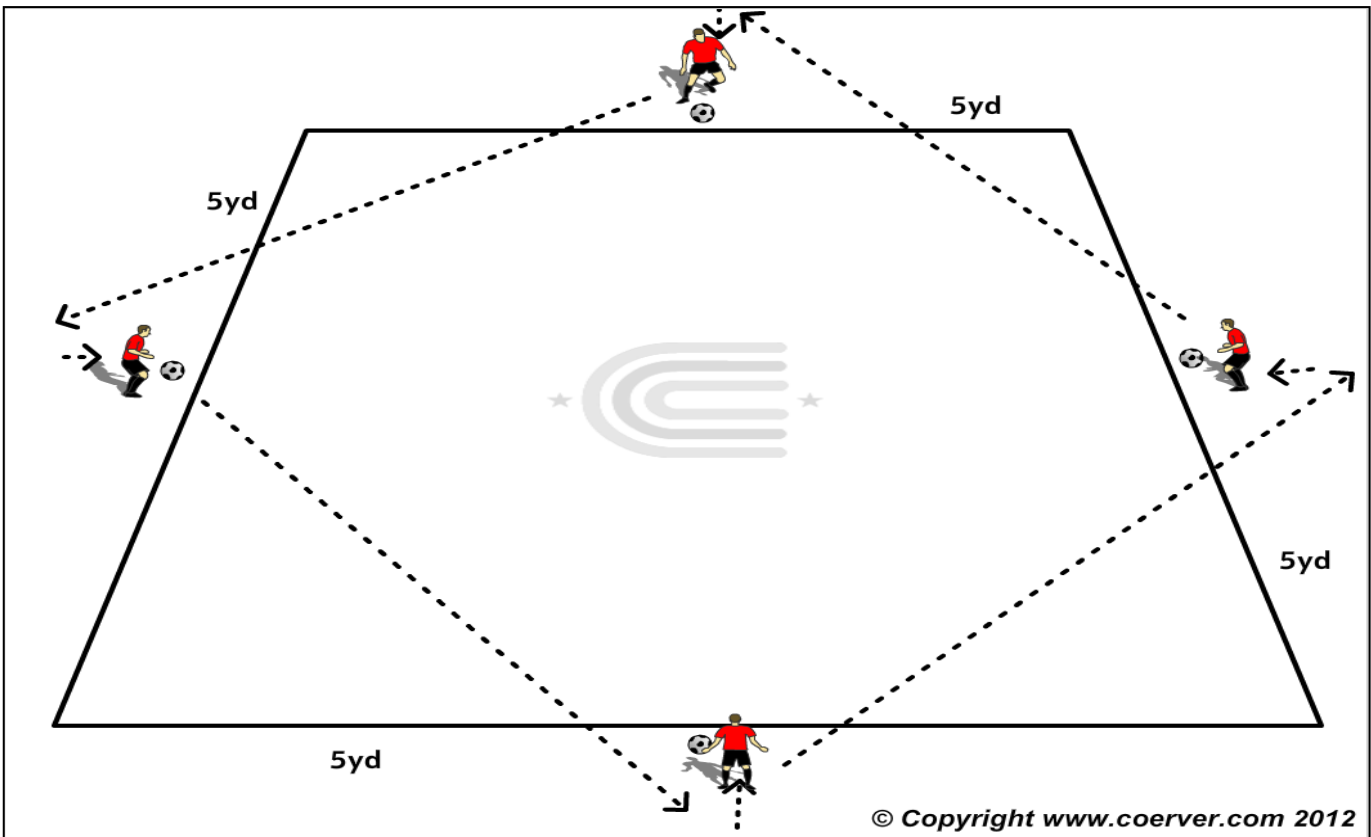
- Seeing a high quality demonstration from the coach or other players, is important to learning.
- The Brain can act like a camera, but the picture must be correct for the student to imprint the best possible skill.
- This is the reason that Demonstration Skills is an important part of Coerver®Coaching Staff Training





# DRILL 15:V1 THE DRAG PUSH

## “OBSERVING THE CORRECT SKILL DEMONSTRATED



**SET UP.** A 5 yd square. A player with a ball in the middle of each sideline.

**ACTION.** The Players jog on the spot behind their ball.

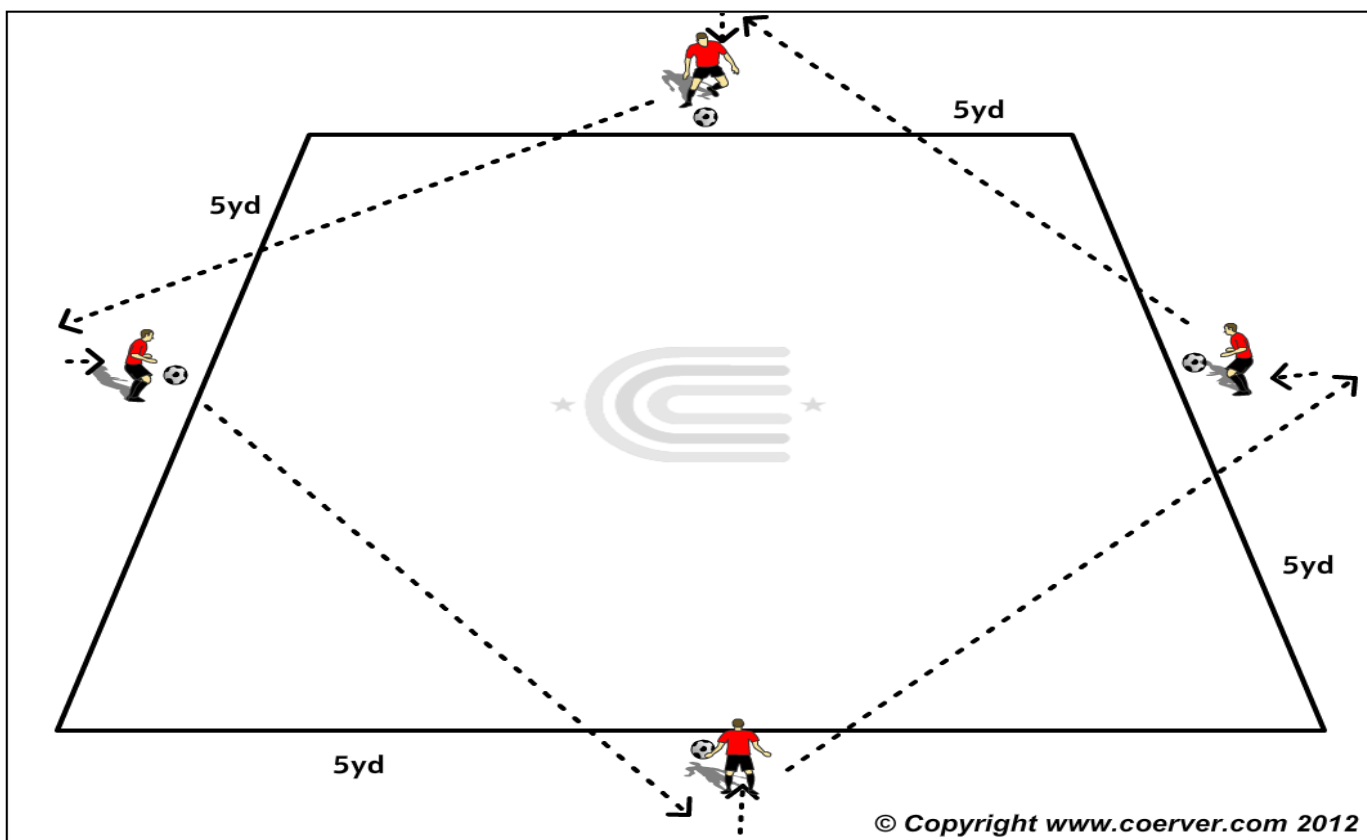
On the Coach's whistle all players FEINT and push their ball across the grid to their R or L as the coaches requests and turn to face center

**COACH TIP.** Use bursts of 45 seconds , then rest

**PLAYER TIP.** Look up as you come out of the Move

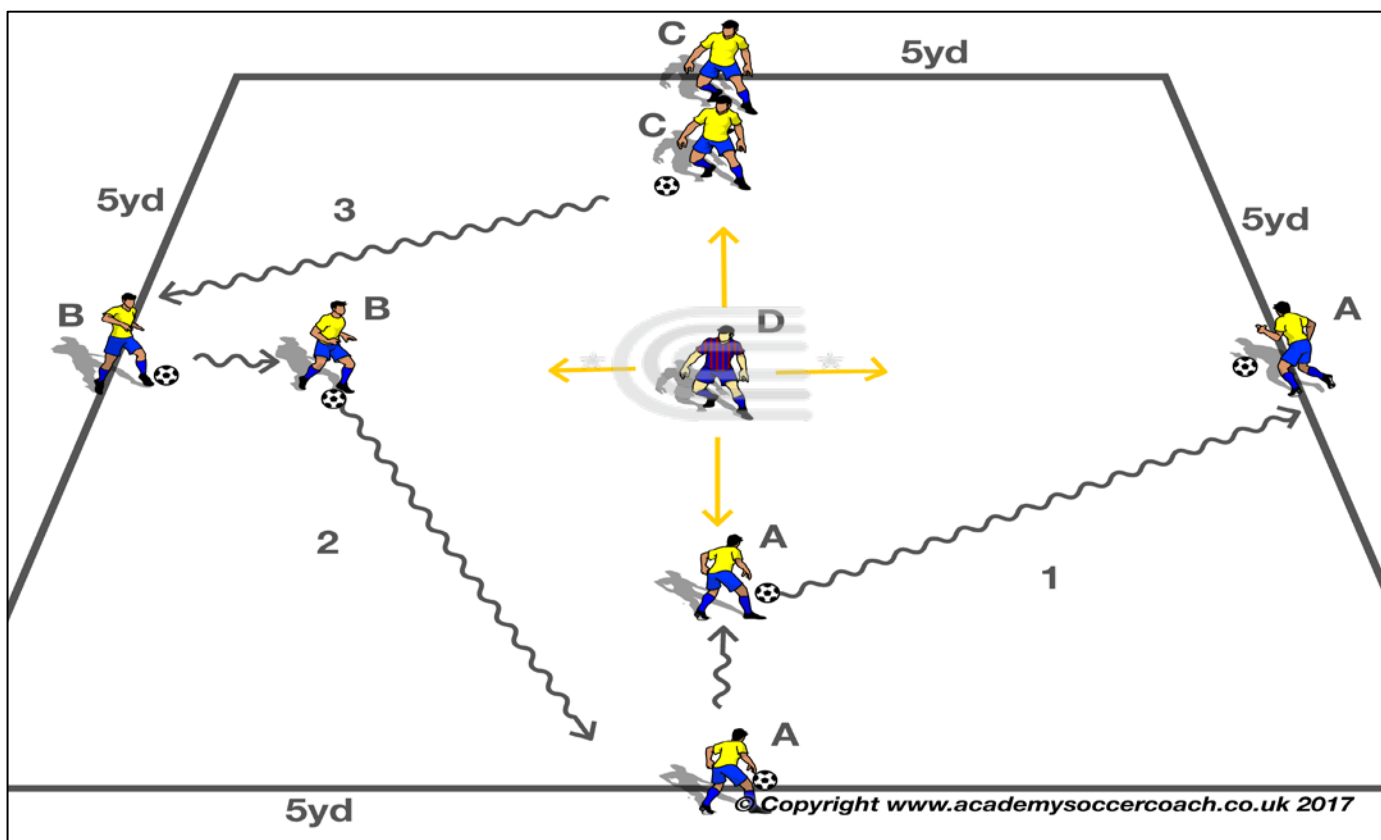
# DRILL 15:V2 THE DRAG SIDE STEP

## “OBSERVING THE CORRECT SKILL DEMONSTRATED



Same Set up and Action as Drill15 (V1)

# DRILL 16: “DEMONSTRATING LIMITED PRESSURE DEFENDING”



**SET UP.** A 5 yds. square.

One player in the middle as Limited pressure defender

## **ACTION.**

Players on the outside go in sequence, as the defender challenges

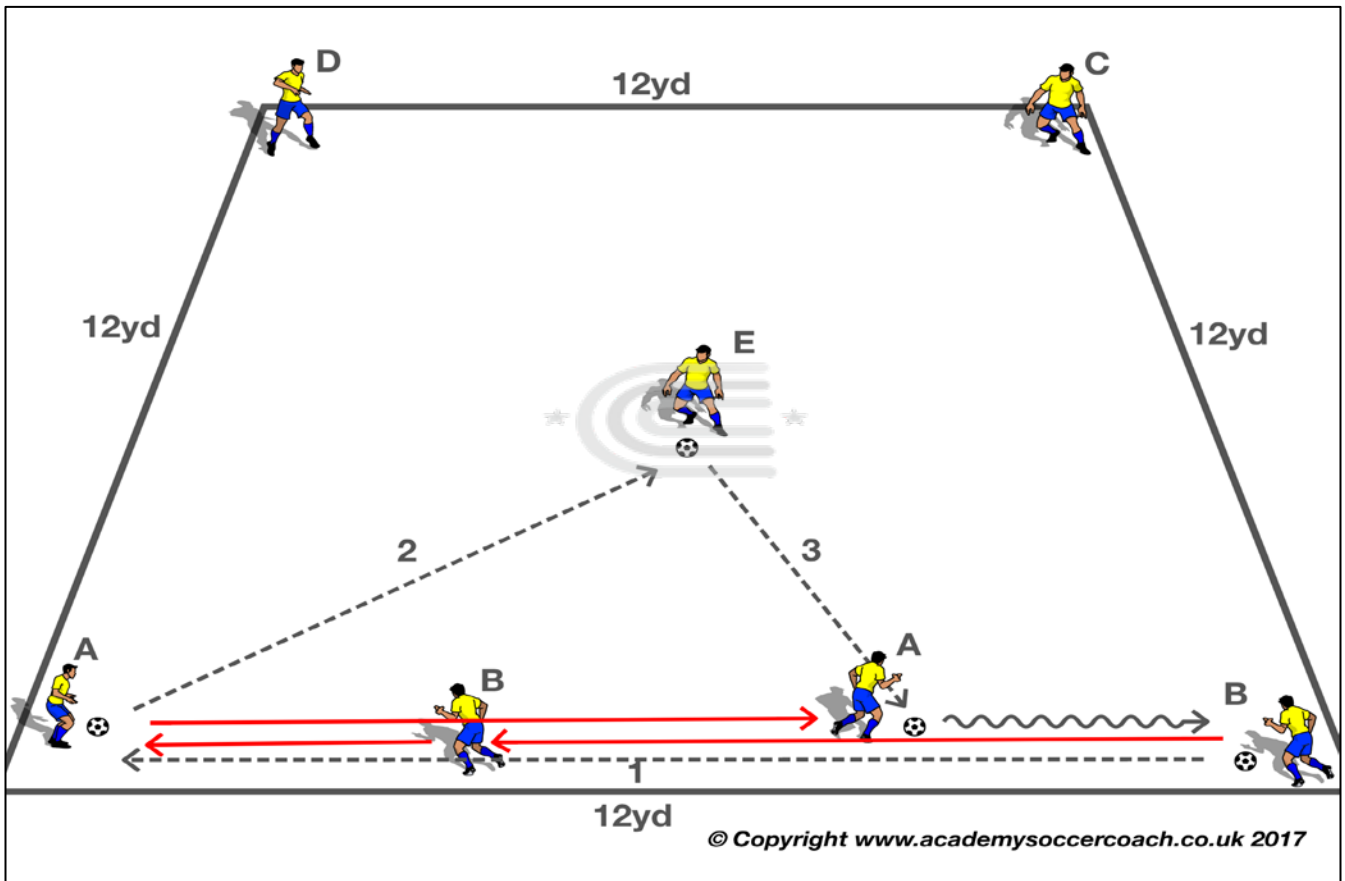
**COACHES TIP.** Change middle player every 30 seconds

## **PLAYER TIP.**

Defender time your challenge, not too soon or too late

# DRILL 17

## LEARNING THROUGH VISUALIZATION



### SET-UP:

5 players, 4 each on a corner, 1 player in the middle. Different color cones mark the area

**ACTION:** B passes to A, and challenges as a (limited pressure) defender. B plays a wall-pass to E, receives the ball back, and takes it into the middle of the square. A goes to the opposite cone (Where B started). A now passes to C who continues the sequence.

**Coach Tip:** Each time the drill breaks down, start again at the bottom right cone

**Player Tip:** Focus and go through the sequence in your mind, use the color cones as a guide

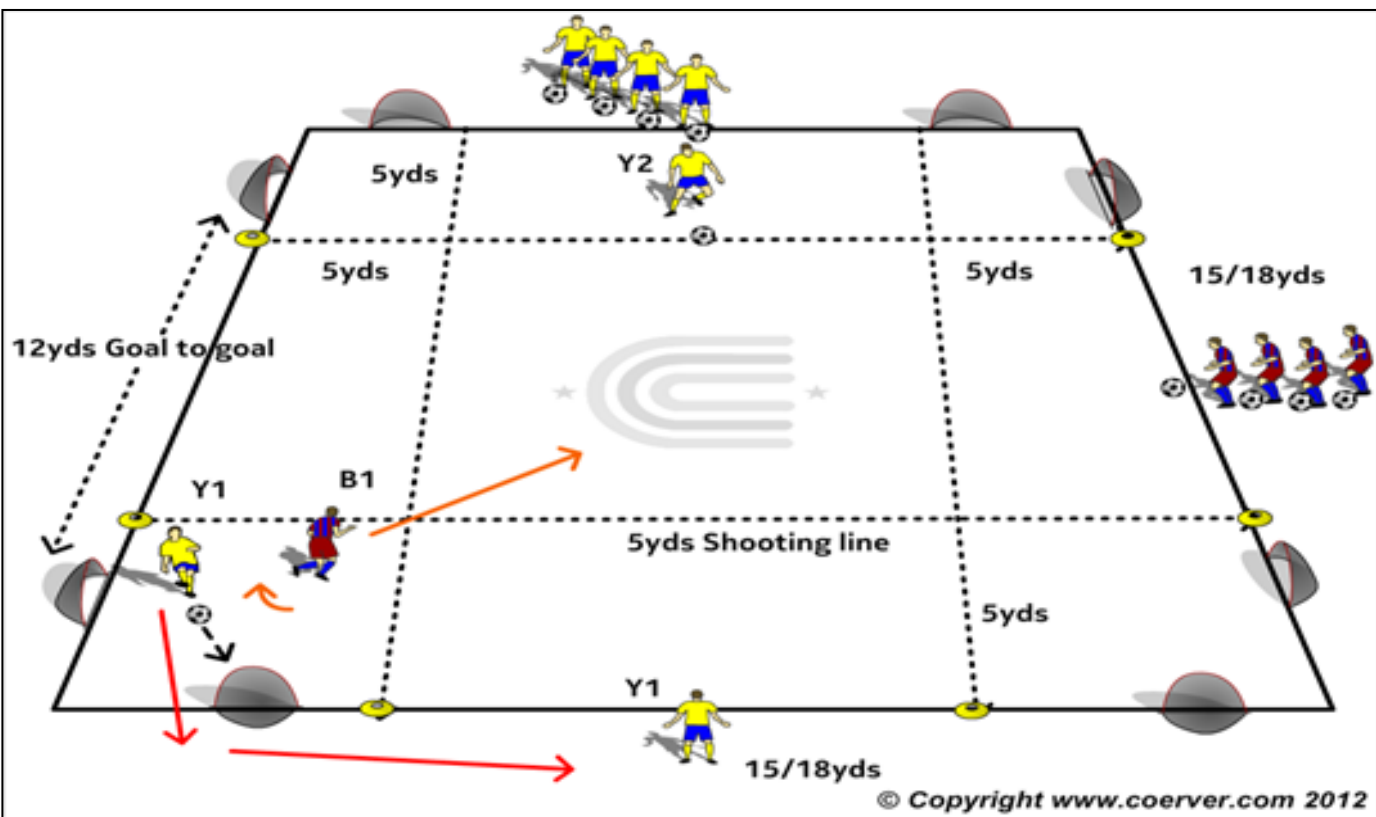
# Explaining The Science

## Part 3 - Building Confidence

- Without Confidence it's difficult to play the game well. However confidence depends on acquiring skills, and this takes hard work.
- Confidence requires success
- As Skills are acquired , the coach can use drills and games, to instill confidence through controlling conditions that make the drill more difficult or easy, dependent on the progress the player is making.

# DRILL 18

## POSSIBLE DIFFICULTY



**SET UP.** An 18x18yd grid with two small goals 10/12 yds. apart on each of the 4 sides with 5 yds. shooting lines marked by cones.

Teams with a ball to each player start in the middle of the side opposite the 2 goals they will attack.

**ACTION.** To start, a player from one team dribbles unopposed across the area into the opposite shooting zone.

Player shoots on goal then turns away to defend against the first player from the opposing team who tries to score in either of the two goals opposite.

As soon as the first 1v1 sequence ends the attacker immediately defends against the new attacker from the other team.

One team starts as an attacker and attacks the opposite zone.

If the attacker scores the goal, defender stays on against the next attacker.

The attacker who scores goes and stands on the opposite end.

If the attacker misses, the attacker becomes the defender and the opposite team becomes the attacker.

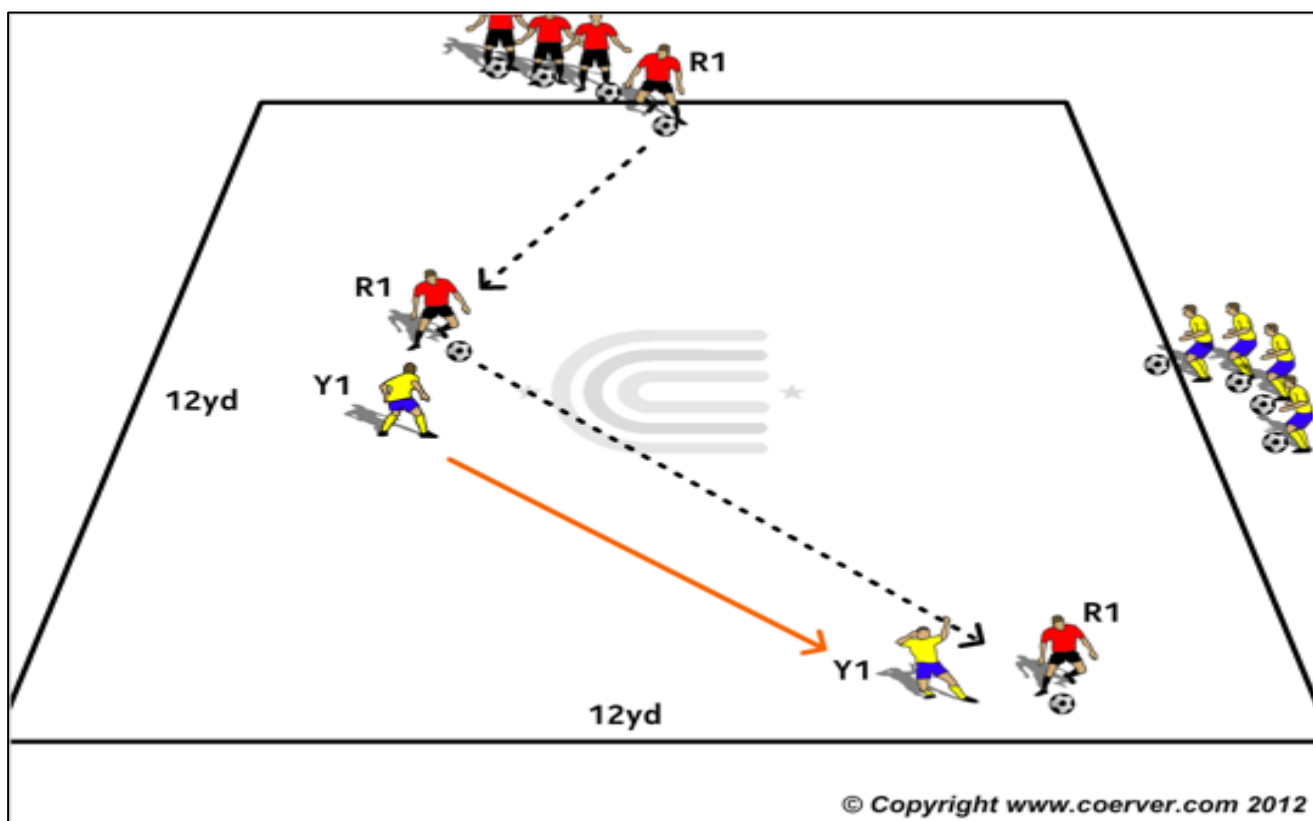
The first team who get all the players to the other side wins.

**COACH TIP** Make sure the tackles are not dangerous

**PLAYER TIP** Use your Coerver®Coaching 1v1s when you need to, otherwise if speed alone will do use it.

# DRILL 19

## MAKING IT EASIER



**SET UP:** An 12x12yd grid with two teams with a ball to each player lined up on adjacent sidelines.

**ACTION:** A Yellow player is nominated as first defender.

A Red player tries to dribbles across the grid and over his opposite line with the ball under control.

If Red is successful a second Red tries to dribble across the area.

If successful a third Red tries.

The Yellow Defender must defend until he has stopped a Red crossing their line in control of the ball.

Then Red player becomes the new Defender and now it is Yellow team's turn to attack.

When a team gets all their players to the opposite line the game continues in the opposite direction without a stoppage.

The sequence continues until the winning score as set by the coach.

**COACH TIP:** Like all 1 v 1 Coerver®Coaching Drills this can be used as a defensive drill also. Focus then would be on the defenders and not the attackers

**PLAYER TIP:** If speed alone can do it use it.

# Explaining The Science

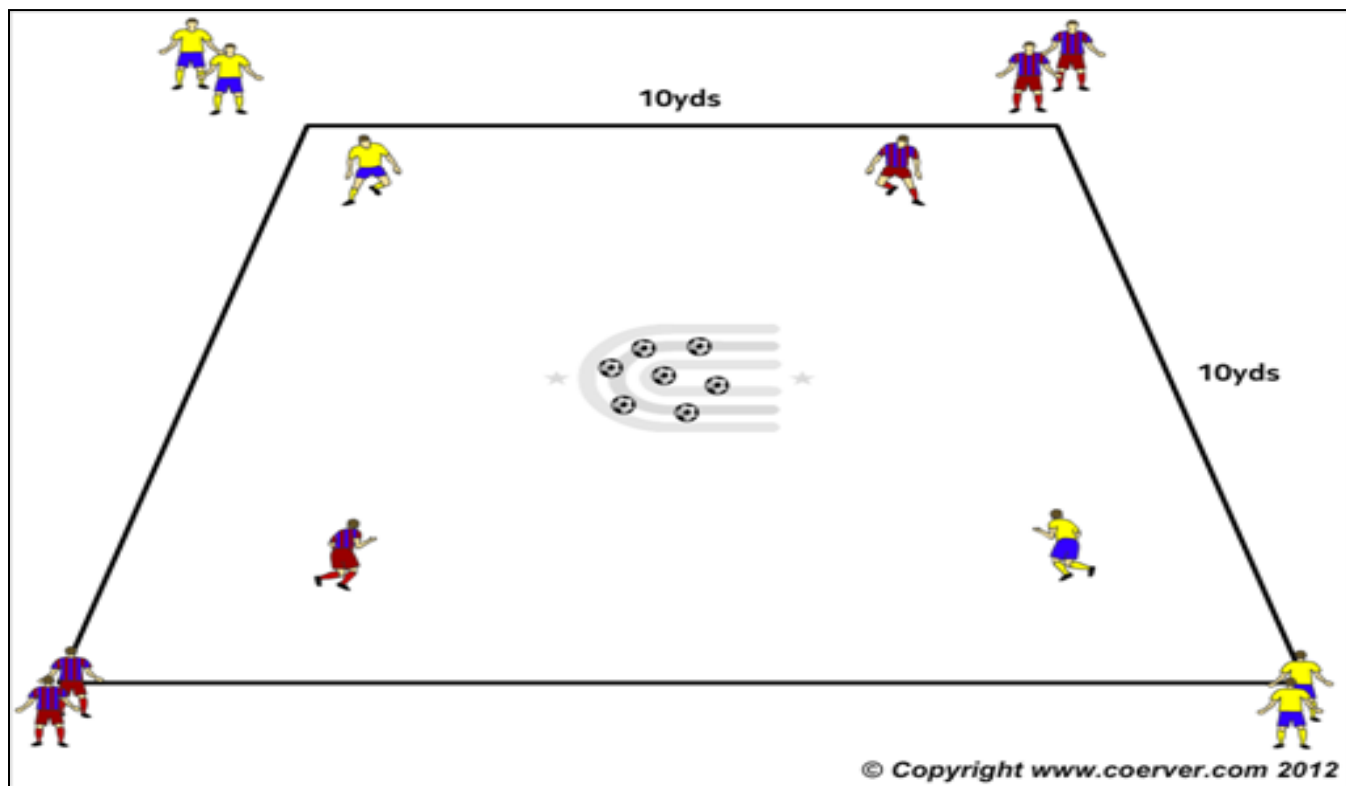
## PART 4 - Developing Creativity - “What’s Next”

- Building good levels of Skills and Confidence are essential so as to encourage players to try difficult quick and unexpected actions that sometimes change the outcome of a game (Creativity).
- It is difficult to be Creative with a good level of Core Skills.



# DRILL 20 (V1)

## “WHAT’S NEXT”



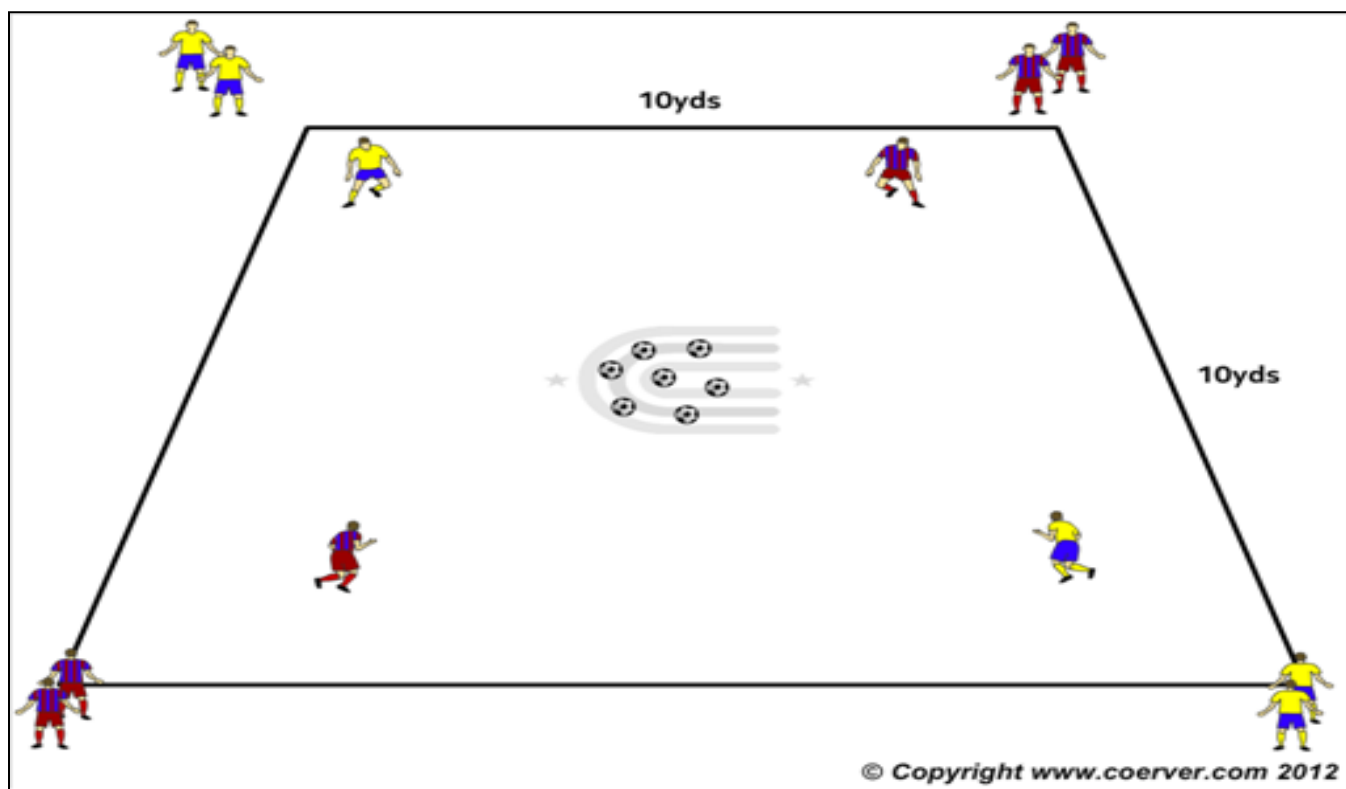
**SET UP:** A 10x10yd square with up to 5 players at each corner. 7 Balls are placed in the middle.

**ACTION** First player of each group starts sprint into middle picks up the ball and takes back to their corner, they then go back into the middle and take another ball until all the balls in the middle are gone. Once that happens then player can “steal” a ball. From opponents corner. First player with 3 balls in their corner wins the game. Then next players go. No protecting the ball in the corner, no tackling and that ball must be placed still in the corner, not thrown so it rolls.

**COACH’S TIP:** Tray and match the teams evenly

**PLAYER TIP:** Good Decision making requires that you keep your eyes up to see where your best options just like in a match.

## DRILL 20: (V2) “WHAT’S NEXT”



**SET UP:** A 10x10yd square with up to 5 players at each corner. 7 Balls are placed in the middle.

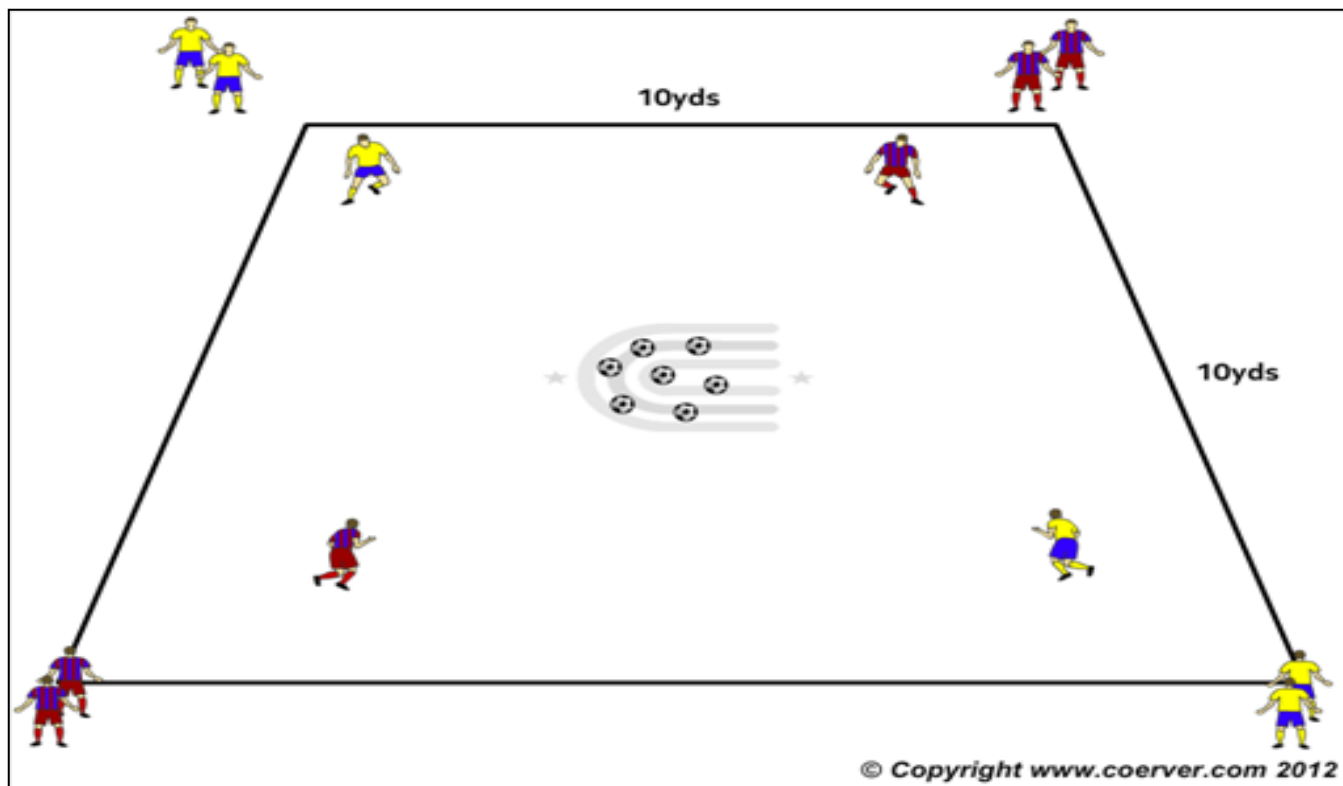
**ACTION** First player of each group starts sprint into middle dribbles the ball back to their corner, they then go back into the middle and take another ball until all the balls in the middle are gone. Once that happens then player can “steal” a ball.

From opponents corner. First player with 3 balls in their corner wins the game. Then next players go. No protecting the ball in the corner, no tackling and that ball must be placed still in the corner, not thrown so it rolls.

**COACH’S TIP:** Make sure the ball is stopped still in the corner before player sets off again.

**PLAYER TIP:** Focus on good control, use your sole to pull and stop the ball.

## DRILL 20: V3 TEAM “WHAT’S NEXT”



**SET UP:** A 10x10yd square with up to 5 players at each corner. 7 Balls are placed in the middle.

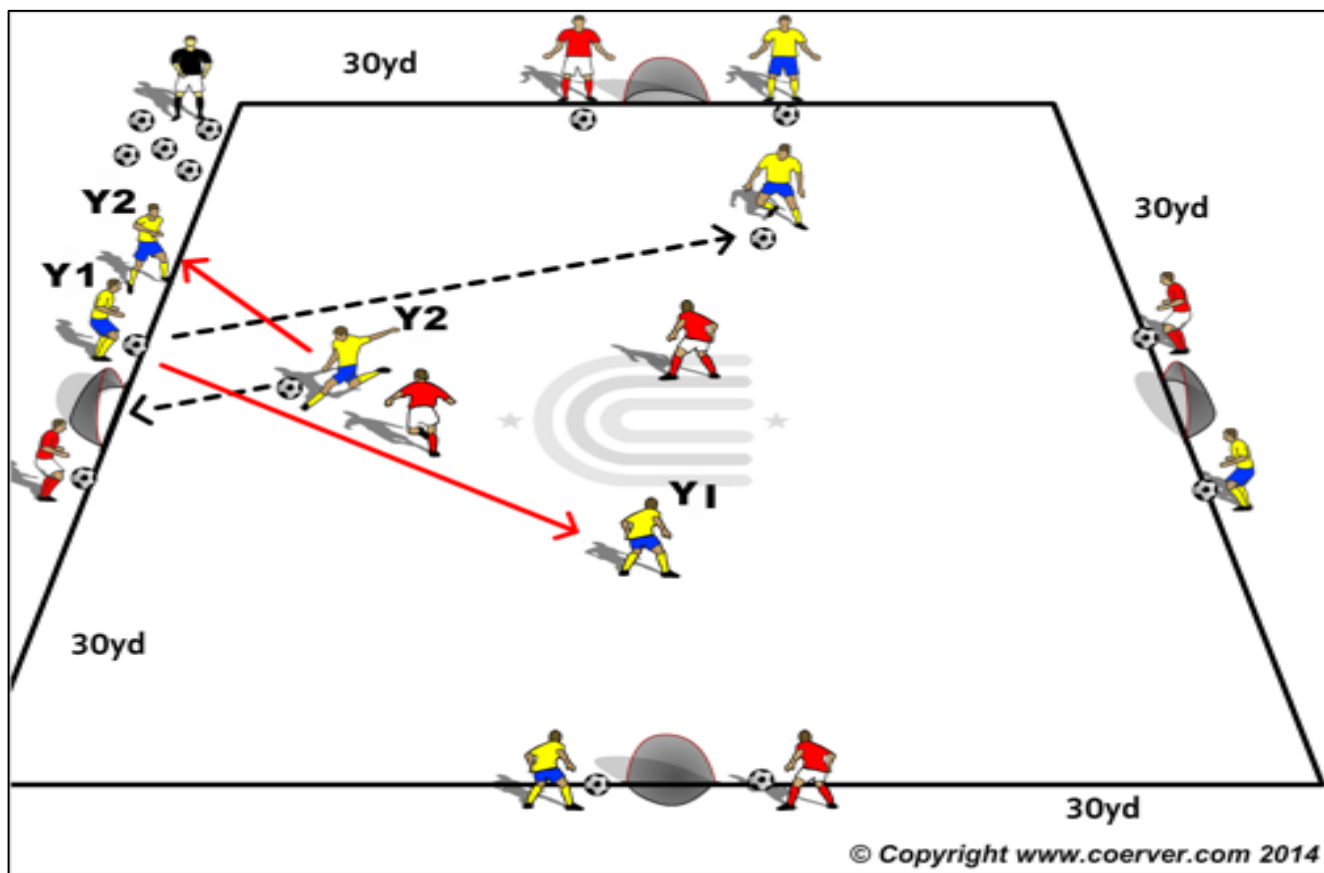
**ACTION :** You can make this a team game, each player goes for a ball , then tags teammate.

**COACH'S TIP:** You can play this with hands or feet.

**PLAYER TIP:** Communicate and help your team mates

# DRILL 21

## “WHAT’S NEXT”



**SET UP.** A 30x30yd field with 4 small goals at the mid point of each perimeter line. A player from each team positioned on either side of the goals with a ball each.

**ACTION.** Teams play 2v2 or 3 v 3 in the middle and players can score on any goal. Shooter changes with his teammate by the goal that the shot is made at. His team mate passes to a teammate on the field and runs on as an outfield player.

**.Coach Tip:** At first the end players can take two touches, as they progress, they have to pass first time

**Player Tip:** End players focus on the game, and try and decide which pass you want to make as your teammate is about to shoot on your goal

# Explaining The Science

## PART 5 - The Academic Link

“There is compelling scientific data that exercise can positively effect academic results.

Furthermore our data shows that exercise which is enjoyable impacts on the quality of learning.

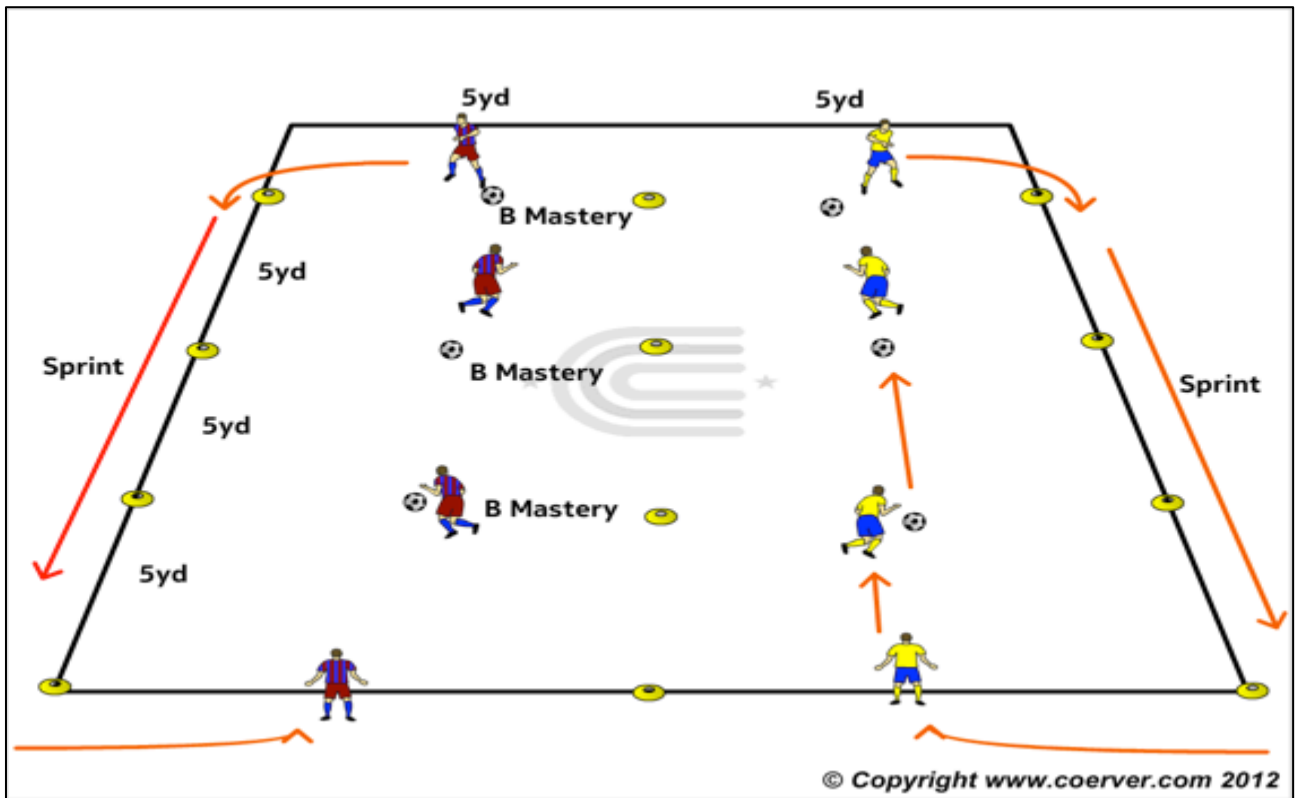
The Coerver Curriculum has so many enjoyable drills and games, both for the individual and group, that I believe schools using it before classes start, would see improved academic results in the majority of the participants.”

***Dr Peter Bain MA MD FRCP  
Consultant in Clinical Neurology  
Imperial College London***



## DRILL 22:

### “A LINK BETWEEN EXERCISE & ACADEMIC PERFORMANCE



#### SET UP

Players in in groups of 4 each with a ball

#### ACTION

The coach sets a different ball mastery move at each station. On his signal players sprint and change positions

#### COACH TIP

You can also have groups of 4 or 5 on end line, position the balls in front of each , in station formation. On coaches signal the players go to the ball in front do the move, till coach signals to go to next ball .

The Key is reaching at least a sweat level.

#### PLAYER TIP

Work as hard as you can.