

PRACTICAL 4

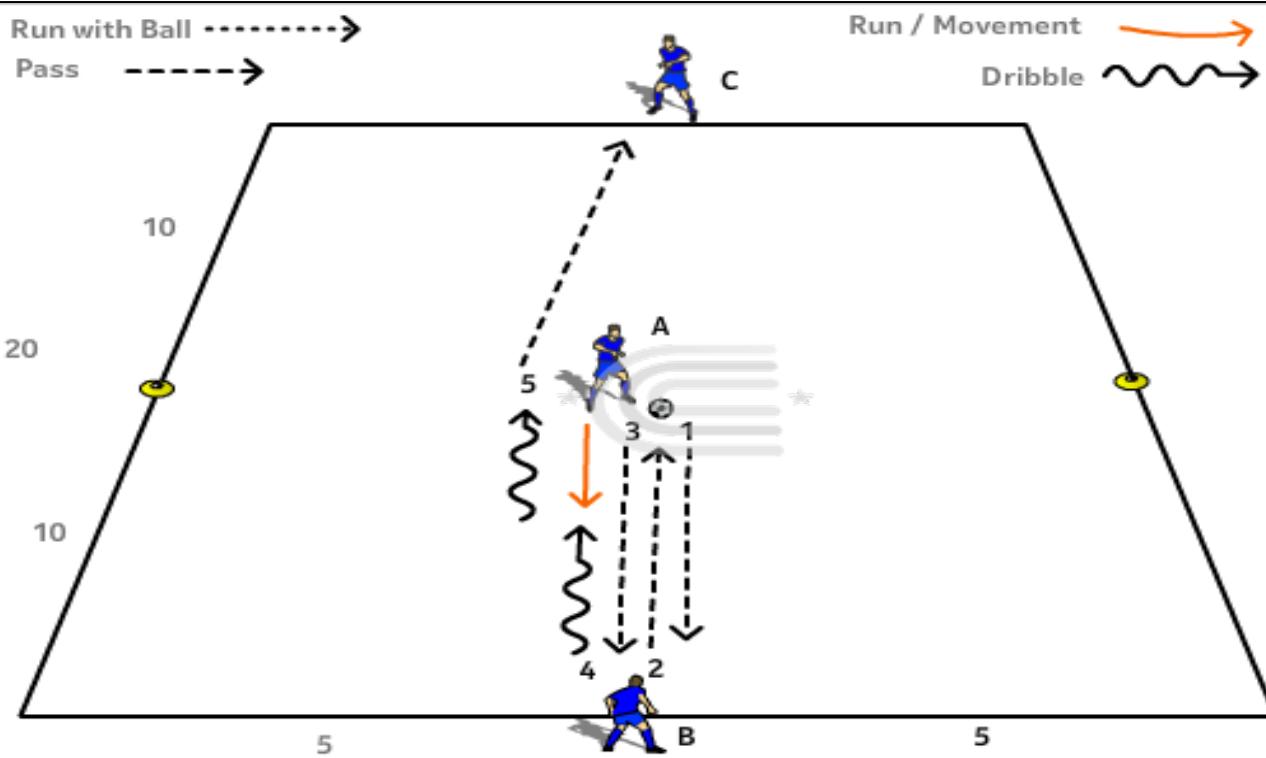
The Coerver®Coaching System

Part One “How the Curriculum works with the Skills Bridge”



DRILL 31

STEP ONE: SKILL LEARNING



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PURPOSE: To improve first touch & passing

SET-UP:

3 players, 10yds apart, player in the middle starts with the ball.

ACTION: A passes to B, B back to A, A again to B, then A goes in as a defender (limited pressure).

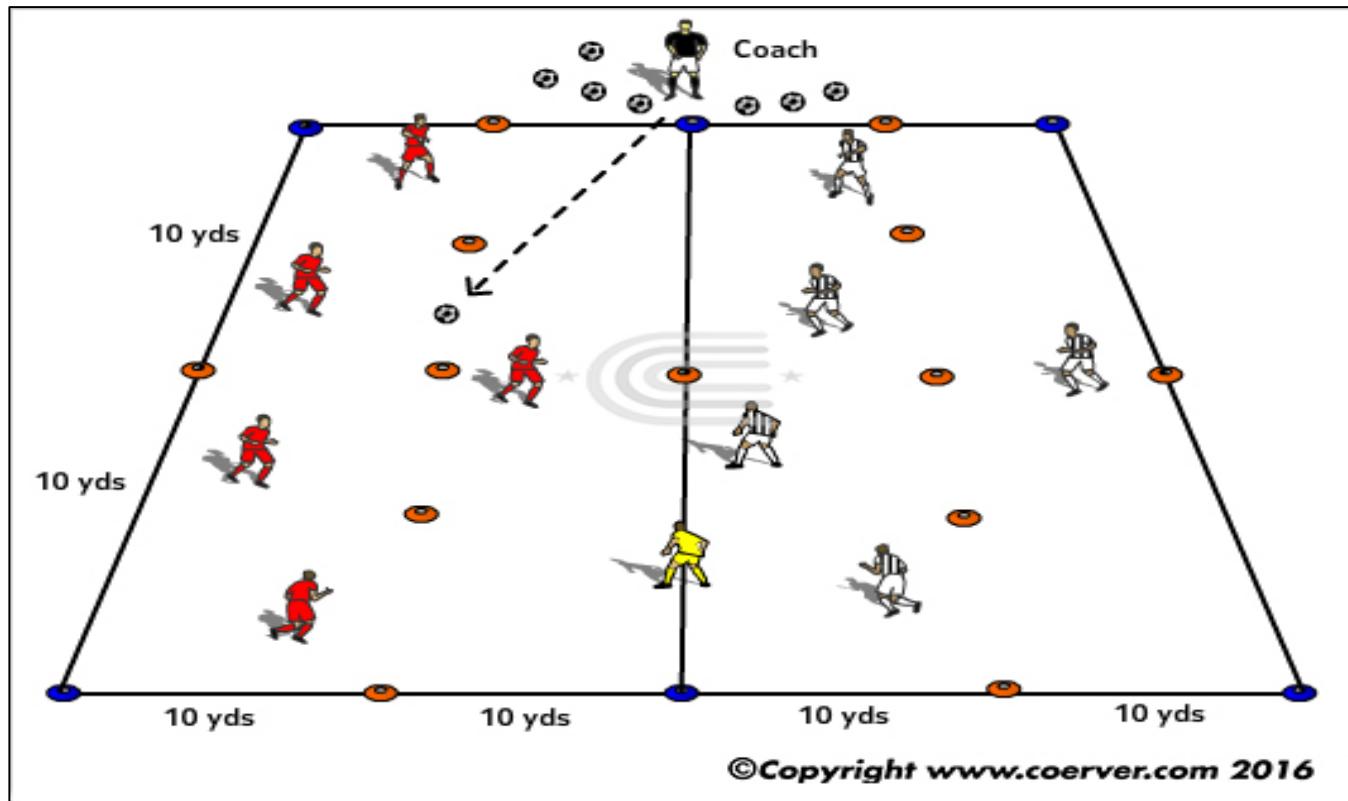
B's First touch should enable them to make an accurate pass with their second touch

COACHES TIP: Ask the receiving player to call

PLAYERS TIP: As the ball comes to you decide which way you want your first touch to take you, then adjust your body shape accordingly

DRILL 32

STEP TWO: SKILL STRETCHING



Purpose: to Improve Possession

SET UP: 2 x 20x 20yard boxes; each box has 4 squares marked by cones.

ACTION

The Coach passes to one team, the opponents send one defender to try and touch the ball. After 5/10 passes a second defender goes in.

The passer must run into a new box after they pass.

One Neutral player starts in the middle , and plays with the team in possession

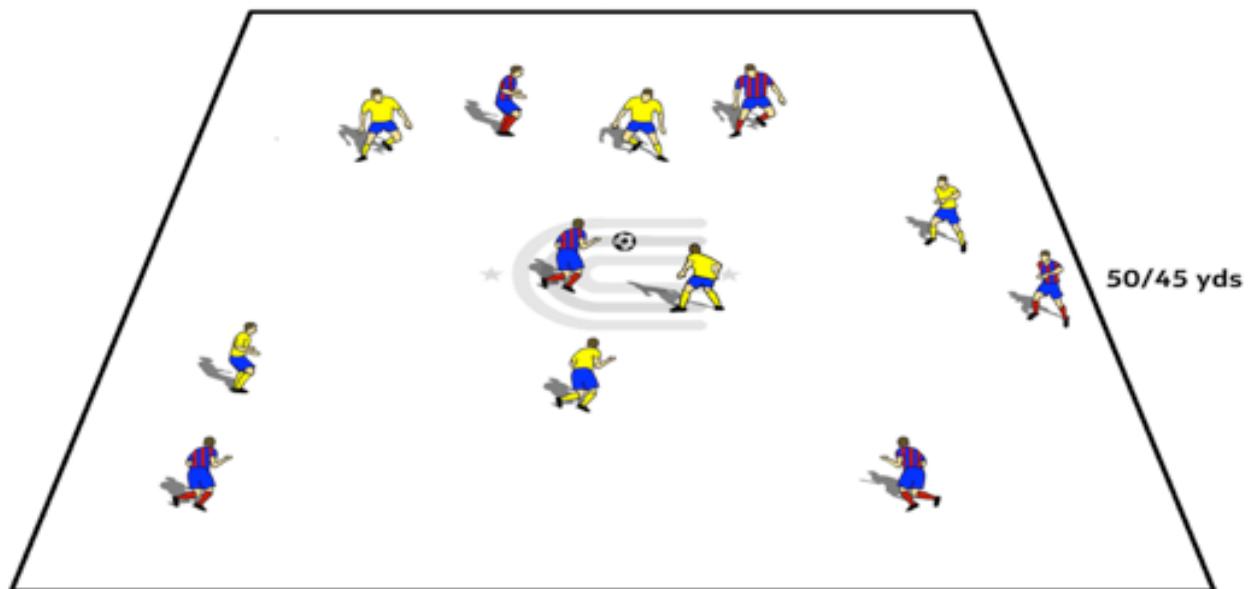
Coaches Tip: Many of the Coerver drills featuring a Neutral player, is an opportunity for the coach to be that player; fun for both.

Players Tip: Find space so your first touch will give you more time for options to pass.

DRILL 33

STEP THREE SKILL GAME

50/45yds



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PURPOSE: To improve possession

SET UP. Field of 30 x 30 yds. or adjusted according to age and ability of players. Two teams of 4/5 players with a neutral player playing with the team in possession.

ACTION

Teams play keep away to a total of 25 passes for any team. (Passes by Neutral player do not score.

Passes do not have to be consecutive but must be intentional, not rebounds or deflections, and must be received under control by a team mate to count.

Teams forcing the ball out of play get possession at the restart.

Coach appoints a score keeper for each side, that call out the score after each pass.

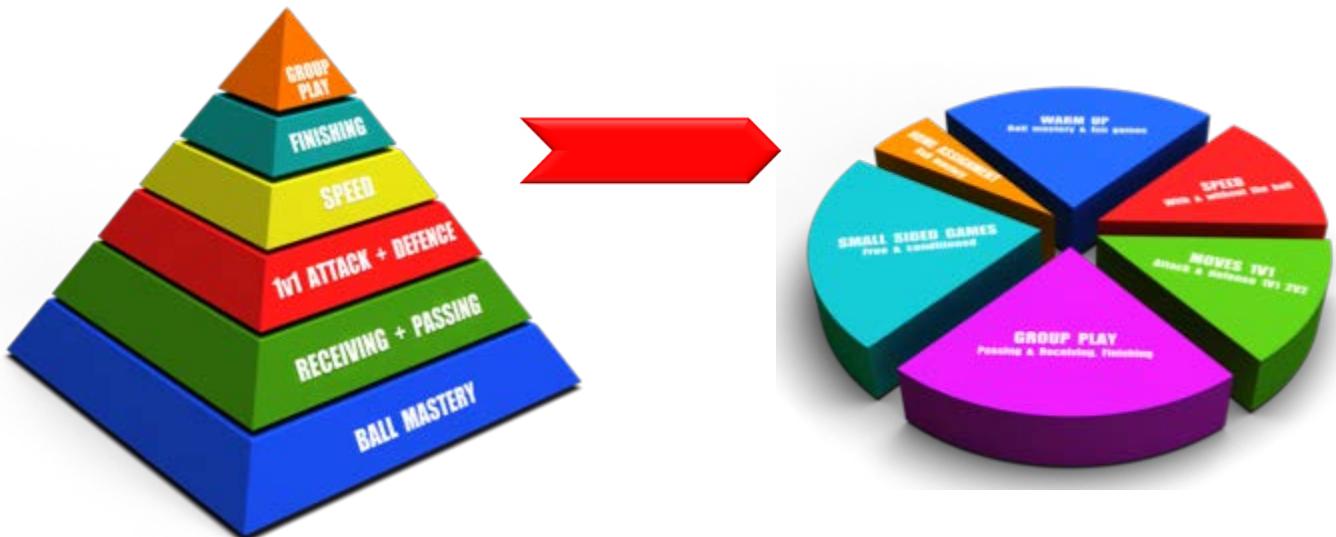
COACH'S TIP. Make the field larger or smaller according to the numbers and ability of your players.

PLAYER TIP. Make passing, moving and calling a habit. Good communication is vital.

PRACTICAL 4

Part Two

“How the Curriculums work with the Session Planner”



OVERVIEW OF PRACTICAL

PLANNING A COERVER SESSION

Coerver Coaching 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

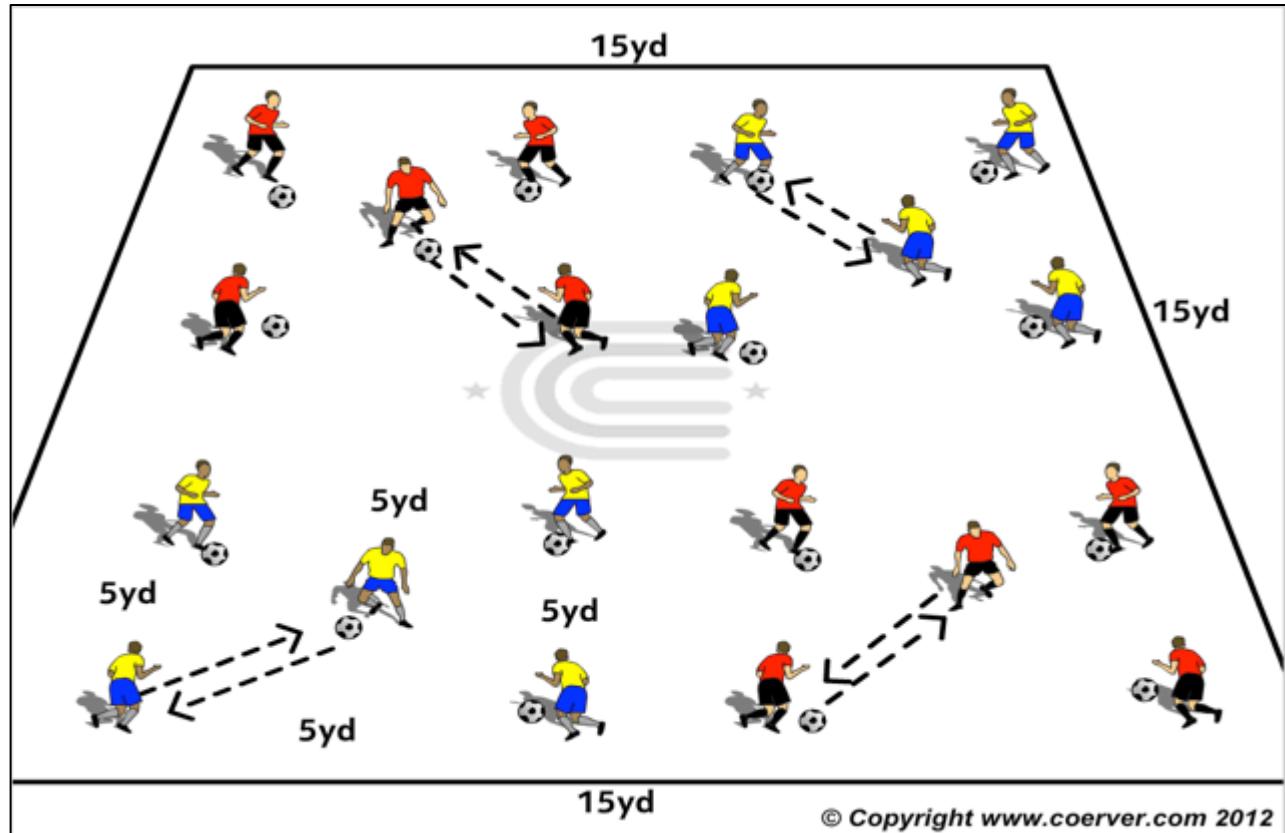


A MODEL SESSION

WARM UP



DRILL 34 (V1) BALL MASTERY



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

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

ACTION.

Outside players repeating a ball mastery move then passing to middle player who passes back, then turns clockwise to receive from the next player.

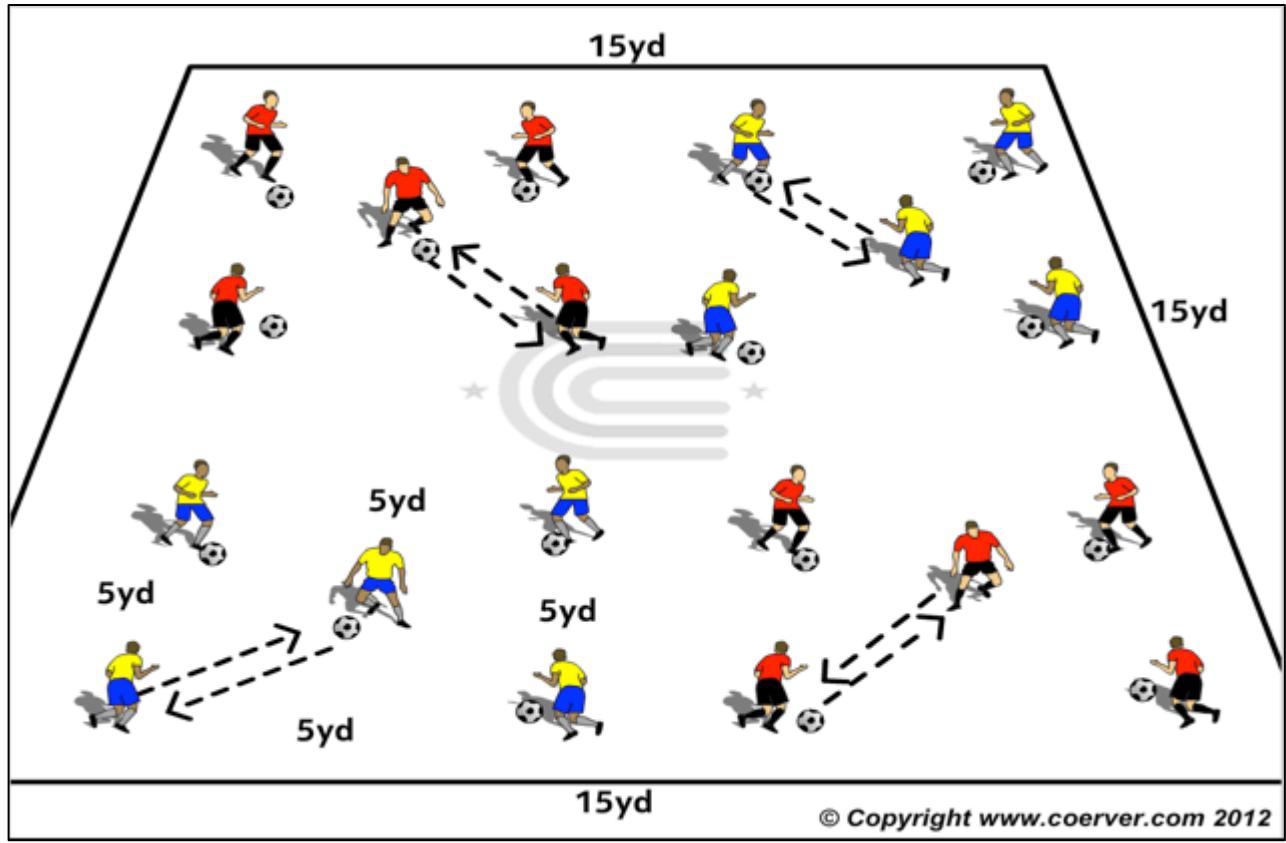
Outside players do a Ball Mastery Move, middle player, two touch passing.

COACH'S TIP. Change middle player each 30/45 seconds.

PLAYER TIP. Sneak a look up occasionally

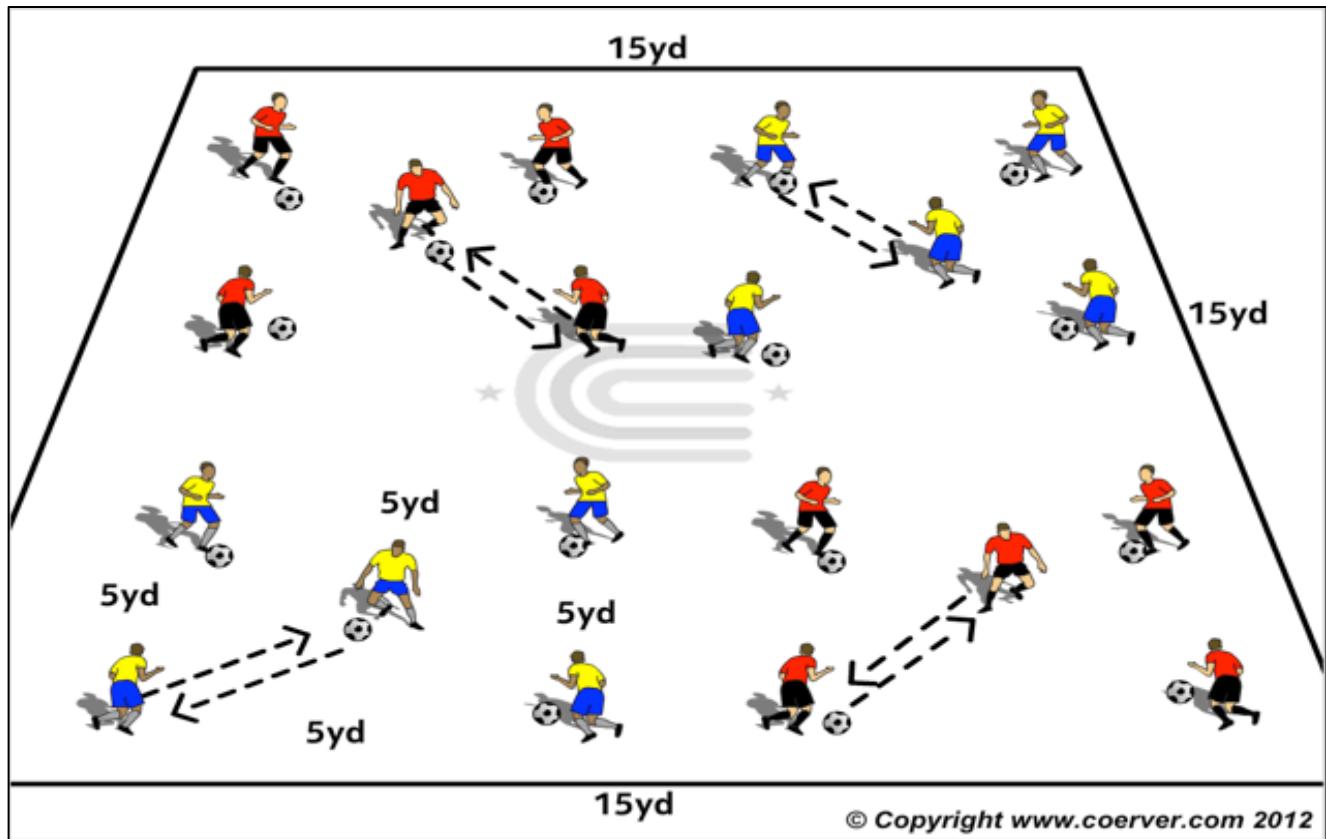
DRILL 34 (V2)

BALL MASTERY



Same Set Up as Drill 34 V1

DRILL 35



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

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

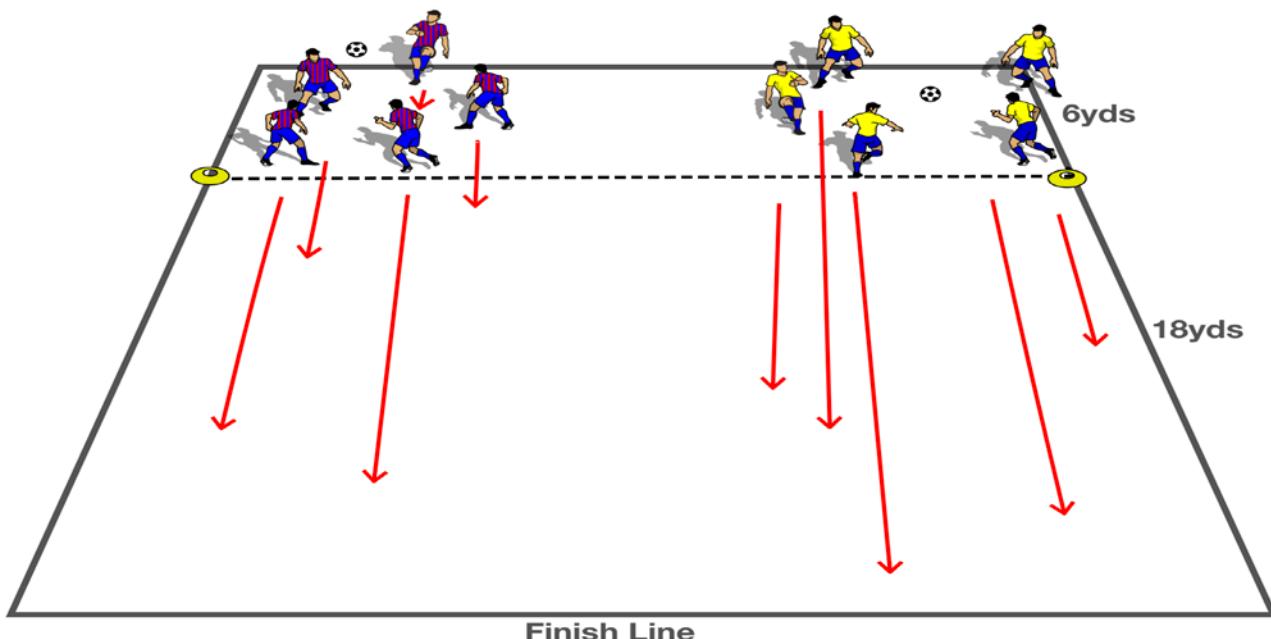
ACTION.

Outside players do a ball mastery Move ,pass to middle player who cuts the ball and switches places with perimeter player.

COACH'S TIP. You can make this a competition between the groups

PLAYER TIP. Cut the ball across you.

DRILL 36 (V1)



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

SET UP. Groups of 4 or 5 players , one ball per group.
End line 15 yards away

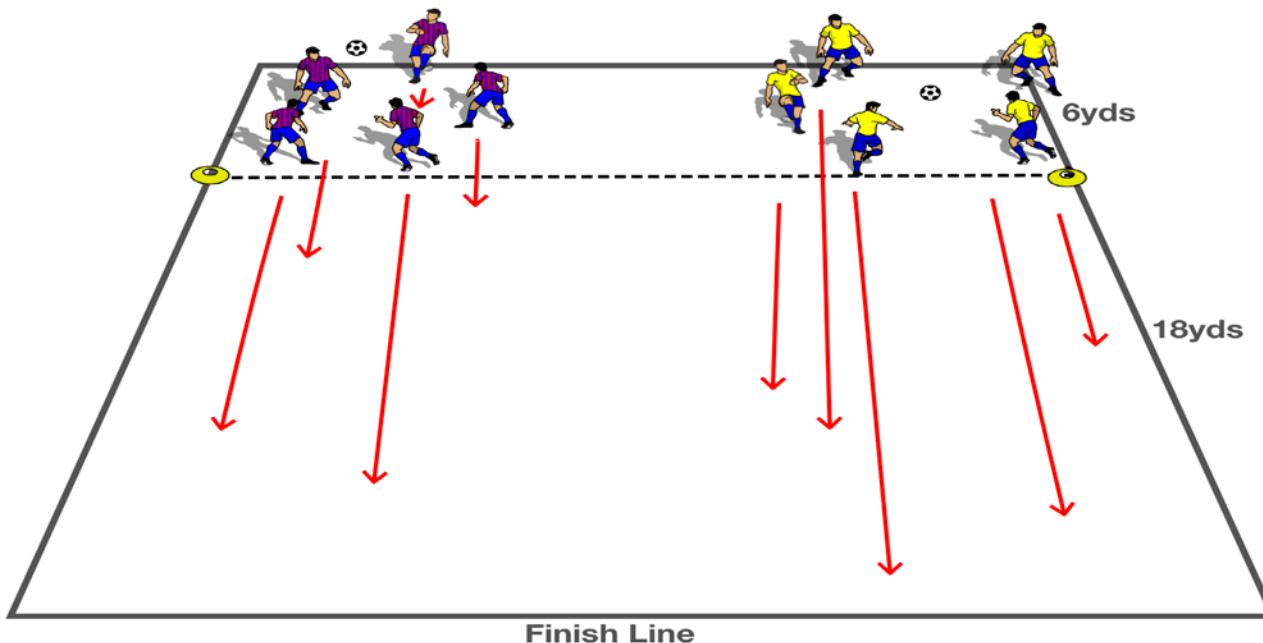
ACTION.

Juggling competition, if ball dropped, start again.
One bounce, after 10, first team over end line wins.

COACH'S TIP. Young or beginner players can have one or two bounces.

PLAYER TIP. Focus on the ball

DRILL 36 (V2)



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

SET UP. Groups of 4 or 5 players , one ball per group.
End line 15 yards away

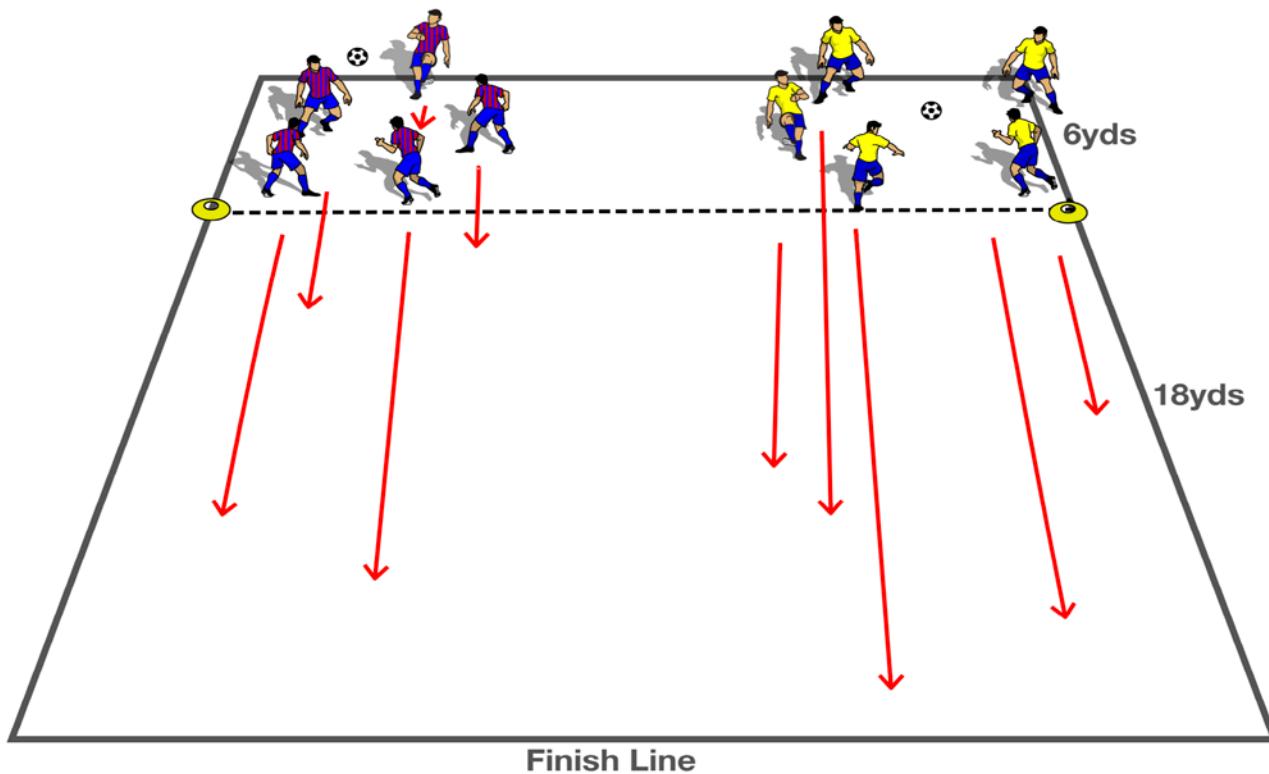
ACTION.

Juggling competition, if ball dropped, start again.
No bounce

COACH'S TIP. You can use any number , for example you can start at 3 for young or beginner players.

PLAYER TIP. Focus on your first touch.

DRILL 36 (V3)



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

SET UP. Groups of 4 or 5 players , one ball per group.
End line 15 yards away

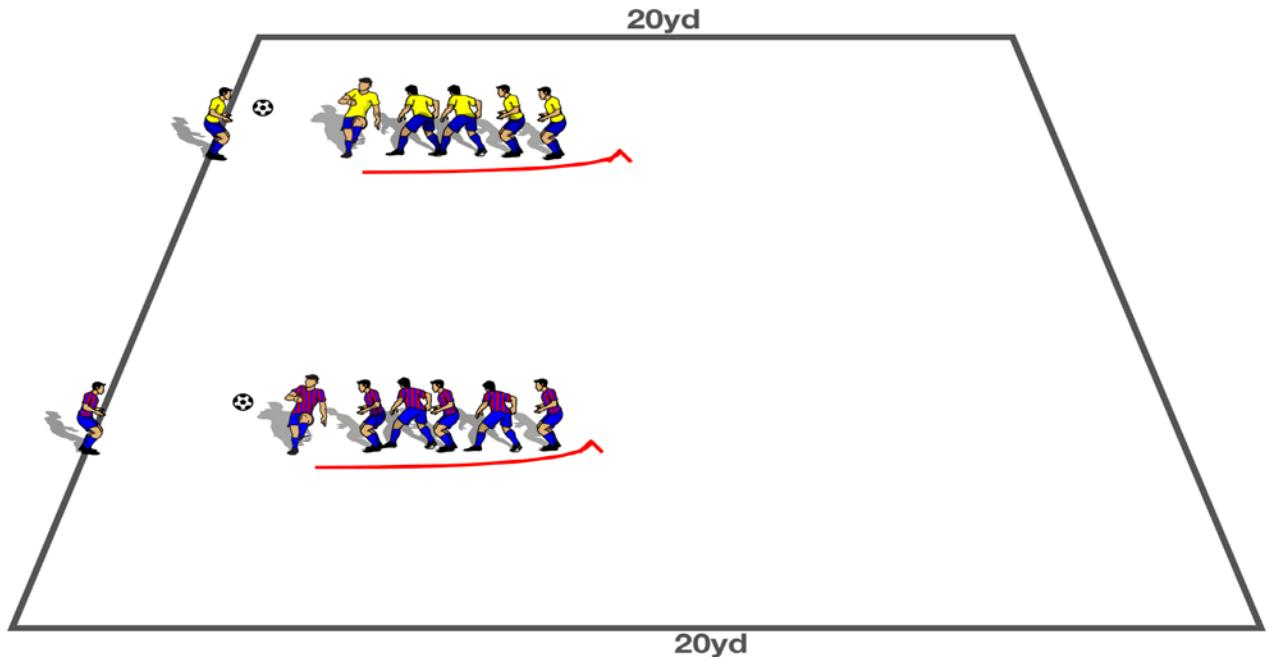
ACTION.

Juggling competition, if ball dropped, start again.
After 10 first team past end line keeping ball in the air

COACH'S TIP. Young or beginner players can have one or two bounces to get to end line.

PLAYER TIP. Practice your juggling skills at home as often as you can.

DRILL 36 (V4)



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PURPOSE: To develop Ball Feeling through the Ball Mastery curriculum

SET UP. Groups of 4 or 5 players , one ball per group.
End line 20/25 yards away

ACTION.

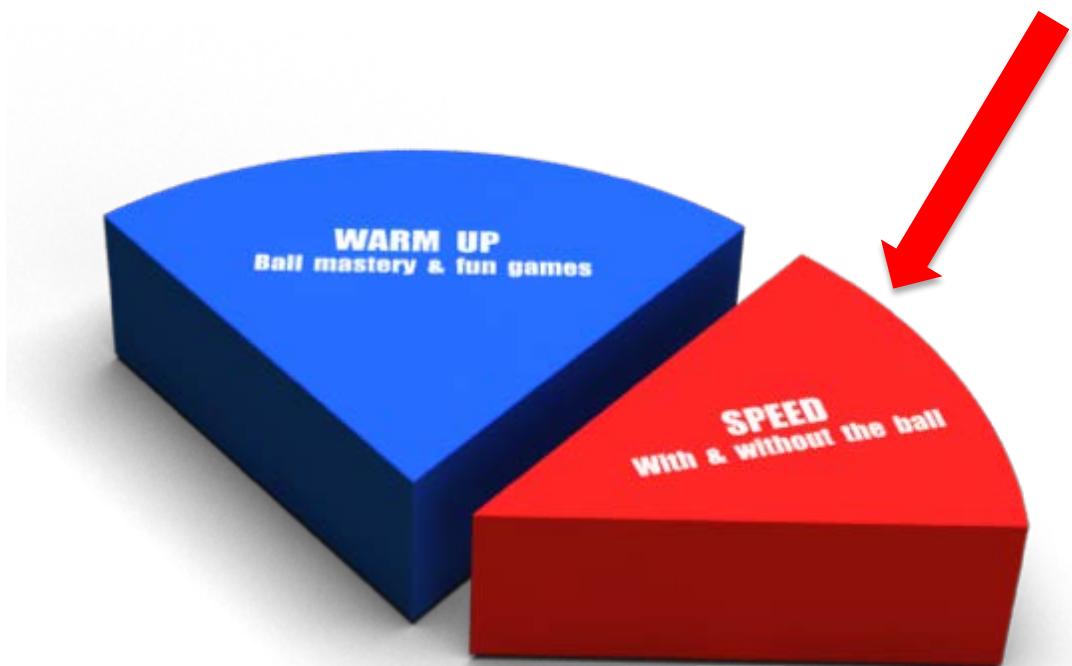
Heading backwards
Juggling competition, if ball dropped, start again.

COACH'S TIP. Young or beginner players can have one or two bounces.

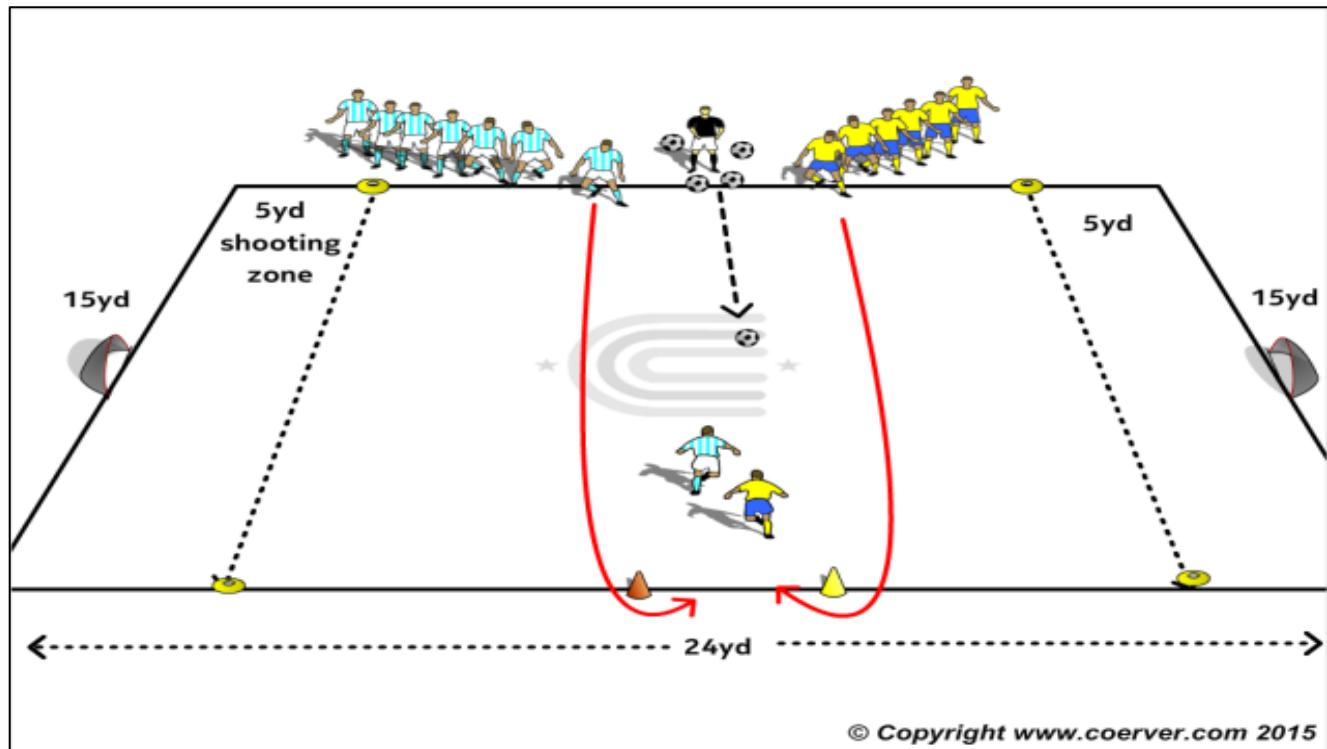
PLAYER TIP. Focus on your first touch.

A MODEL SESSION

SPEED



DRILL 37



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PURPOSE. To improve speed with and without the ball

SET UP. A 20/24 x 20/24yd grid with a small goal at each end and 5 yd shooting zones marked by cones in front of each goal.

The Coach at the mid point on one side of field with a supply of balls with both teams on either side of him and two cones on the opposite side of the field opposite each team.

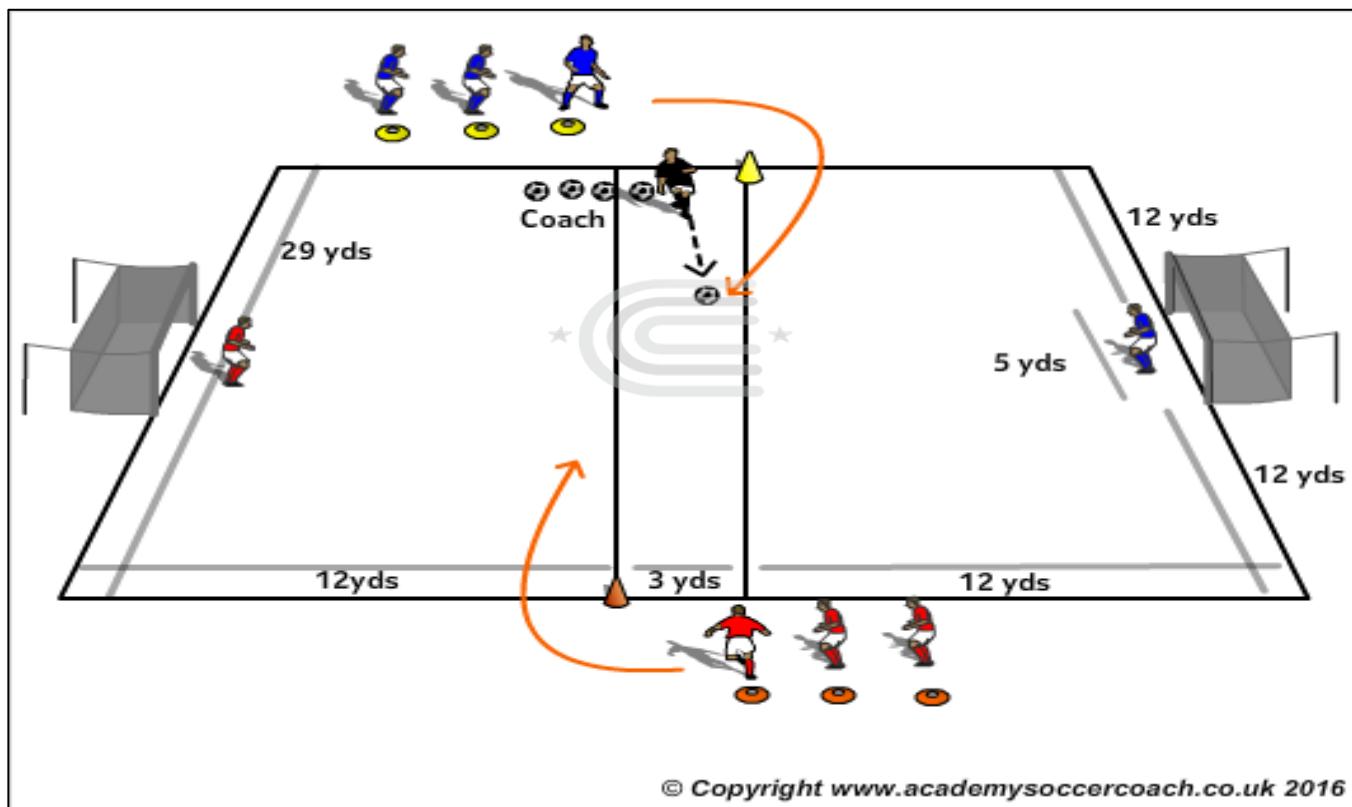
ACTION. The coach blows whistle and a player from each team sprints across the field and around their cone and come back towards Coach to get possession and try to score on either goal from inside the shooting zone.

Scorers stay on but must sprint around his team cone to continue while new player from opposing team comes in immediately and rounds his cone too.

COACH TIP. Assess player advantages and play balls that give trailing players the chance to defend strongly.

PLAYER TIP. Welcome the challenge to keep playing when you're tired after scoring; It's how you improve.

DRILL 38



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PURPOSE: To Improve Game Understanding

SET UP:

Penalty Area (Length 27 yards x Width 29 yards) / Have 3 yards of space in the middle.
GK in each goal

ACTION:

Game begins with the signal from coach, Red and Blue players run around the big cone while coach distributes the ball.

When out of bounds players run around the cone once more to restart.

Offside applies

V1: 1 v 1

V2: 2 v 2

V3: 3 v 3

COACH'S TIP: Serve to one team, not a 50/50 ball.

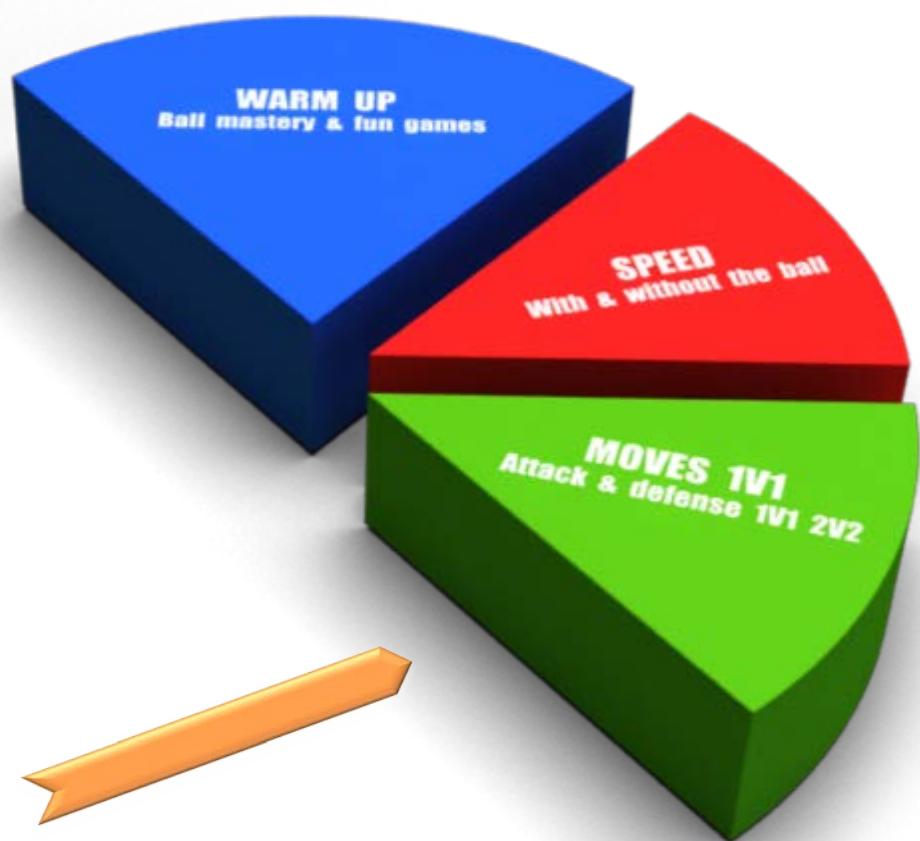
PLAYER TIP:

Communicate at the right time and place

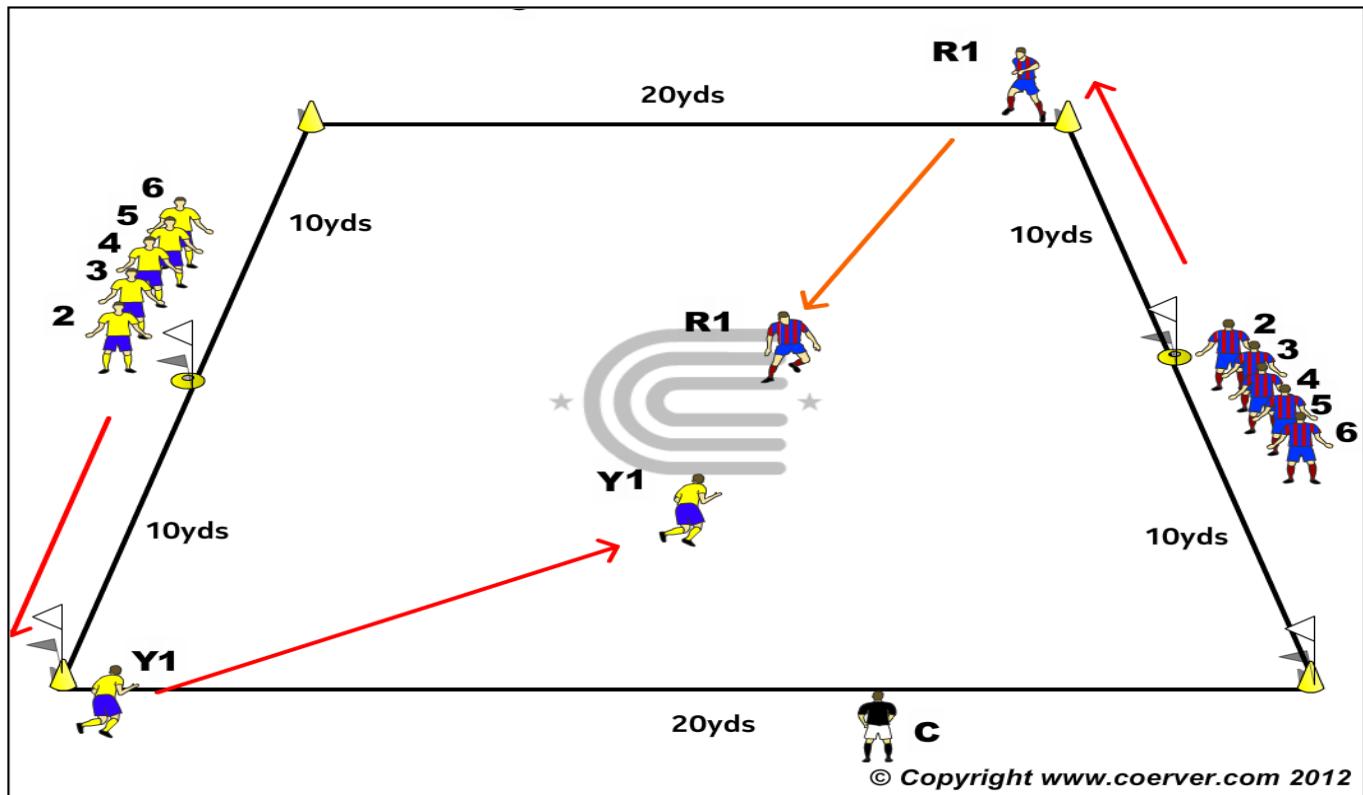


A MODEL SESSION

MOVES



DRILL 39 (V1)



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PURPOSE: To improve 1 v 1

SET UP A 20x20yd grid marked with corner cones and two teams lined up at opposite mid points facing opposite directions.

ACTION.

V1 No Ball

The Coach nominates which team will defend and which attacks.

On the Coach's call the first player from each team sprints around their respective corner cone and enter the field.

The "Attacker" tries to get over the opposite end line without being tagged by the "Defender."

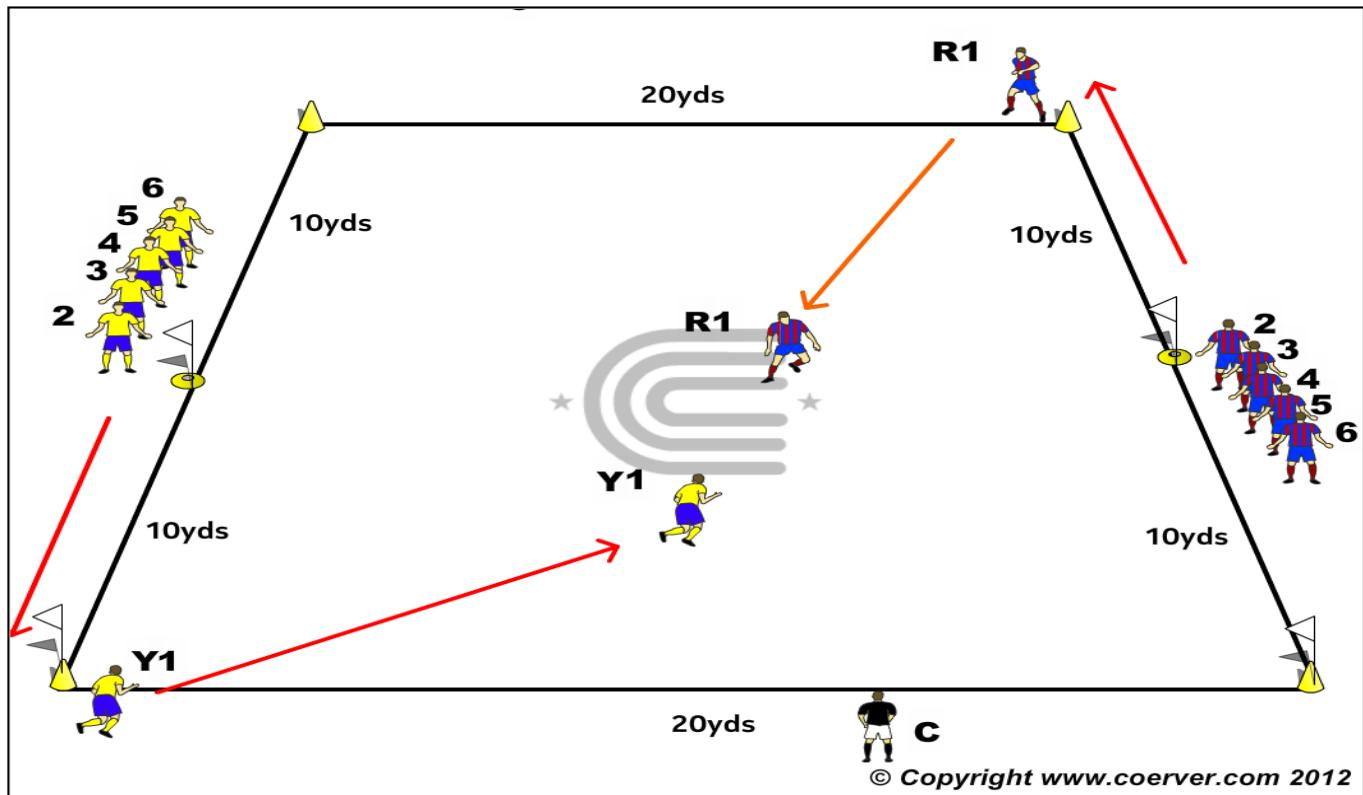
If there is a tag the play ends and the Coach immediately calls the next players to start.

The Coach keeps the cumulative score of all games.

COACH'S TIP. Keep up a high tempo. Stress the need for good lateral and stop and start quickness and not just straight ahead running. Encourage Attackers to slow down and "shake and bake" to get an opening to score.

PLAYER TIP. When Attacking accept that you will get slowed so work hard at your lateral movement. Defenders shuffle laterally and keep facing the Attacker. Do NOT cross your feet and turn your body from him as you will have a difficult recovery if Attacker changes tack.

DRILL 39 (V2)



PURPOSE: To improve 1 v 1

SET UP A 20x20yd grid marked with corner cones and two teams lined up at opposite mid points facing opposite directions.

ACTION. With Ball

The Coach nominates which team will defend and which attacks.

On the Coach's call the first player from each team sprints around their respective corner cone and enter the field.

The "Attacker" tries to get over the opposite end line without being tagged by the "Defender."

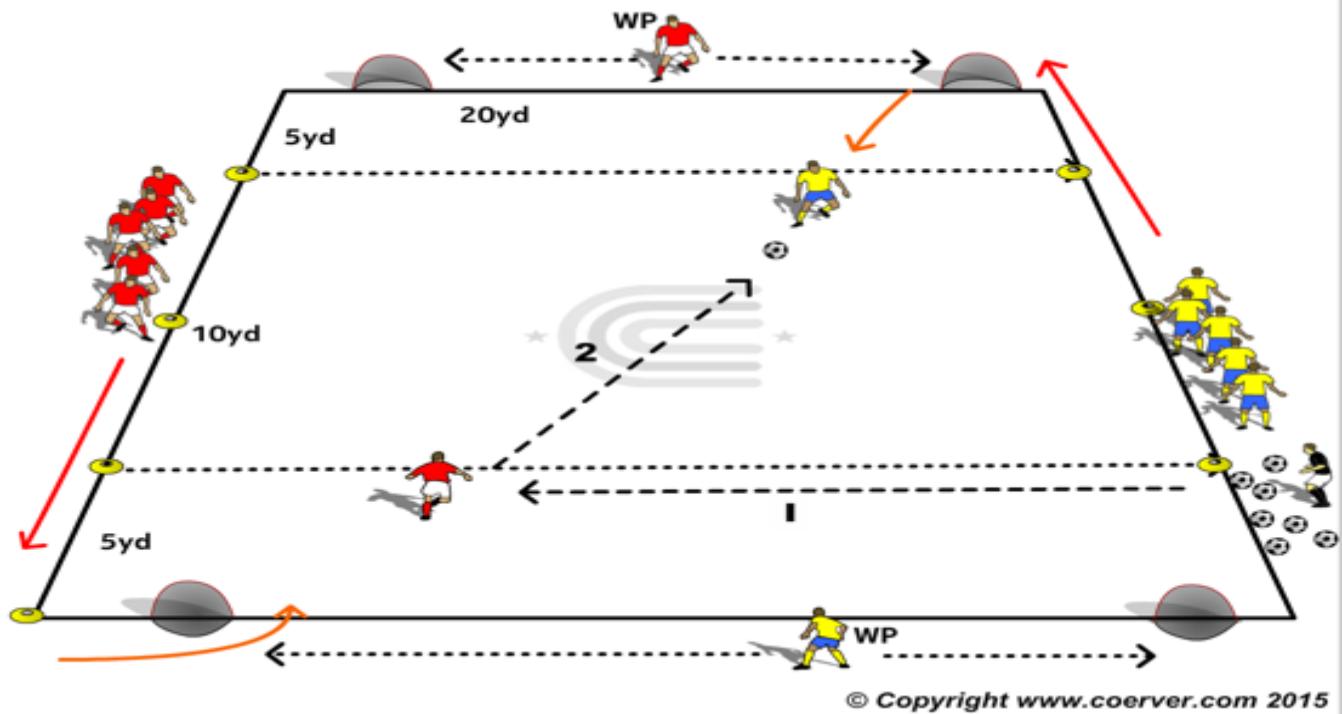
If there is a tag the play ends and the Coach immediately calls the next players to start.

The Coach keeps the cumulative score of all games.

COACH'S TIP. Make sure attacker and defender change roles after each action.

PLAYER TIP. A good first touch is crucial to a successful 1 v 1; don't stop the ball too near you or place it too far.

DRILL 40



PURPOSE. To Improve using 1 v 1 to create space to shoot or pass

SET UP. A 20x20yd field with two small goals 14yds apart on each end line and a 5 yds. shooting line in front of them, two team lined up at mid point on opposite sidelines.
 A Striker for each team is on the Attacking end line between the goals.
 Coach with supply of balls.

ACTION. On the Coach's signal the first player of each team round diagonally opposite corner markers and Coach passes to the Red defender who plays 1 touch to the opponent and then presses to stop any pass to the opposing striker moving along the end line.

The attacker can score by passing to and getting a 1-2 pass back from his/her striker for a 3pt goal or go it alone to shoot inside 5yds for a 1 pt. goal.

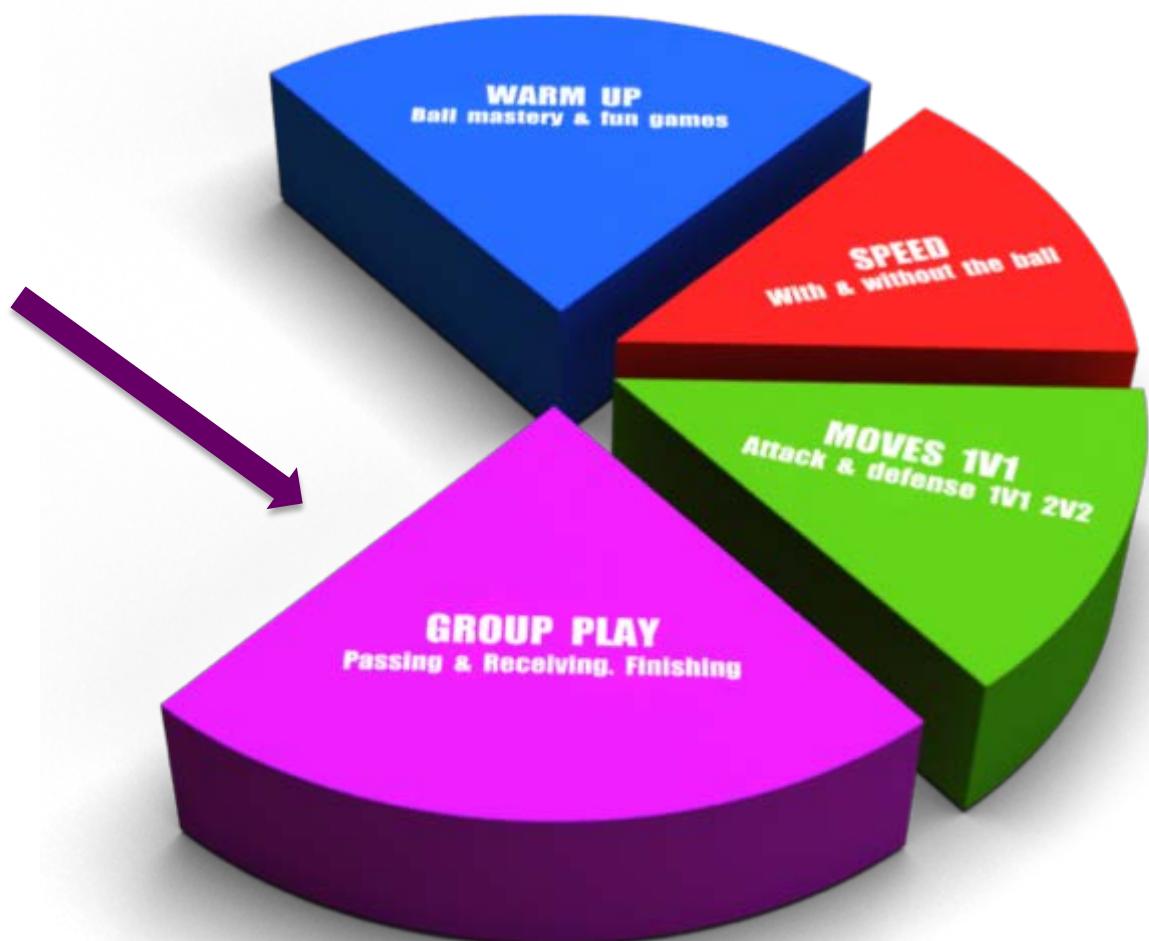
If the Defender wins possession he/she can score in opponents goal in similar fashion.

COACH TIP. Make sure each player understands they have two roles, with the ball they attack, if they lose it ,they have to try and win it back immediately

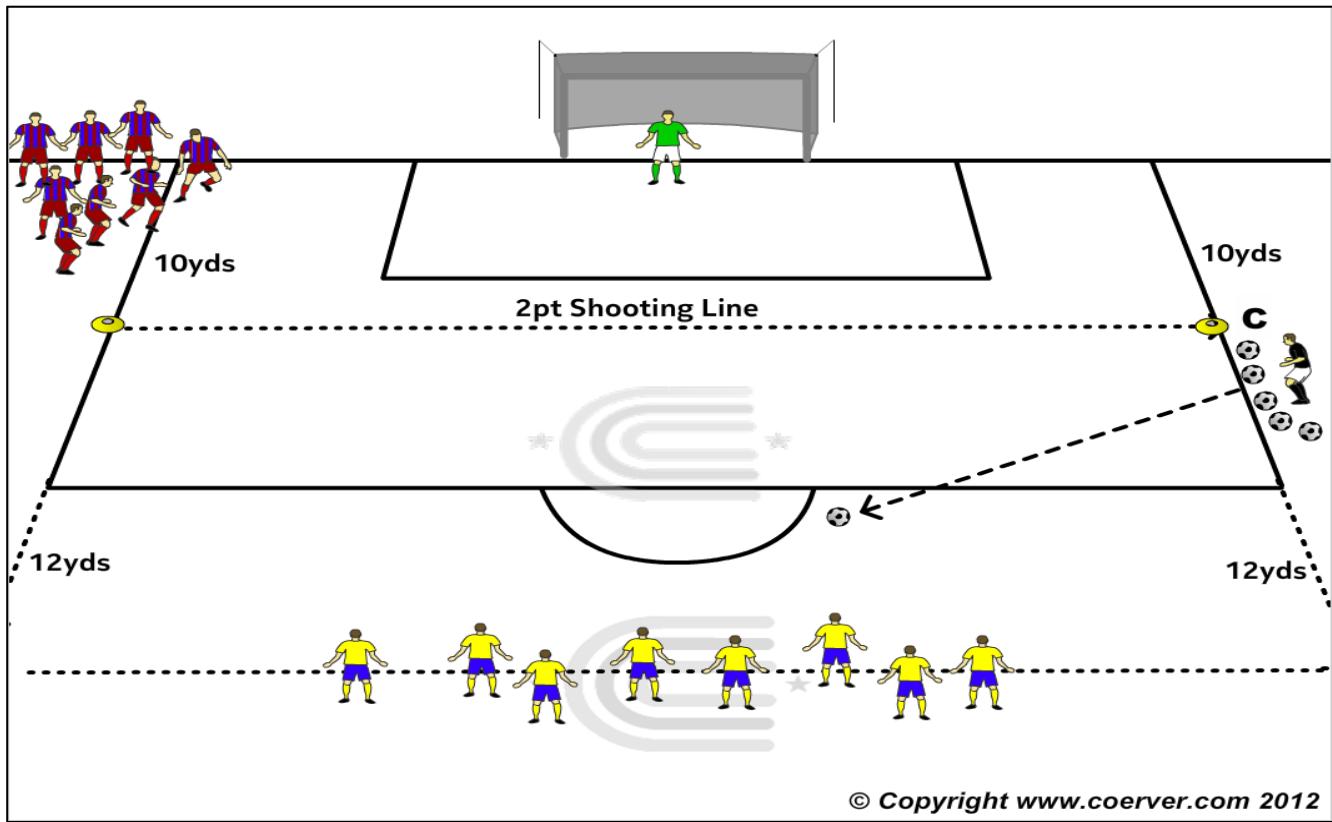
PLAYER TIP. The first touch is very important , not too near, or too far

A MODEL SESSION

GROUP PLAY



DRILL 41



PURPOSE: To improve individual & group play

SET UP. 30 x 20 yard field with a 10 yard shooting line

The Defenders (Barcelona) start in the corner, the Attackers start behind the 30yd start line

ACTION. Coach starts by passing the ball and calling a number, the Def's send the number called, the Attackers send one more player than was called. If the Attackers score they can 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 to the start line. Attackers get two points for a goal from outside the 10yd shooting line. Coach keeps score.

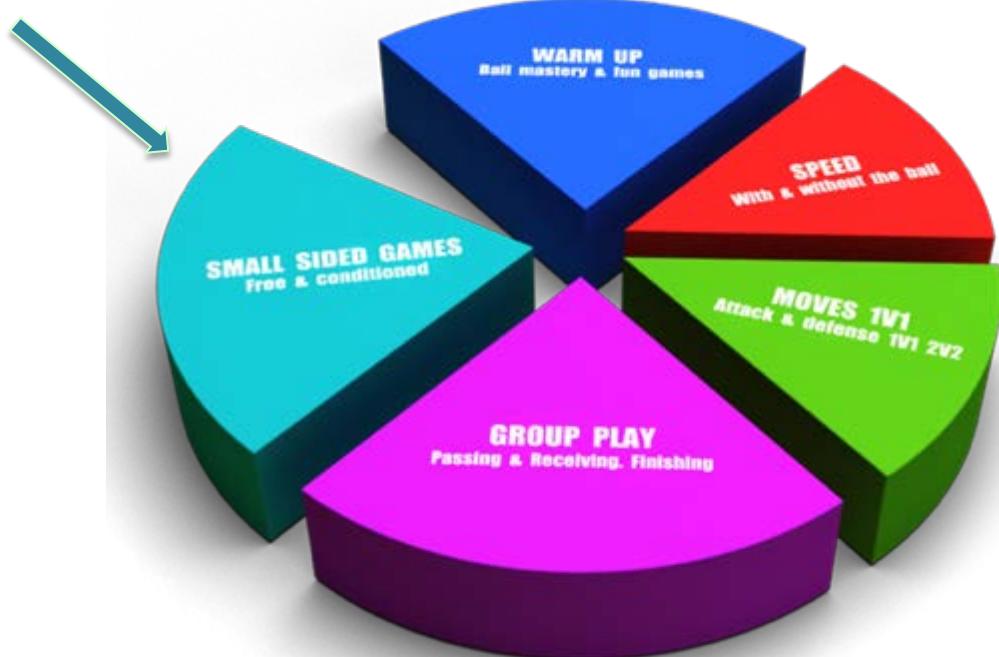
COACH'S TIP. The Goalkeeper cannot advance beyond the 6-yard box to begin with.

If the attackers get clever and start to shoot from over 10 yds. and so have a short run if they miss demand that they must shoot inside 10yds to score. Change the attackers and defenders regularly

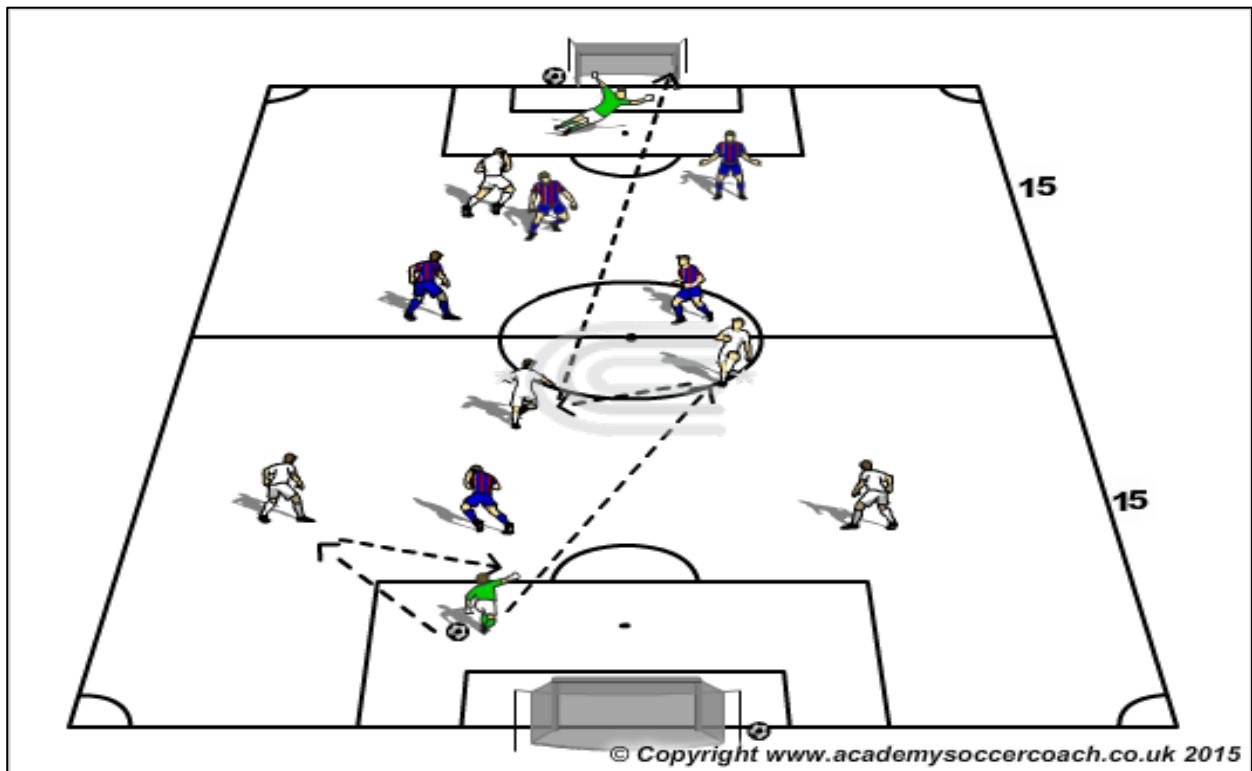
PLAYER TIP. Be focused; sometimes bad luck happens and you lose the ball or the shot is missed; your job then is to recover immediately and get back in the game.

A MODEL SESSION

SMALL-SIDED GAMES



DRILL 42



PURPOSE: To Improve Attacking play

SET UP: 2 teams of 4 players plus GKS

ACTION

Shoot from own half. Striker can follow-up to score rebounds or can shoot if wins possession off opposition (but cannot be played in by team mates).

VARIATIONS (in end Zones)

- a) 4 v 1 (Striker)
- b) 4 v 2 (Strikers)

COACH'S TIP: Rotate strikers regularly

PLAYER TIP:

Communicate, strikers don't turn your back to the ball