

PRACTICAL 3

The Coerver®Coaching System The Coerver®Coaching Curriculums

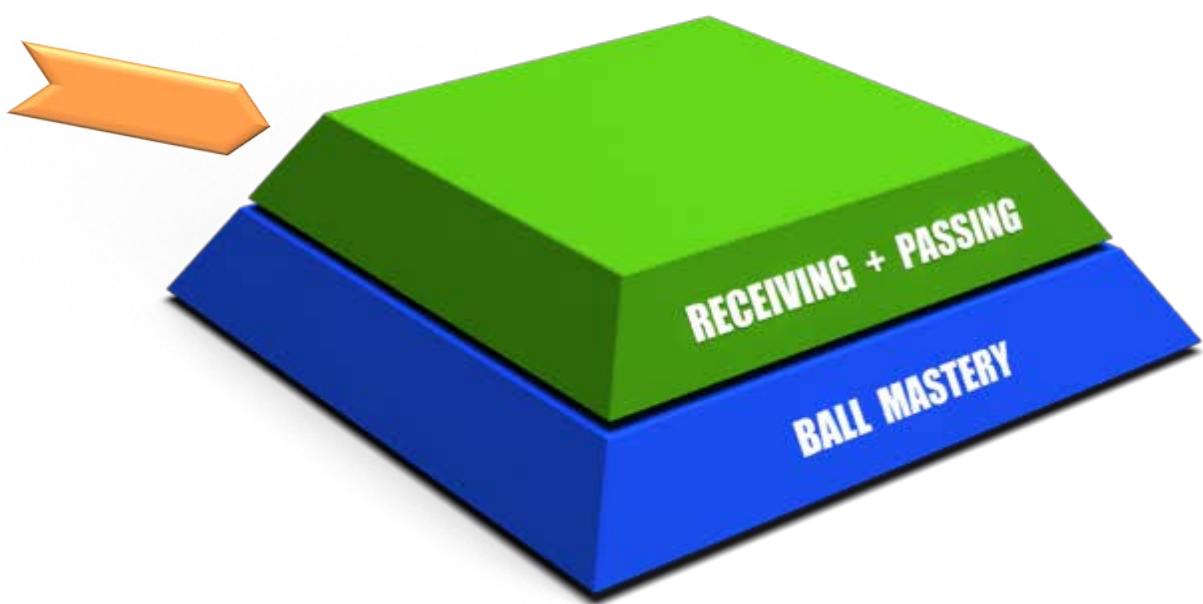
This practical;

- shows how the Coerver® Coaching curriculum can be adapted to suit players of all abilities;
- shows examples of the various Coerver® Updated curriculums.

OUR CURRICULUMS

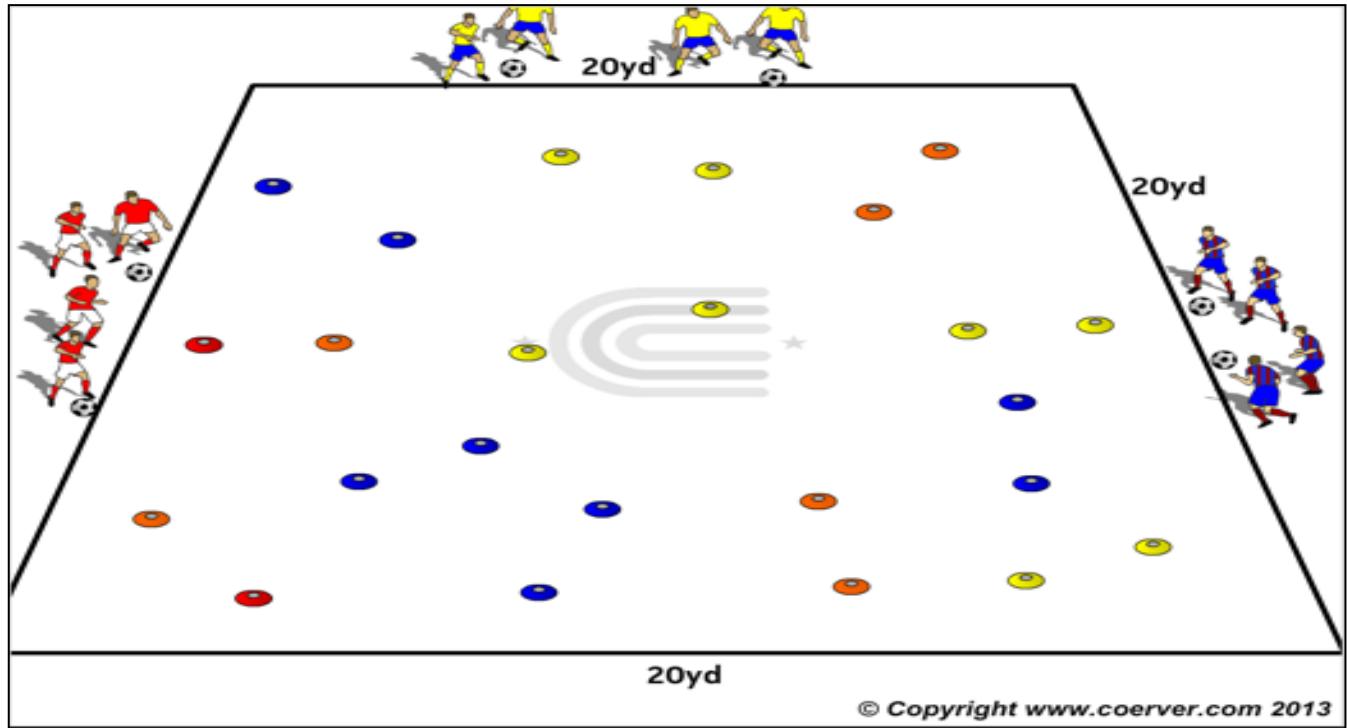
THE PYRAMID OF PLAYER DEVELOPMENT©1997





DRILL 23 (V1)

"THE DNA OF A COERVER DRILL"



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DNA of a Coerver Drill:

- Fun
- Adaptable to all ages/levels
- Competition
- Variations

SET UP. Different colored gates around a 20x20 yard area, Players are split into 3 teams, maximum 6 players per team then in pairs in team, 1 ball per pair

ACTION.

First pair in each team go into area and must make 12 passes (goals) through any gates in any order, once they've made 6 they run back to tag next pair of team mates to go. First team to finish wins.

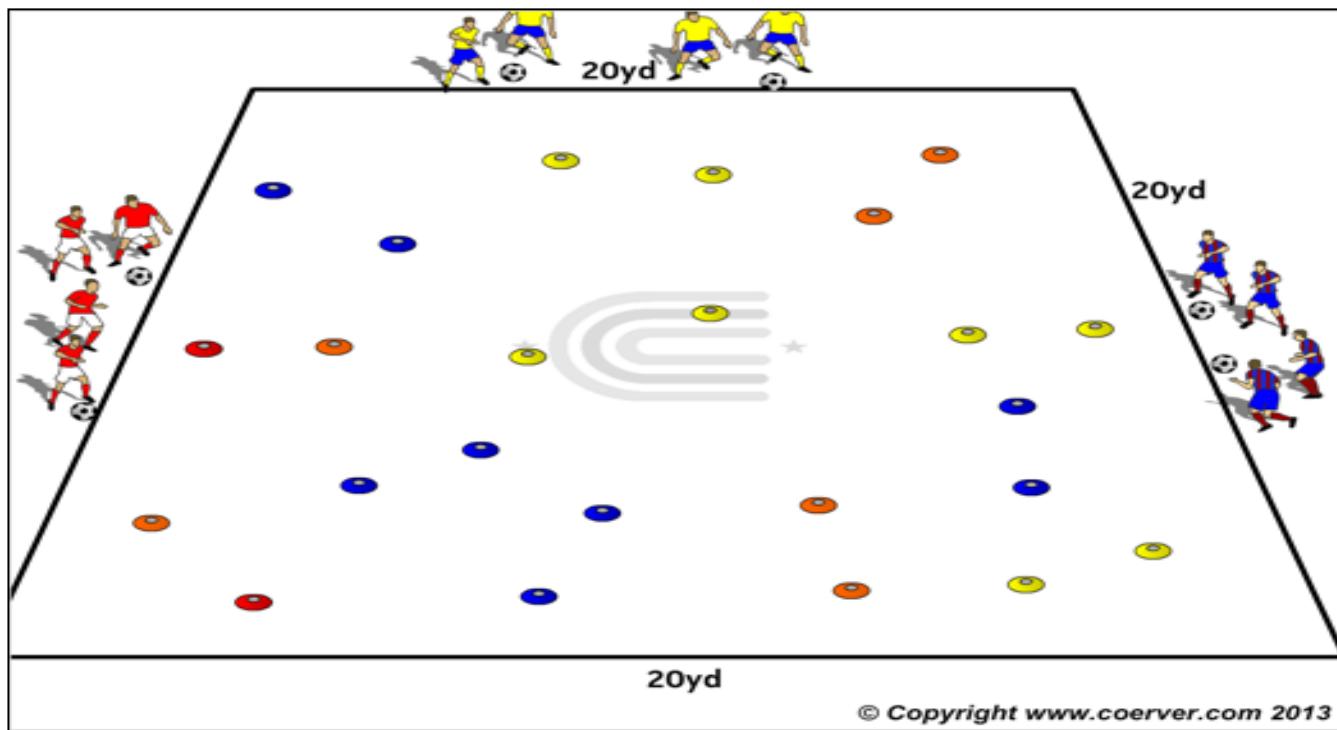
COACH'S TIPS.

You can ask for double pass before player goes to next.

PLAYERS TIPS. Eyes up to find your next goal, don't go to where it busy as this will slow you down.

DRILL 23 (V2)

“THE DNA OF A COERVER DRILL”



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SET UP. Different colored gates around a 20x20 yard area, Players are split into 3 teams, maximum 6 players per team then in pairs in team, 1 ball per pair

ACTION.

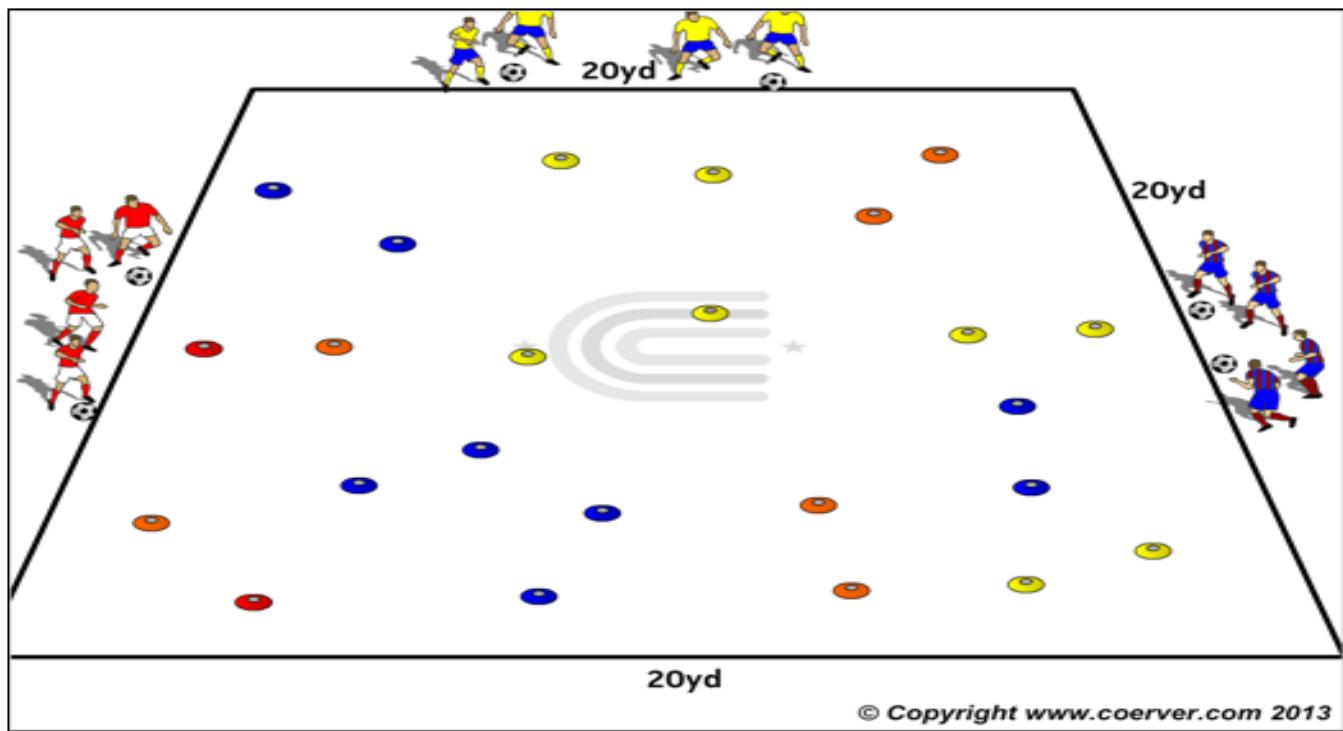
Each team is given a gate color, the pairs must go through only these colors twice, then run back to start.

COACH'S TIPS. Adjust size of area to make harder or easier

PLAYERS TIPS. Eyes up to find your next goal, don't go to where it busy as this will slow you down

DRILL 23 (V3)

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- Adaptable to all ages/levels
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- Variations

SET UP. Different colored gates around a 20x20 yard area, Players are split into 3 teams, maximum 6 players per team then in pairs in team, 1 ball per pair

ACTION.

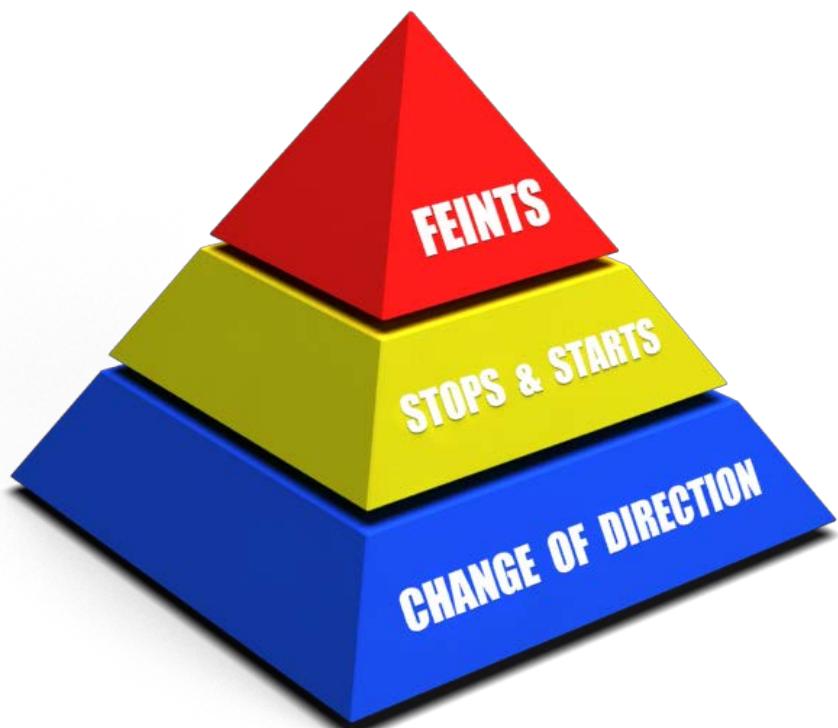
Receiving player must dribble through 3 gates before passing back . Play for 60 -90 seconds, count number of passes made.

COACH'S TIPS. Good control by player running with the ball

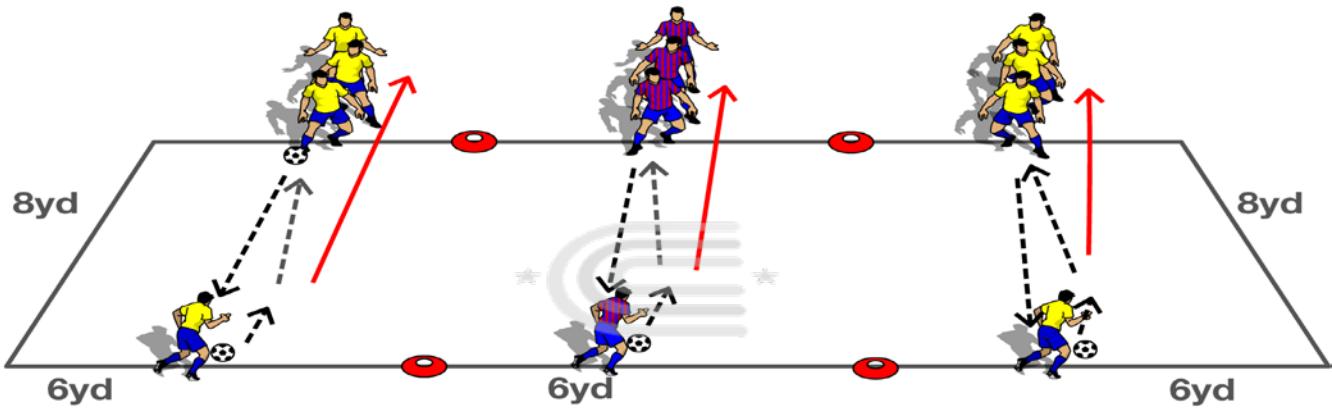
PLAYERS TIPS. Player without the ball try and anticipate where your team mate is going

OUR CURRICULUMS

PYRAMID OF MOVES©2004



DRILL 24 (V1) THE HOOK TURN MAKE DRILLS COMPETITIONS



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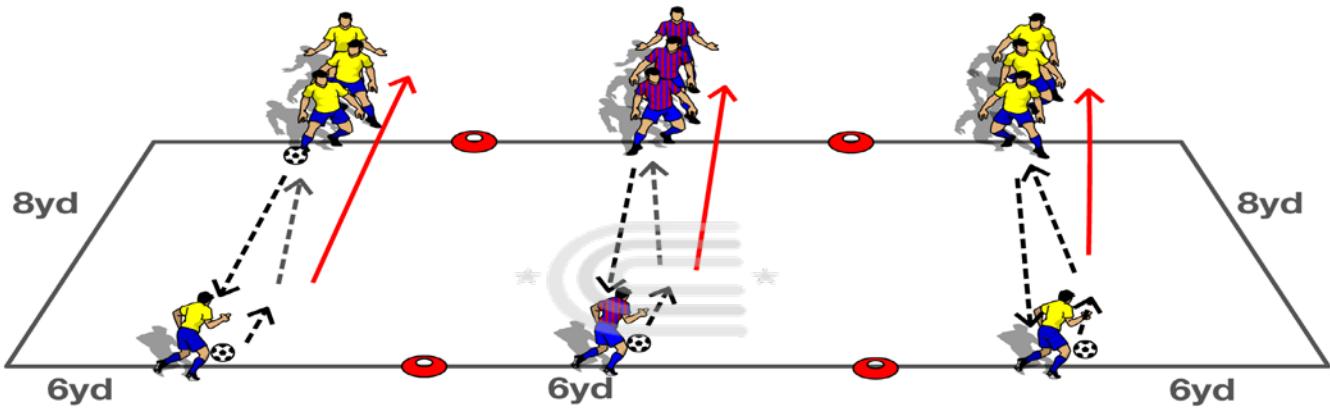
SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid

ACTION. A Race : Each player makes Changes of direction then passes to waiting teammate, first team to finish wins.

COACH'S TIP. Make sure the player crosses the line before making a C.O.D

PLAYER TIP. Eyes up as soon as you come out of your turn

DRILL 24 (V2) THE INSIDE CUT MAKE DRILLS COMPETITIONS



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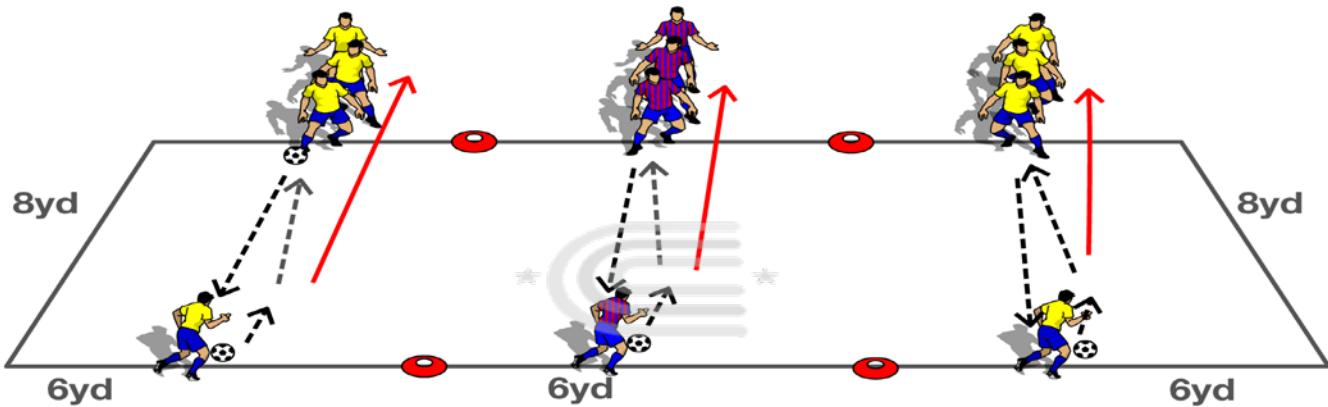
SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid

ACTION. A Race : Each player makes Changes of direction then passes to waiting teammate, first team to finish wins.

COACH'S TIP. Encourage the player to cross the line with one touch.

PLAYER TIP. When you cut the ball , make sure it is in front of you so you stretch to cut.

DRILL 24 (V3) THE OUTSIDE CUT MAKE DRILLS COMPETITIONS



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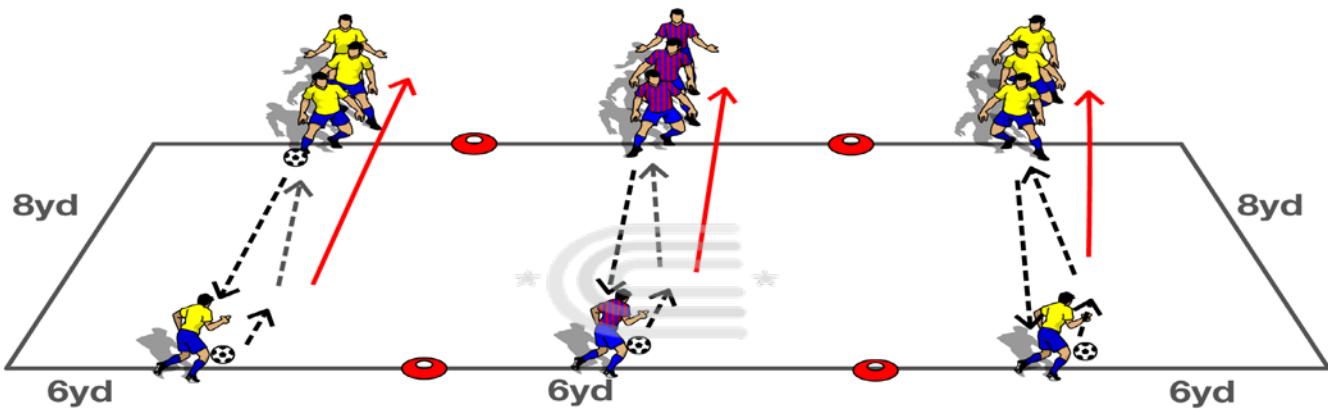
SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid

ACTION. A Race : Each player makes Changes of direction then passes to waiting teammate, first team to finish wins.

COACH'S TIP. You can also make this a double cut, inside cut one way then outside cut back

PLAYER TIP. Outside cut uses the outside of your foot.

DRILL 24 (V4) THE STEP ON MAKE DRILLS COMPETITIONS



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SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid

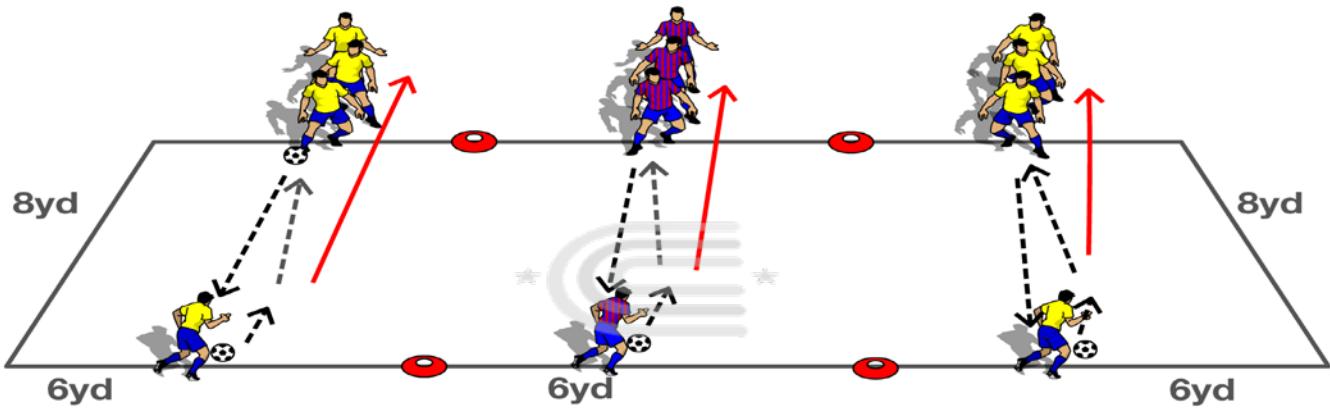
ACTION. A Race : Each player makes Changes of direction then passes to waiting teammate, first team to finish wins.

COACH'S TIP. You can also do a Stop & Start in the Middle then a Step On after you cross the line

PLAYER TIP. In the Step On , don't jump on the ball, but gently use your sole to stop it.

DRILL 24 (V5) THE U TURN

MAKE DRILLS COMPETITIONS



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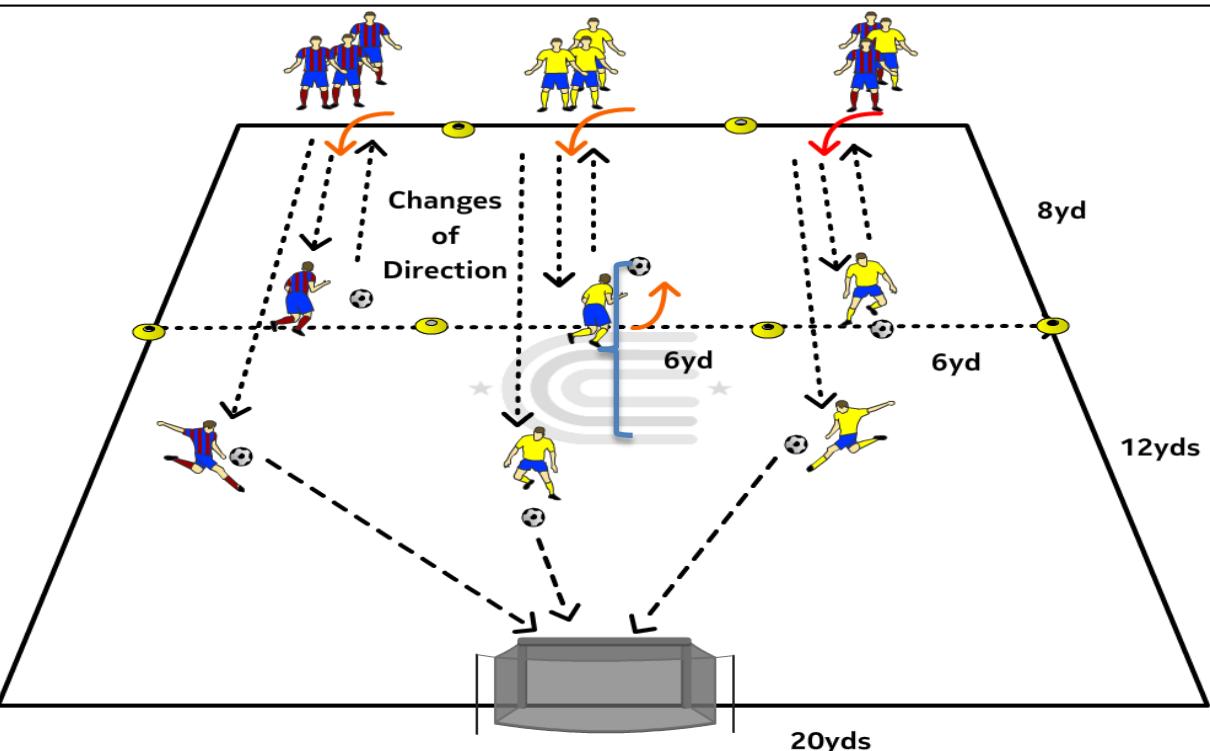
SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid

ACTION. A Race : Each player makes Changes of direction then passes to waiting teammate, first team to finish wins.

COACH'S TIP. In The U Turn, one foot manoeuvres the ball and the other foot takes it away

PLAYER TIP. Use the tip of your sole to turn the ball in a U shape

DRILL 25: MAKE DRILLS COMPETITIONS



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SET UP. Three teams of three or four players at the end of each 8 x 6 yard grid with a goal in the middle of the end line at the opposite end from the teams.

ACTION. On the Coach's signal, a player from each team dribbles to the end of the grid and make a Change Of Direction Move at end line, then back and makes another C.O.D, then pushes the ball forward and shoots

C.O.D Moves You can chose from

1. Inside Cut. 2. Outside Cut. 3. U turn. 4. Hook Turn. 5 Step on.

COACH'S TIP. This can be an "Individual Test" for each player as well as a team competition. When player shoots they sprint to tag and release next team mate.

PLAYER TIP. Eyes up before you shoot.

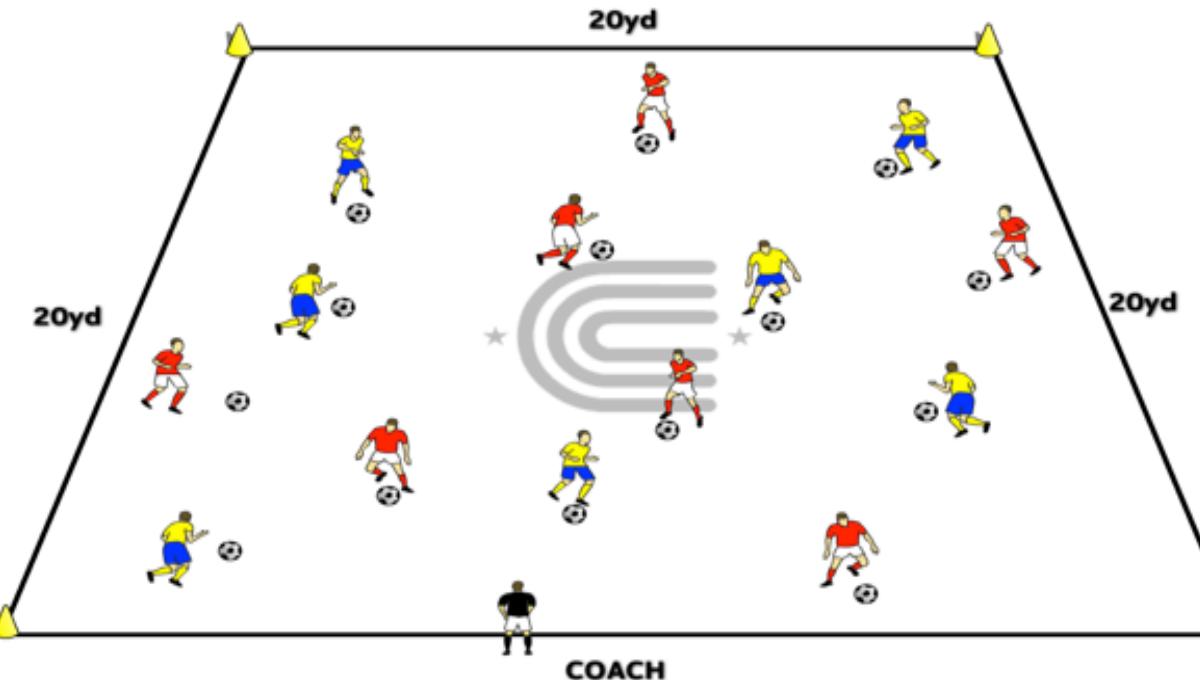
UPDATED CURRICULUMS

BALL MASTERY PYRAMID©2013



DRILL 26 (V1)

USING THE MOVES PYRAMID FOR BALL MASTERY



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SET UP: A 20 x 20 grid marked with 4 cones at the corners.

Two teams of seven players with a ball each dribbling in the grid.

The Coach by the sideline.

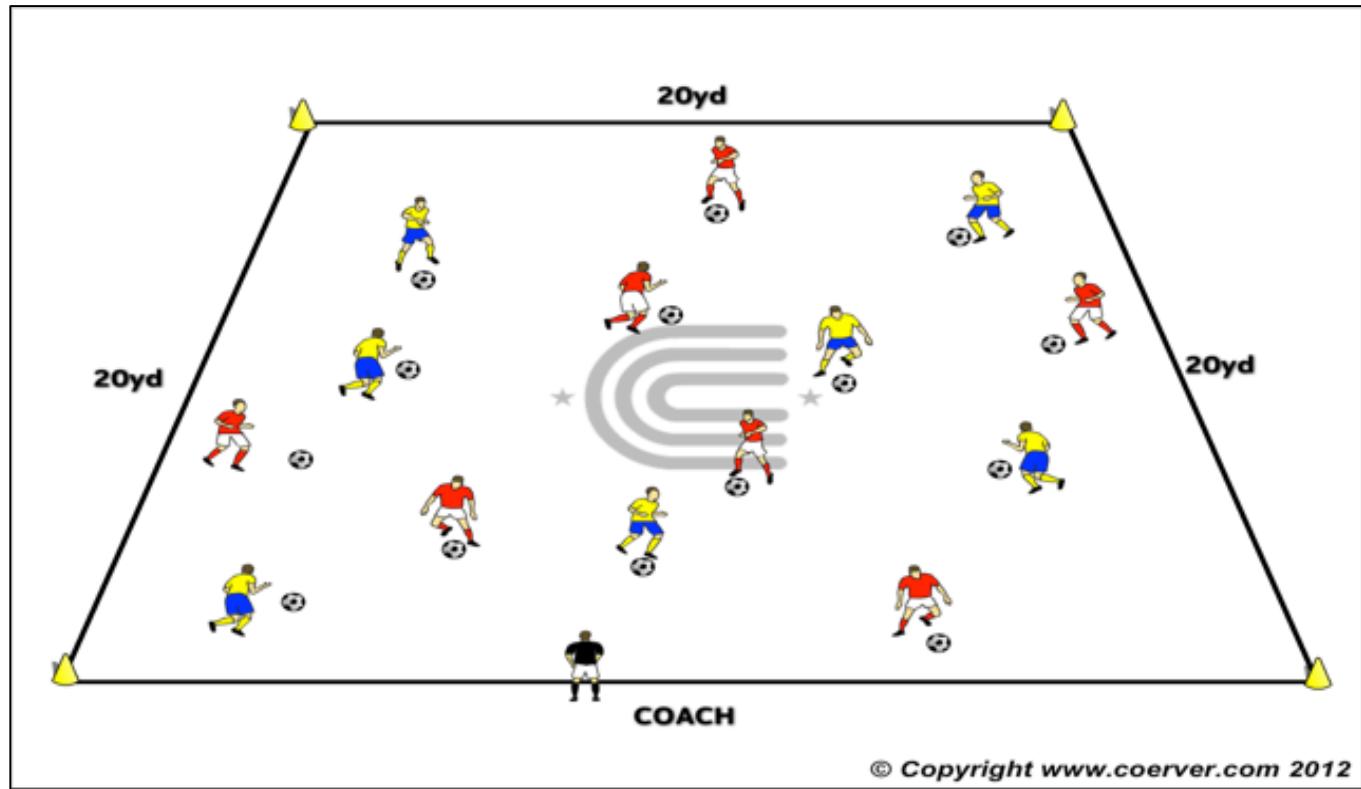
ACTION: The players dribble around the grid and the Coach calls out a Move Label. The player makes that Move, and accelerates away.

COACH'S TIP. Change the Moves so your players are constantly challenged.

PLAYER TIP. Find space to make the Move.

DRILL 26 (V2)

USING THE MOVES PYRAMID FOR BALL MASTERY



SET UP: A 20 x 20 grid marked with 4 cones at the corners. An even number of players, each dribbling in the grid.

ACTION: The players dribble around the grid and the Coach calls out a Move Label. The player makes that Move, When the coach calls a an odd number, players leave their ball and group together according to number called.

COACH'S TIP. This is an example of a variation that adds fun to practice

PLAYER TIP. Don't worry if you are the odd player, it doesn't matter who wins, the main purpose is to practice your Moves

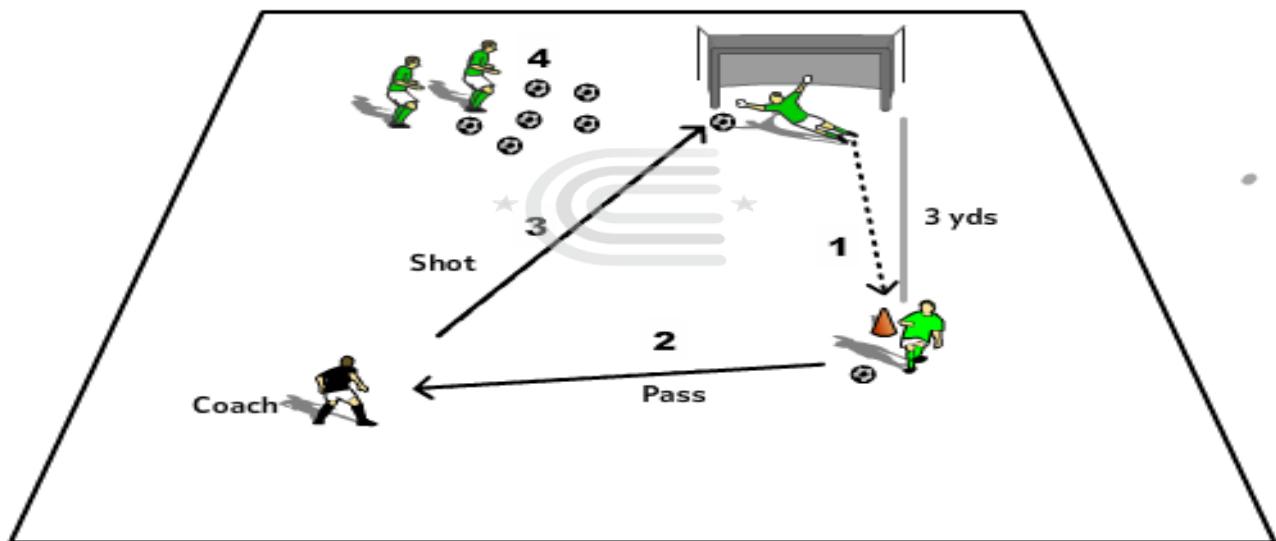
UPDATED CURRICULUMS

THE GK PYRAMID ©2015



DRILL 27

COERVER GOALKEEPING



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PURPOSE: Improving footwork and saving on the move

SET UP: Place a cone 3 yards apart from goal. Coach and GK have a ball each. Place 8 Balls next to goal post.

ACTION:

Players at the cone passes the ball to the GK on the side.
GK to Coach or outfield player who throws or shoots

Positioning For:

V1 W Save

V2:Scoop Save

V3.Collapsing Save

V4. Long diving save

V5. High diving save

COACH'S TIP:

Change timing and types of throws, also change the strength of the service
Increase the distance and progress to kick.

PLAYER TIP:

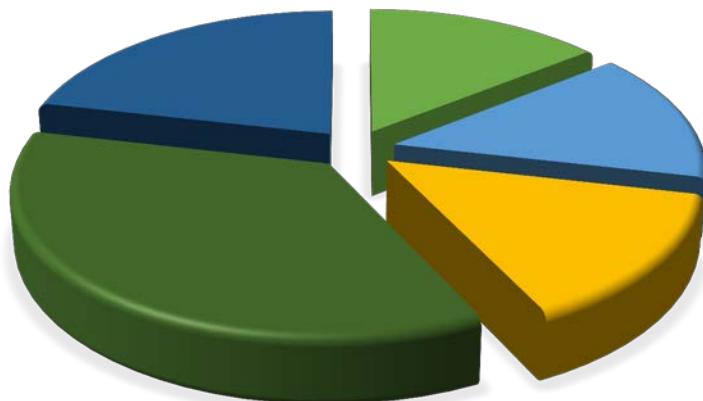
Focus on your footwork and shooter

Try to get into SET position.

If you are not in a good position to make a save with your hands, improvise with feet or body saves.

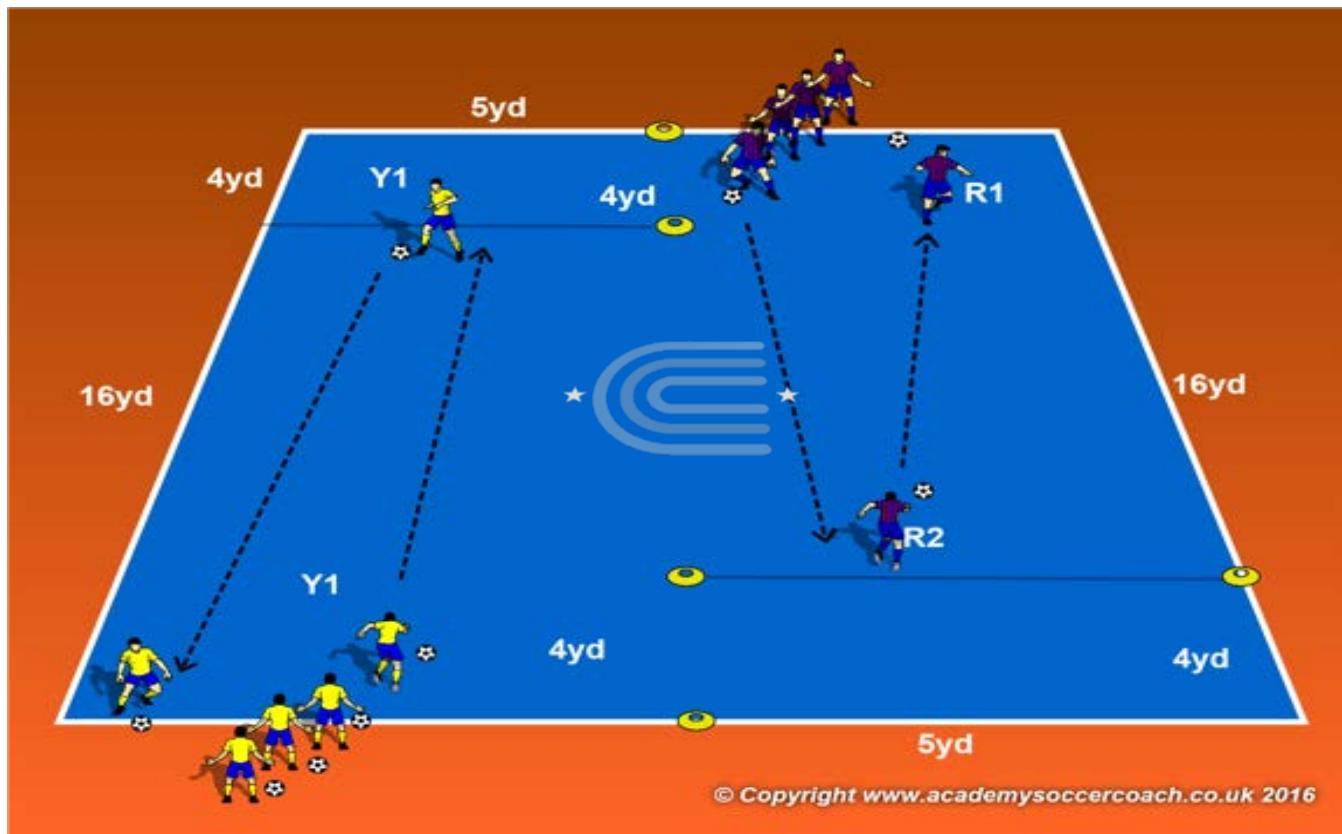


UPDATED CURRICULUMS



DRILL 28

HOW ADAPT A COERVER DRILL TO FUTSAL



SET UP. 2 teams, each player with a ball, at opposite ends of adjacent 20x5 yds. grids with a line marked with cones 4 yds. from the end line of each grid.

ACTION.

Stopping & Starting speed with the ball using the sole

R1 speed dribbles to the line 4 yards from the end line, uses a C.O.D Move featuring the sole, turns and speed dribbles with the sole back to his start line.

As R1 turns at the line the 1st Yellow player speed dribbles to try to beat R1 before making a similar Step On the Yellow 4 yds. line a speed dribbles back to his start line.

Players try to catch and pass the opponent off the 4 yds. start

Moves to use after the end line is crossed

- 1) Step on
- 2) U Turn
- 3) Drag Back

COACH TIP. You can add a Stop/Start Move in the middle, that features the sole

PLAYER TIP. Take few touches in the middle of the dribble but take short controlled touches before the stop and turn

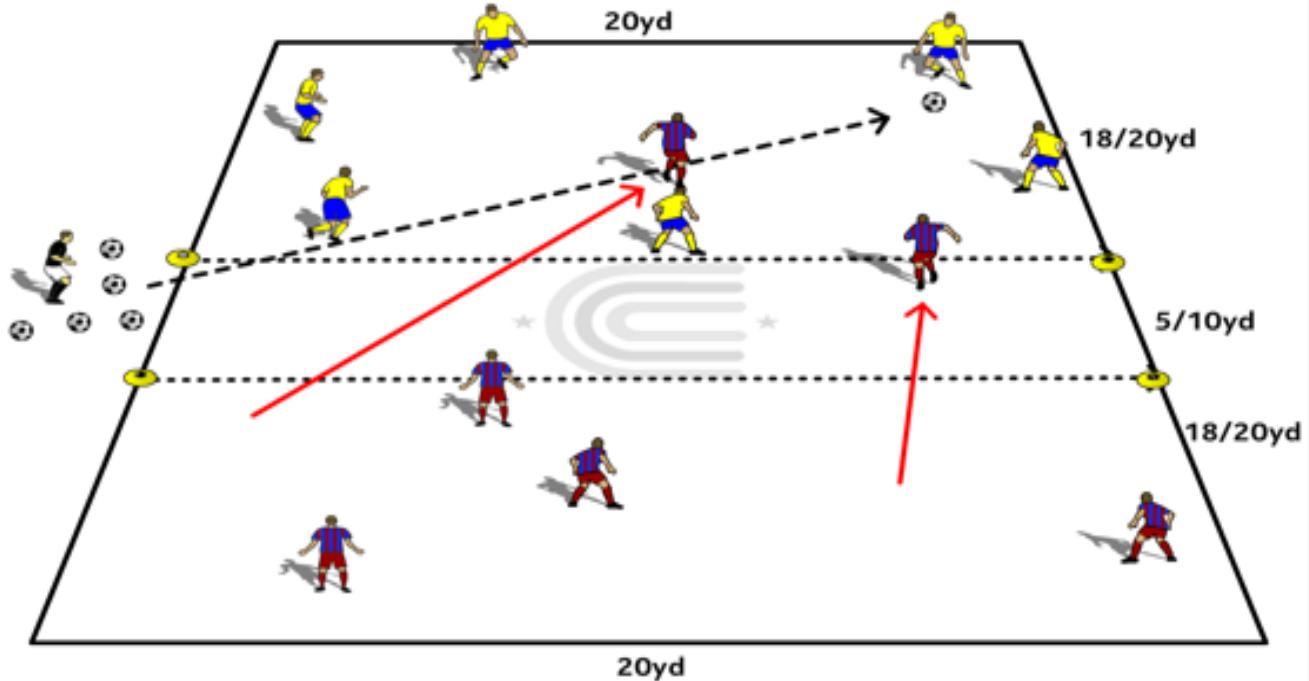
UPDATED CURRICULUMS

“THE COERVER® BOX/TRAP@2013



DRILL 29

“THE COERVER BOX/TRAP”



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SET UP. Two 20x18yd grids 10 yards apart. 5/6 players in the end grids. The Coach with a supply of balls outside middle zone.

ACTION.

Pressing & Possession in the Box Trap

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.

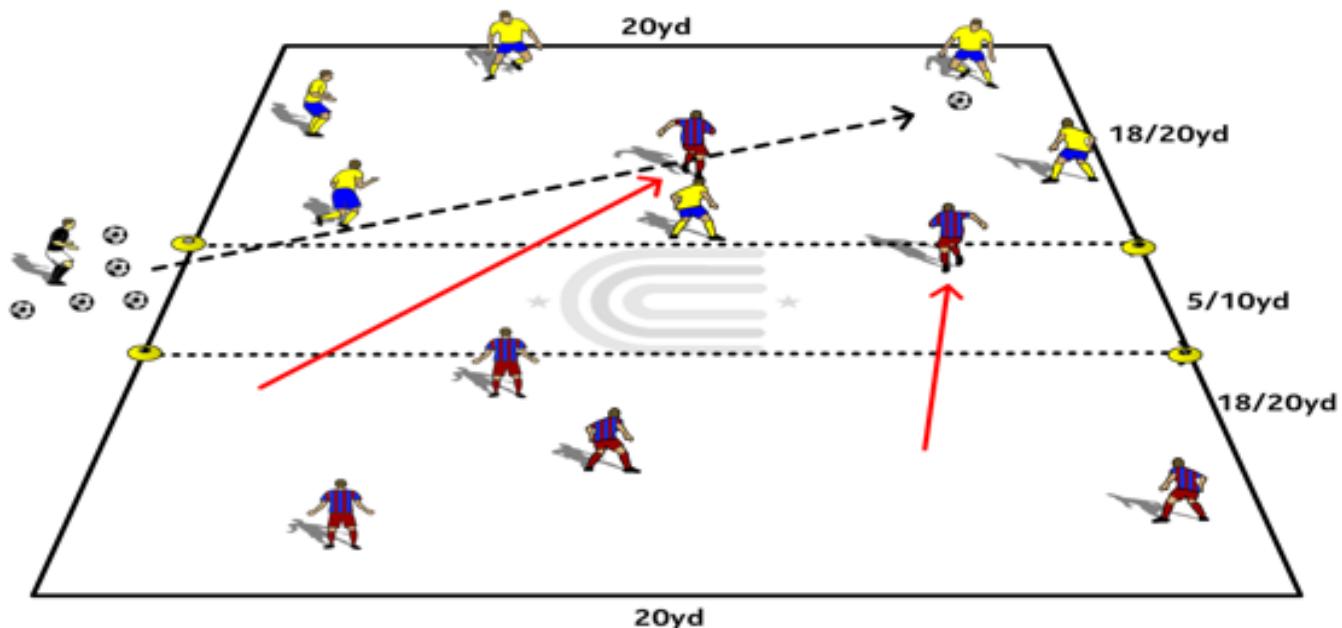
The coach times how long the passing group can keep the ball before it is touched by a defender.

COACH'S TIP. Enlarge or shrink the Box/Trap Area to make it easier or harder.

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

DRILL 30

“THE COERVER BOX/TRAP”



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SET UP. Two 20x18yd grids 10 yards apart. 6 players in the end grids. The Coach with a supply of balls outside middle zone.

ACTION.

Pressing & Possession in the Box Trap

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.

Every 5 passes, another defender goes into the “Box/Trap”

When one of the Red players touches 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) with final totals after several games.

COACH'S TIP. Make sure you have a large supply of balls near you so the serves are made quickly , end to end.

PLAYER TIPS.

Try to incorporate surprise moves like takeovers and screen runs in tight situations.

Defenders work together, nearest to the ball presses