

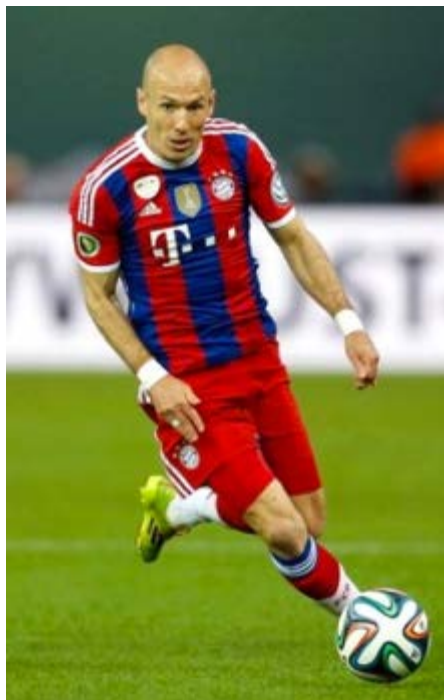
PRACTICAL FIVE

1 v 1 : Play Like a Star

OVERVIEW OF PRACTICAL

- ✓ We have a 32 year history of the 1 v 1 Topic
The Coerver® Mission Statement 1984 “ *To Develop Skilled, Confident and Creative players who can:
combine effectively with team mates (Combinations)
and/ or
b) go it alone if they have to*”.(1 v 1)
- ✓ 1 v 1 is a perfect Topic to devise “Star Model Sessions”
- ✓ Full Time Coerver Coaches need to learn all the labels and be able to demonstrate each Move.(The training site has all the 51 Moves and Mirror Moves)
- ✓ This session can demonstrate our “Mission Statement”.
And can be used for Staff training or promotional clinic.

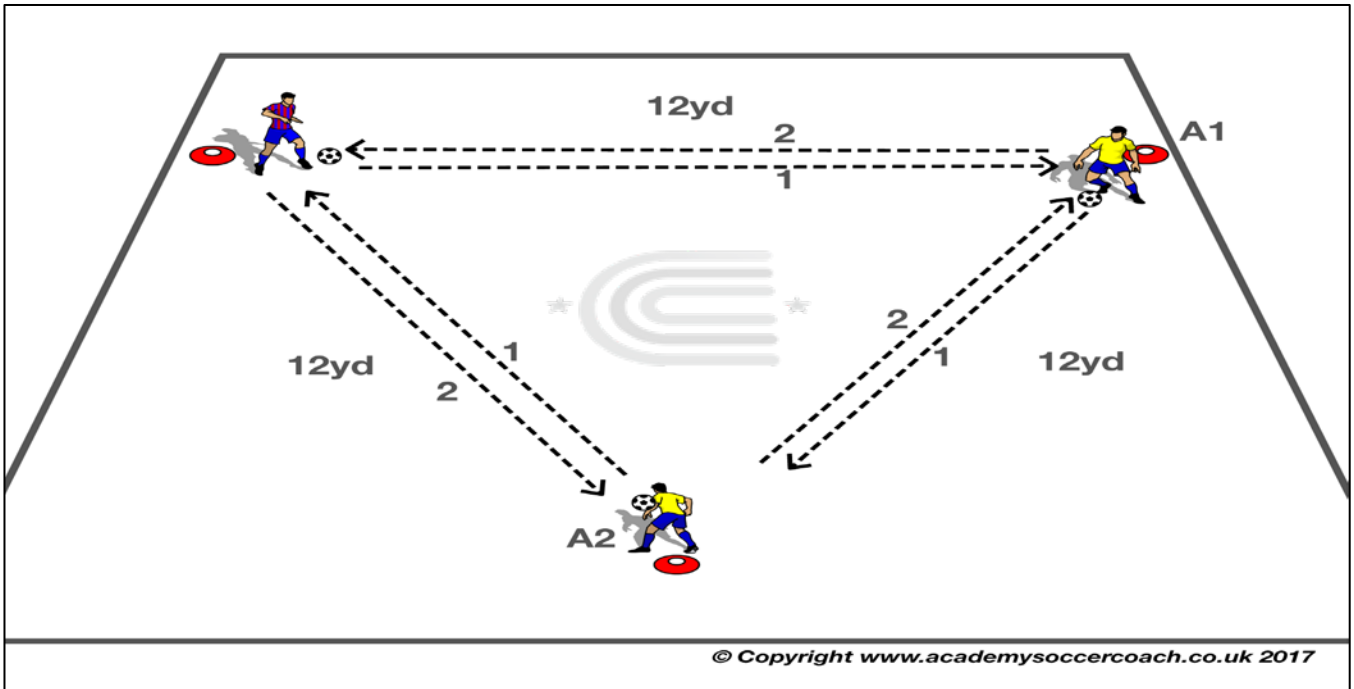




“Play Like Robben”



DRILL 43 (V1)



Purpose: to improve Changes of direction and passing

SET UP

a 10 x 10 / 12 x 12 yard grid using 2 x blue/orange discs as per diagram.
3 x players per grid, 2 x teams (Blue & Red)

ACTION

Every Player with a ball, makes a COD along the sides of the triangle

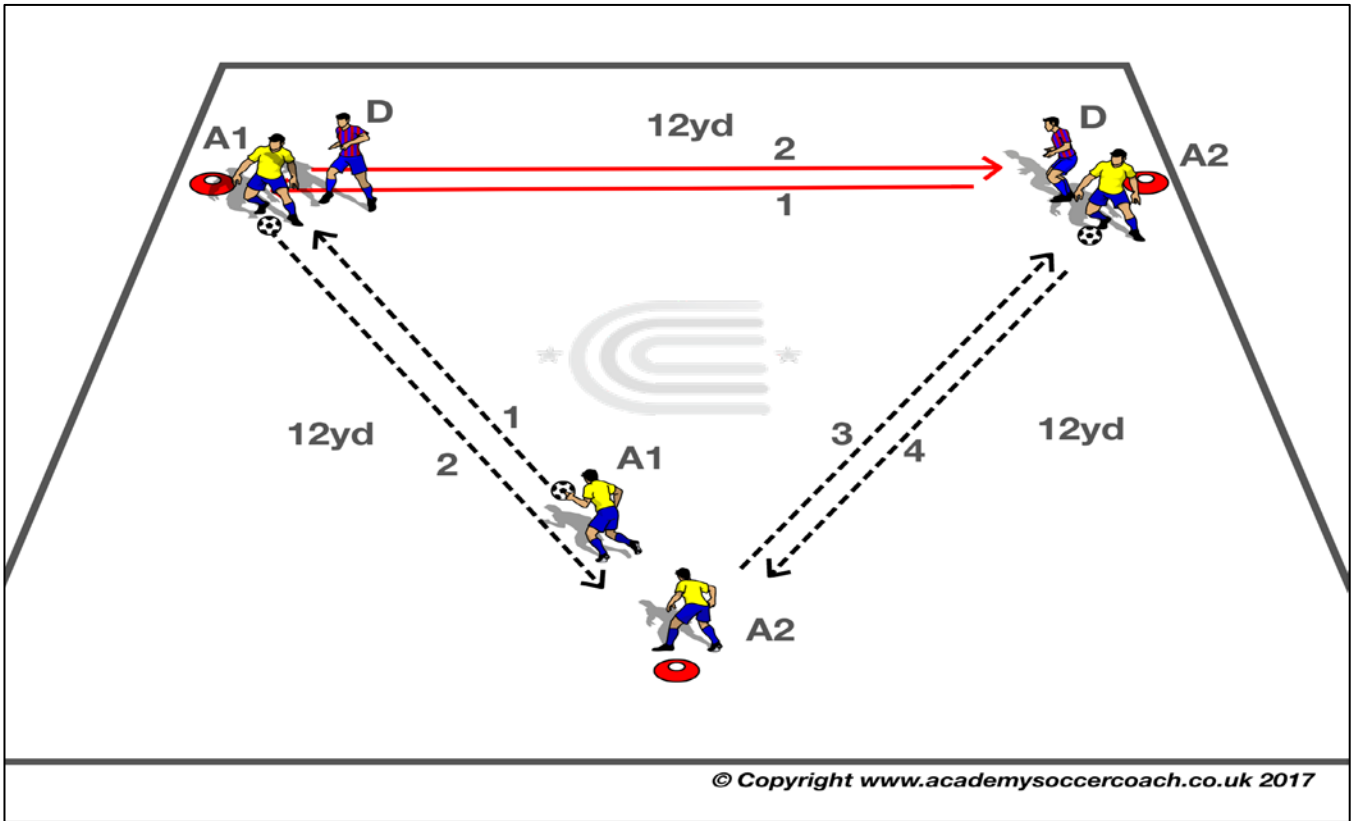
COACH TIP

You can make it a competition between the two teams ,how many CODs in 60 secs

PLAYER TIP

Only take one or two touches before you make a COD turn

DRILL 43 (V2)



Purpose: to improve Changes of direction and passing

SET UP

a 10 x 10 / 12 x 12 yard grid using 2 x blue/orange discs as per diagram.
3 x players per grid, 2 x teams (Blue & Red)

ACTION

Two players start on the big cone. One player at the base of the triangle is limited pressure defender. First player starts with the ball, when challenged by the defender, shields the ball, then passes to his waiting teammate, who takes the ball into the opposite corner, and the sequence continues:

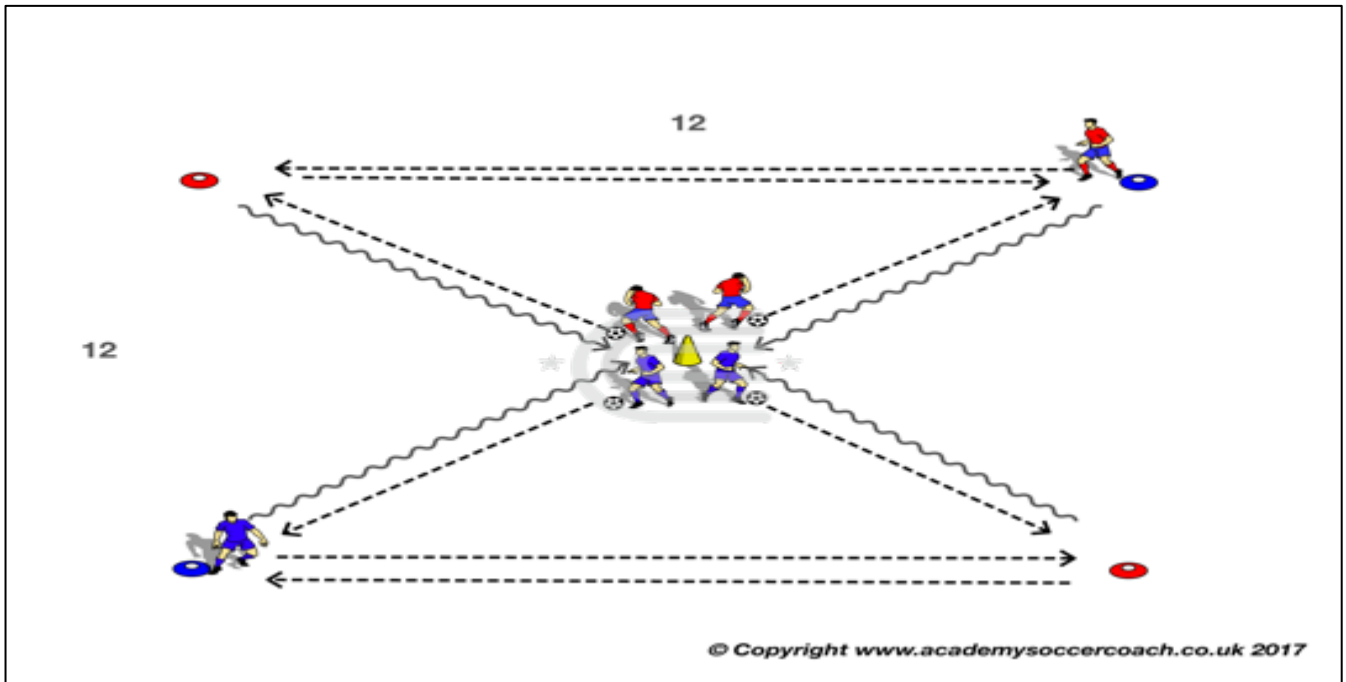
COACH TIP

Show defender how to play a limited pressure role

PLAYER TIP

Try and take one touch then Change Direction

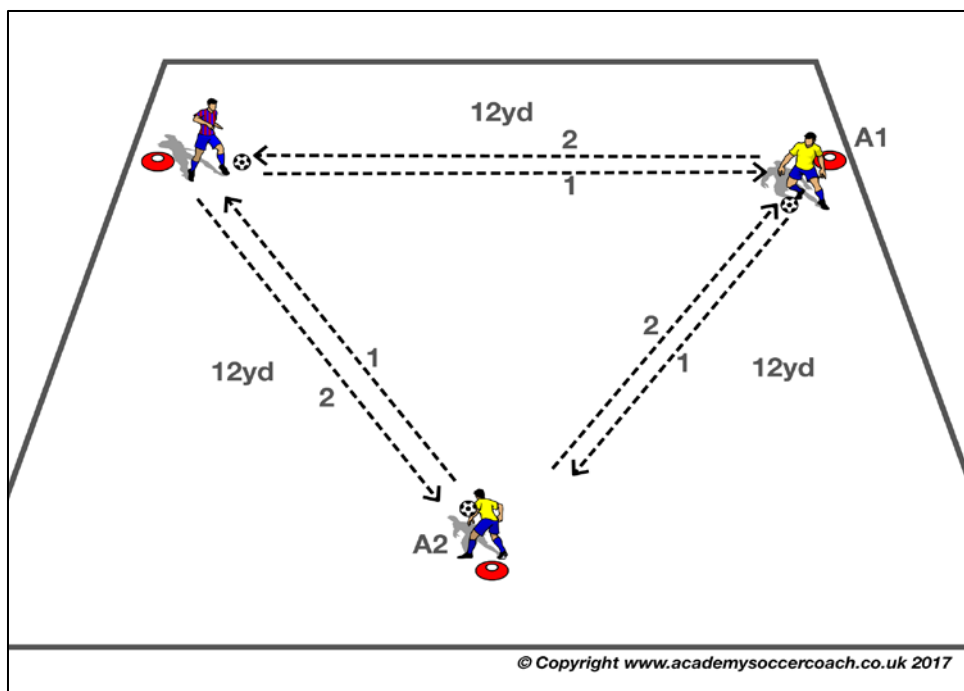
DRILL 43 (V3)



Purpose: to improve Changes of direction and passing

Same as 43 V 2 but two groups back to back; a competition between the two groups to see how many C.O D's they can make in 60 seconds

Drill 43 (V4)



Purpose: to improve Changes of direction and passing

SET UP

a 10 x 10 / 12 x 12 yard triangle. Two players at the tip of the triangle, the first player starts with the ball. One Limited Pressure Defender along base line.

ACTION

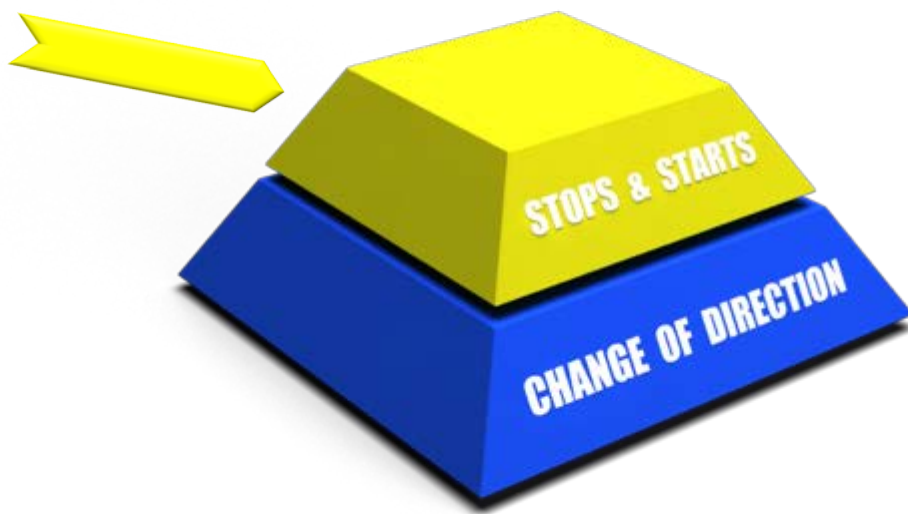
First player with the ball, goes to his right and is challenged by the defender, the player with the ball makes a C.O.D Move then passes the ball to his waiting team mate, who then takes the ball to the opposite cone, as he is challenged by the same defender

COACH TIP

Focus on Player receiving the ball taking a good touch ,then Turning with a C.O.D Move

PLAYER TIP

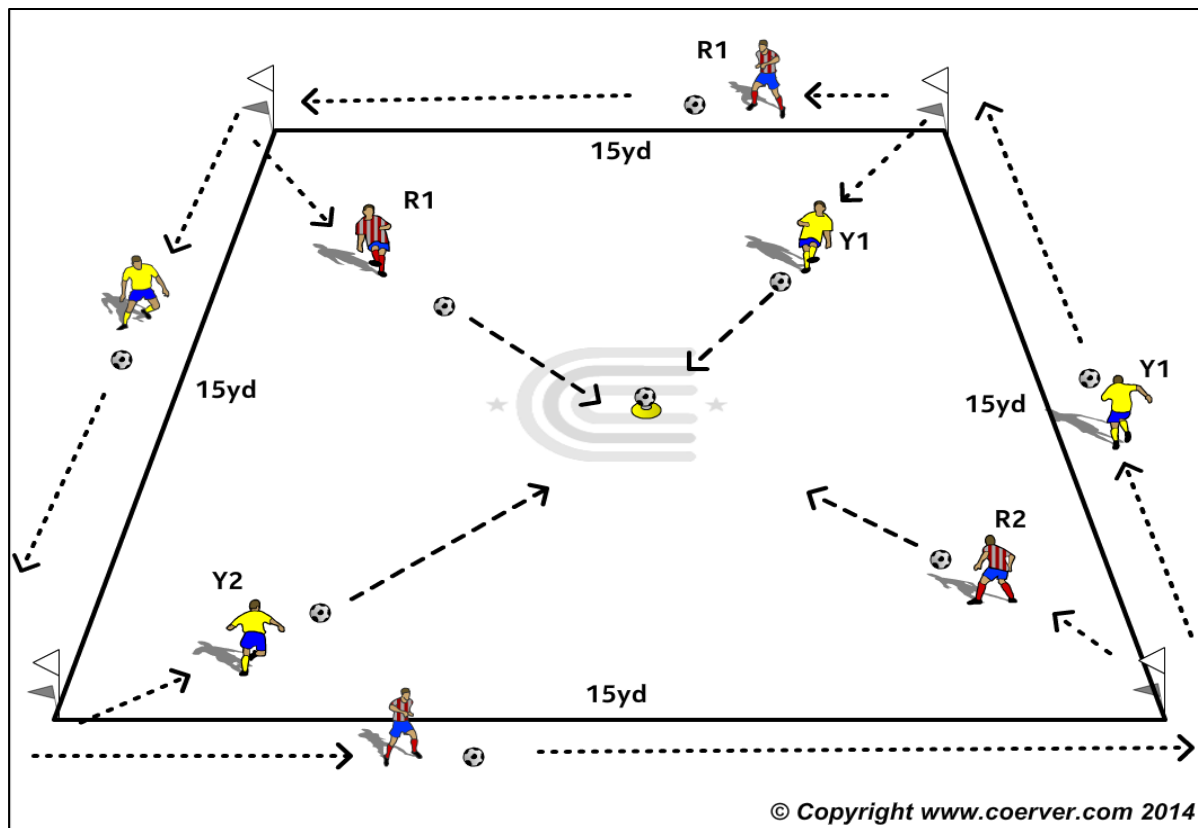
As you shield the ball and turn, look up to make sure you make a good, accurate pass to your waiting team mate.



“Play Like Bale”

DRILL 44 (V1)

THE HIGH WAVE



PURPOSE. To improve stops and starts

SET UP. A player with a ball on each corner of a 15 yard square.
A ball on a cone in the middle of the square.

ACTION. On the Coach's signal each player dribbles at speed around the square making a **Stop and Start** Move in the middle of each side of the square.

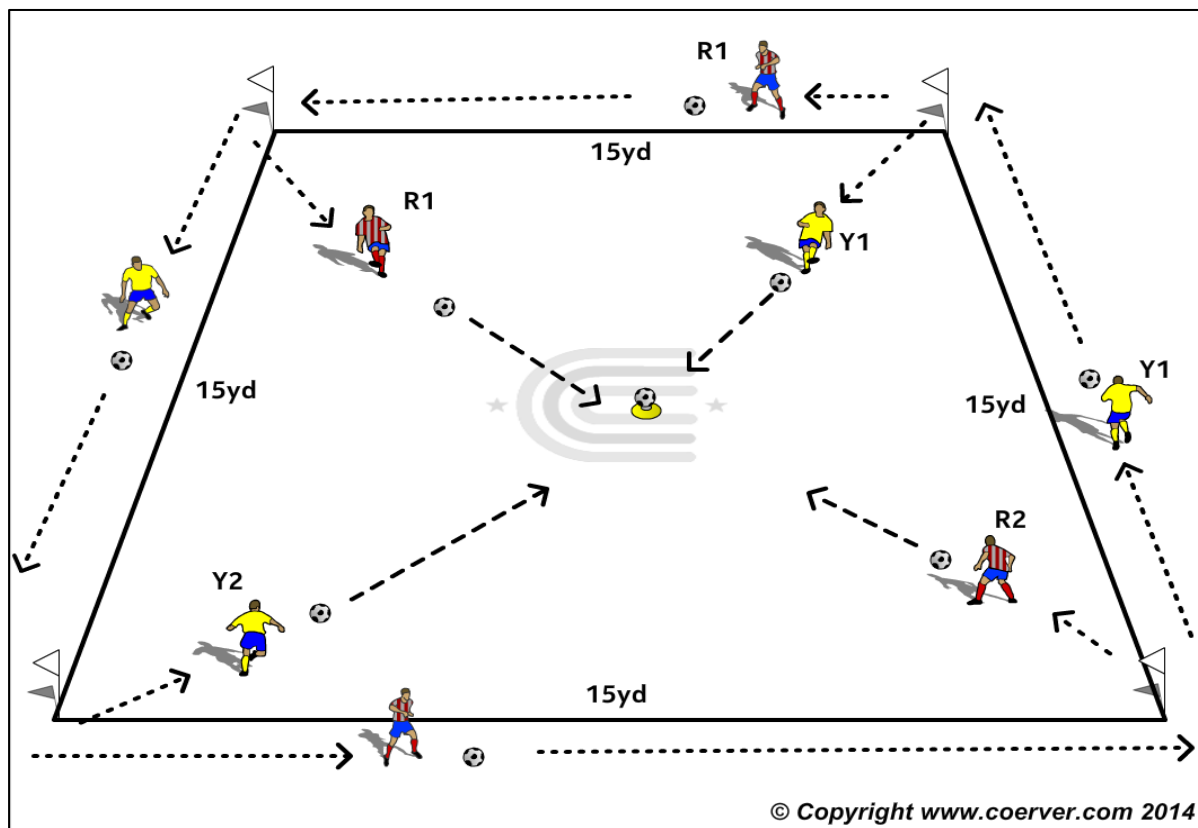
On completing the circuit and going around their starter cone they try to be first to knock the ball off the cone in the middle with their own ball.

COACH'S TIP. Encourage 2 touch turns at the corners if players able. Keep team scores.

PLAYER TIPS. Eyes up to be aware of other shooters progress and accurate shooting.

DRILL 44 (V2)

THE PULL PUSH



PURPOSE. To improve stops and starts

SET UP. A player with a ball on each corner of a 15 yard square.
A ball on a cone in the middle of the square.

ACTION. On the Coach's signal each player dribbles at speed around the square making a **Stop and Start** Move in the middle of each side of the square.

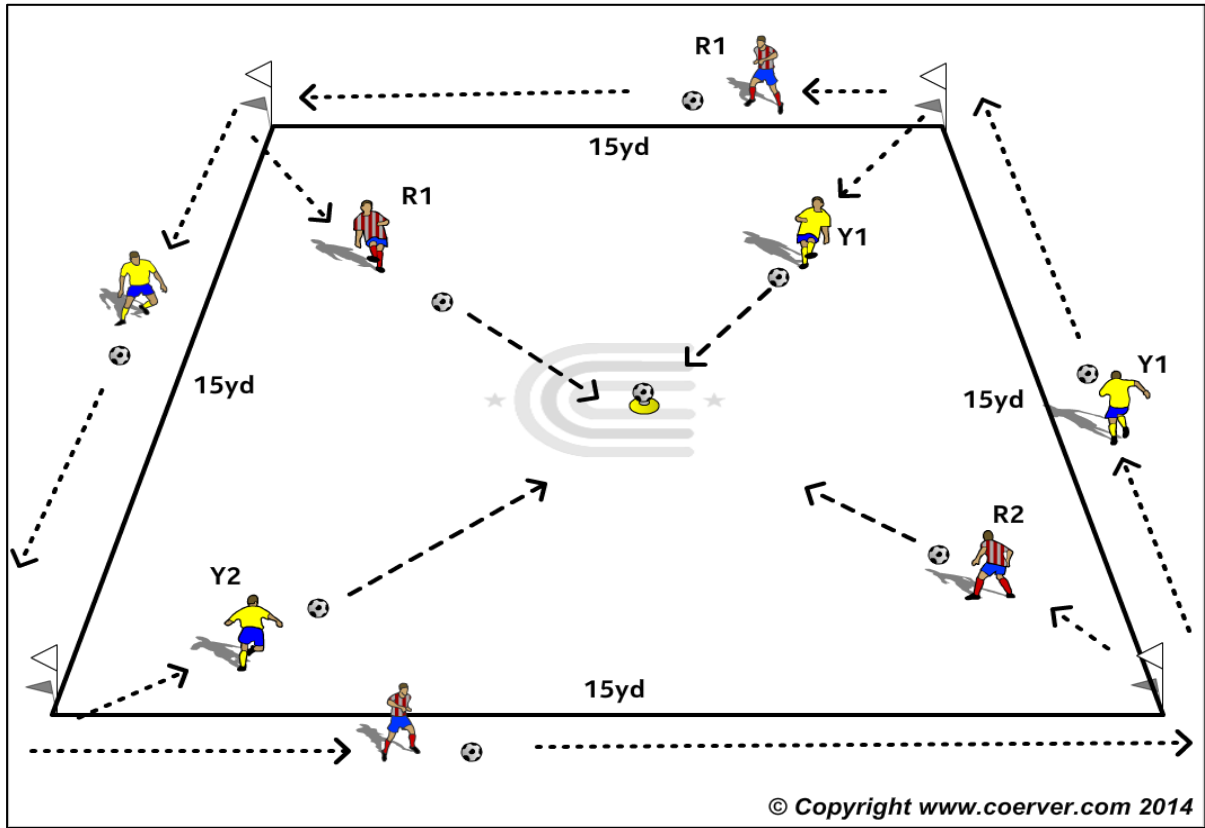
On completing the circuit and going around their starter cone they try to be first to knock the ball off the cone in the middle with their own ball.

COACH'S TIP. As players progress you can add two pull pushes on each side of the square .

PLAYER TIPS. Slow down a little just before you make a S& S Move.

DRILL 44 (V3)

THE PULL PUSH STEP ON



PURPOSE. To improve stops and starts

SET UP. A player with a ball on each corner of a 15 yard square.
A ball on a cone in the middle of the square.

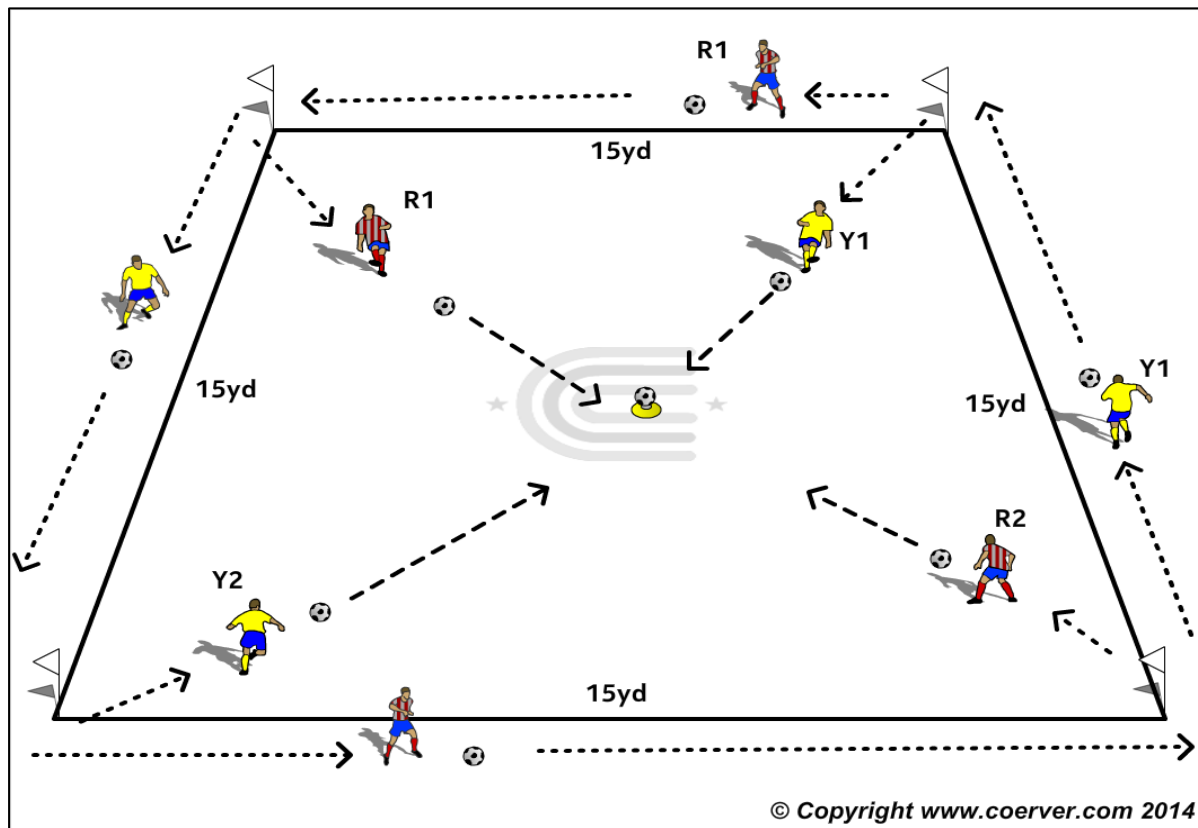
ACTION. On the Coach's signal each player dribbles at speed around the square making a **Stop and Start** Move in the middle of each side of the square.

On completing the circuit and going around their starter cone they try to be first to knock the ball off the cone in the middle with their own ball.

COACH'S TIP. For young or beginner players, instead of shooting at the target ball in the middle, they can dribble up to hit it..

PLAYER TIPS. The Pull Push Step On has to be done twice so you can go in same direction

DRILL 44 (V4) THE STEP KICK



PURPOSE. To improve stops and starts

SET UP. A player with a ball on each corner of a 15 yard square.
A ball on a cone in the middle of the square.

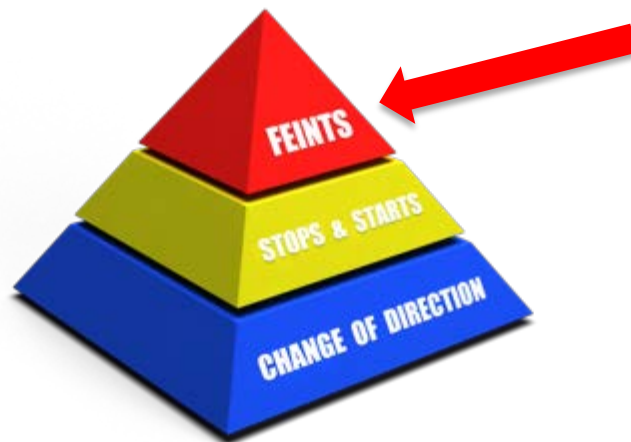
ACTION. On the Coach's signal each player dribbles at speed around the square making a **Stop and Start** Move in the middle of each side of the square.

On completing the circuit and going around their starter cone they try to be first to knock the ball off the cone in the middle with their own ball. **The S/S moves are:** 1. High Wave. 2. Pull Push. 3. Step Kick

COACH'S TIP. This Move need good "Ball Feeling" so the ball is not over hit

PLAYER TIPS. Don't jump on the ball when you are stepping on it.

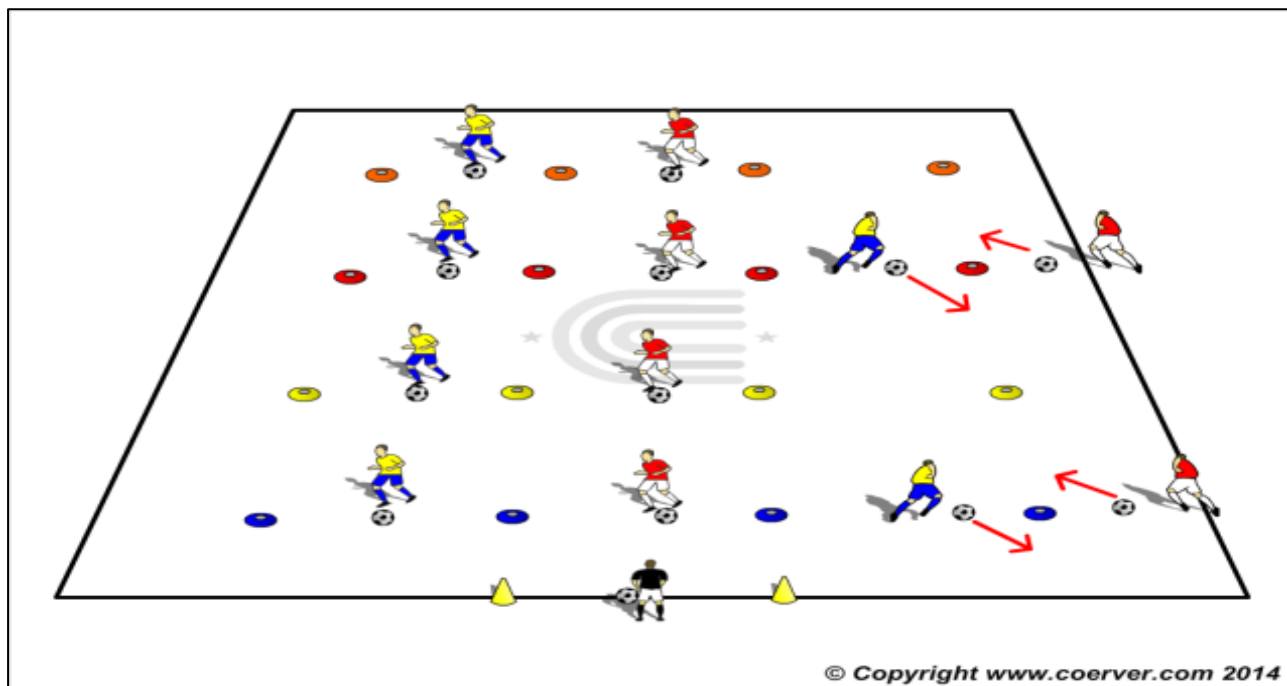
Feints



“Play Like Messi”

DRILL 45

STEP ONE: SKILL LEARNING



PURPOSE. To imprint skills by repetition

SET UP.

Players in pairs with a ball each standing 1 yard away from a cone (which is in the middle of the players).

ACTION.

Players do the Move on the coaches instructions, take the ball 45 degrees then end up facing each other waiting for next instruction to go

COACH TIPS.

This is a good way to first teach the Mirror Move “pairs”

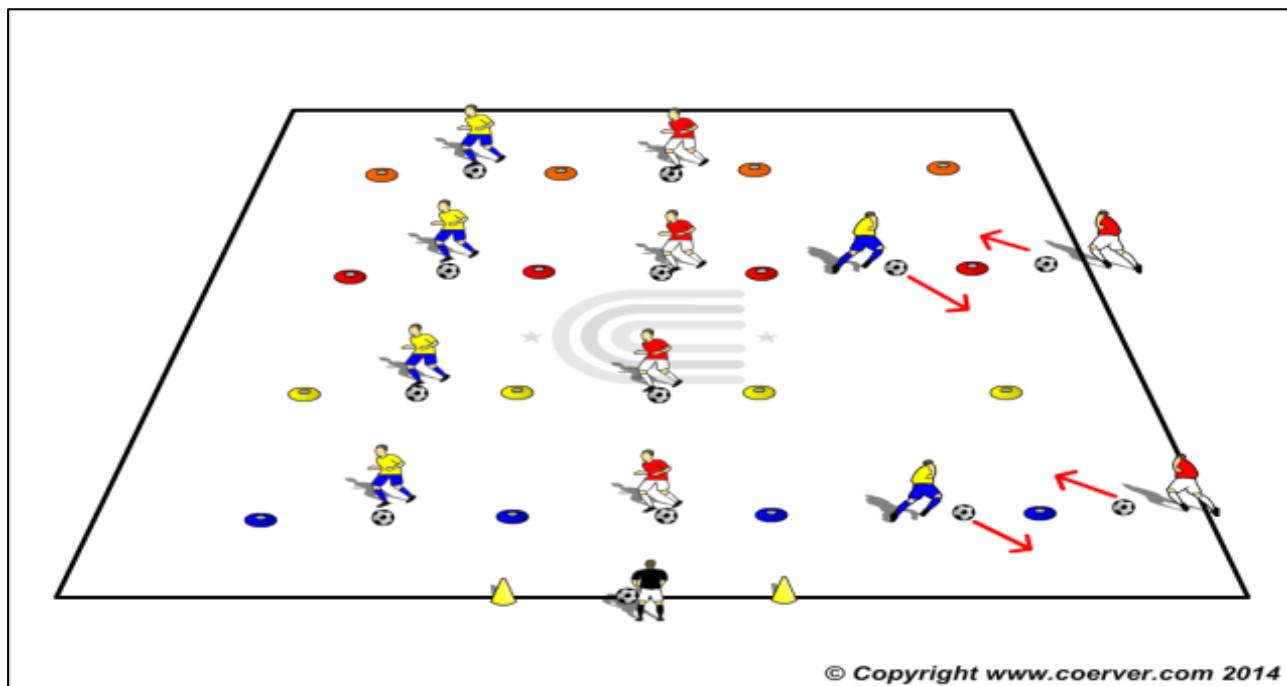
PLAYER TIPS.

Start slowly and then add speed and the movement is perfected.

DRILL 46

STEP ONE: SKILL LEARNING

(NEW DIAGRAM)



PURPOSE. To imprint skills by repetition

SET UP.

Players in pairs with one ball between each other standing 6 yards apart

ACTION.

Player with the ball passes and follow as limited pressure defender. Receiver makes a Move and goes past him, the sequence continues.

COACH TIPS.

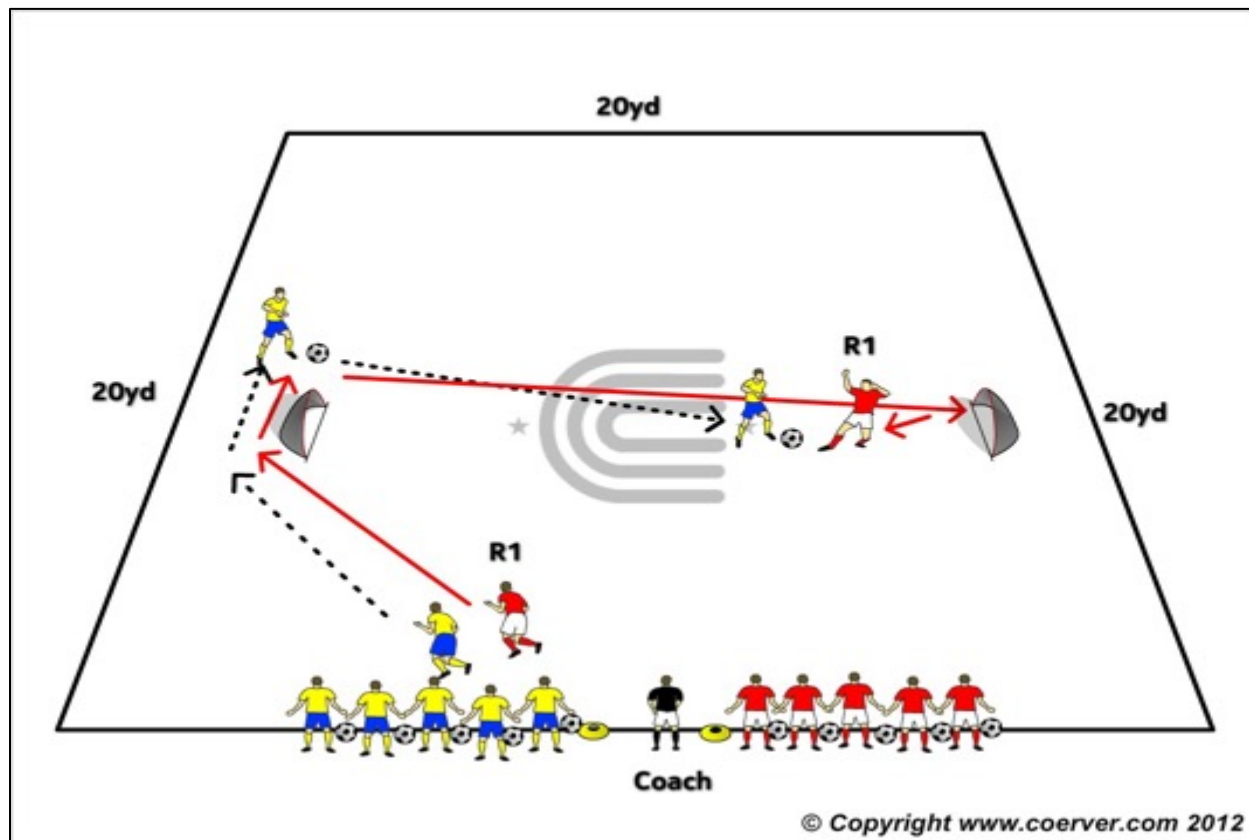
Make sure the limited pressure opponent doesn't challenge to slowly or too quickly

PLAYER TIPS.

Receiving player focus on a good first touch

DRILL 47 (V1)

STEP TWO: SKILL STRETCHING



PURPOSE: To improve Speed with the ball and use the 1 v 1 option if needed

SET UP: A 20 x 20 yard grid with two small goals 15-18 yds. apart in the middle of the field. Two teams with a ball to each player stand on the sidelines with the Coach between them.

ACTION: On the Coach's signal R1 sprints around the Yellow goal while Y1 dribbles around it. R1 sprints to his goal and touches it then turns to defend it against Y1 who tries to score on R's goal. If R1 wins the ball he can score in Y1s goal.

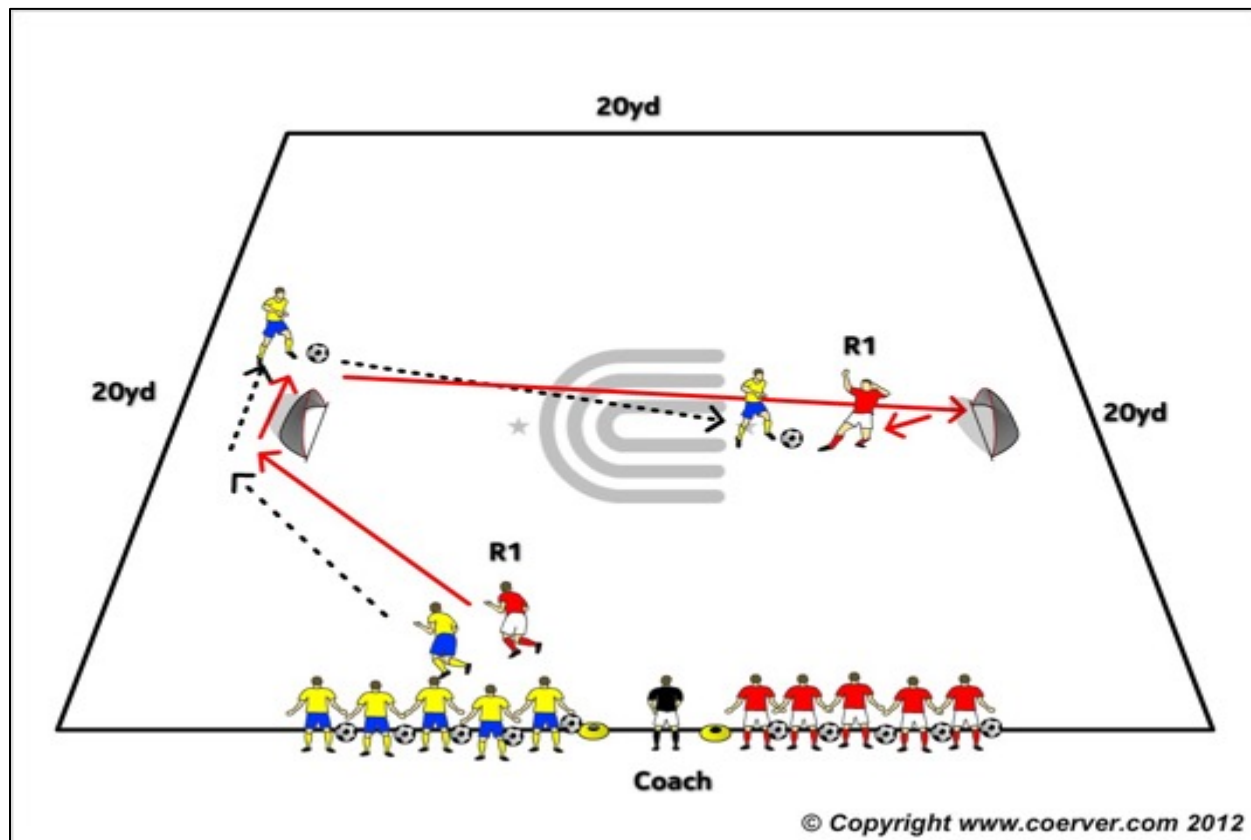
V 1:Defender run around tall cone behind goal

COACHES TIP: If too easy make R1 run around the goal giving runner with the ball more time.

PLAYER TIP: Don't give up if you lose the ball. Try to win it back.

DRILL 47 (V2)

STEP TWO: SKILL STRETCHING



PURPOSE: To improve Speed with the ball and use the 1 v 1 option if needed

SET UP: A 20 x 20 yard grid with two small goals 15-18 yds. apart in the middle of the field. Two teams with a ball to each player stand on the sidelines with the Coach between them.

ACTION: On the Coach's signal R1 sprints around the Yellow goal while Y1 dribbles around it. R1 sprints to his goal and touches it then turns to defend it against Y1 who tries to score on R's goal. If R1 wins the ball he can score in Y1's goal.

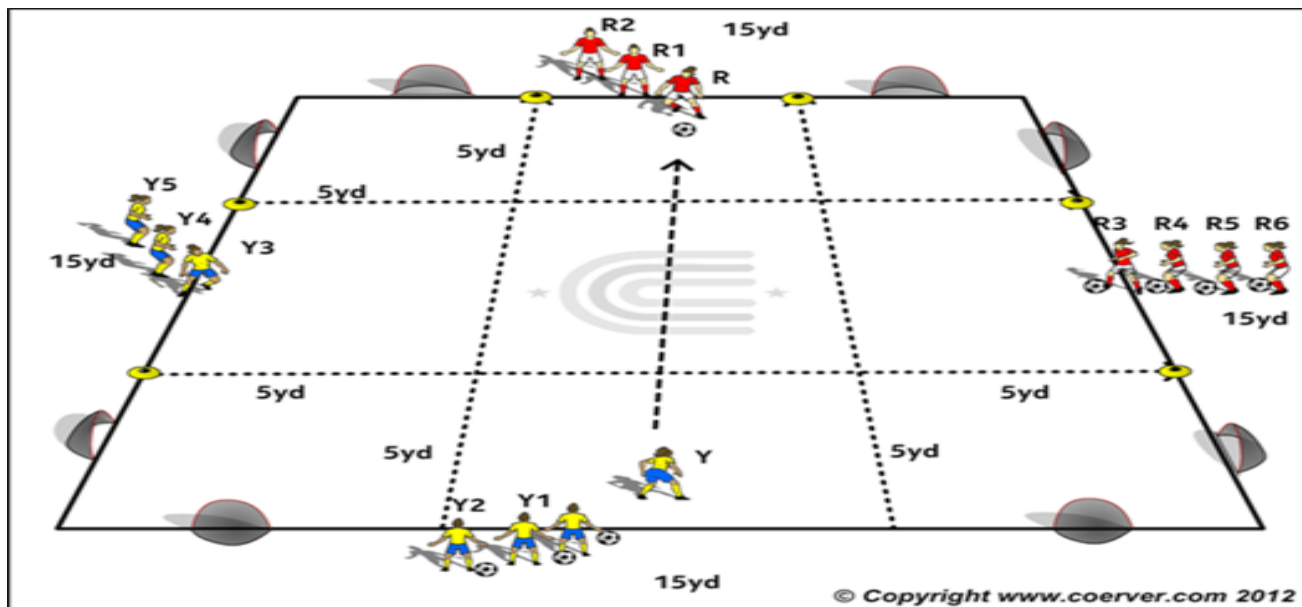
V 2: Defender touches bar, then defends

COACHES TIP: This is more likely to produce a 1 v 1, so encourage the players to use their Moves to make space to shoot

PLAYER TIP: Defender wins the ball they become an attacker

DRILL 48 (V1)

STEP THREE SKILL GAME



PURPOSE: To Improve decision making in 1 v 1 contest

SET UP. A 15 x 15yd grid wit two small goals on each sideline and and 5 yds. shooting lines in front of them.

Two teams equally split, one half of each team with a ball each and the others without one.

The players on one team with a ball each face the half of the other team that don't have a ball each and vice versa on opposite sidelines.

ACTION

A player with a ball passes to the other team's player on the opposite grid line and defends their goals.

If the defender steals the ball she/he can score on the opponents goals.

When one pair has finished the next pair on adjacent sidelines compete.

V 1: Alternate pass

The coach keeps team scores.

COACH TIP 1. Tell players one or two moves they must make before they can go for Goal. (Coach doing the players thinking)

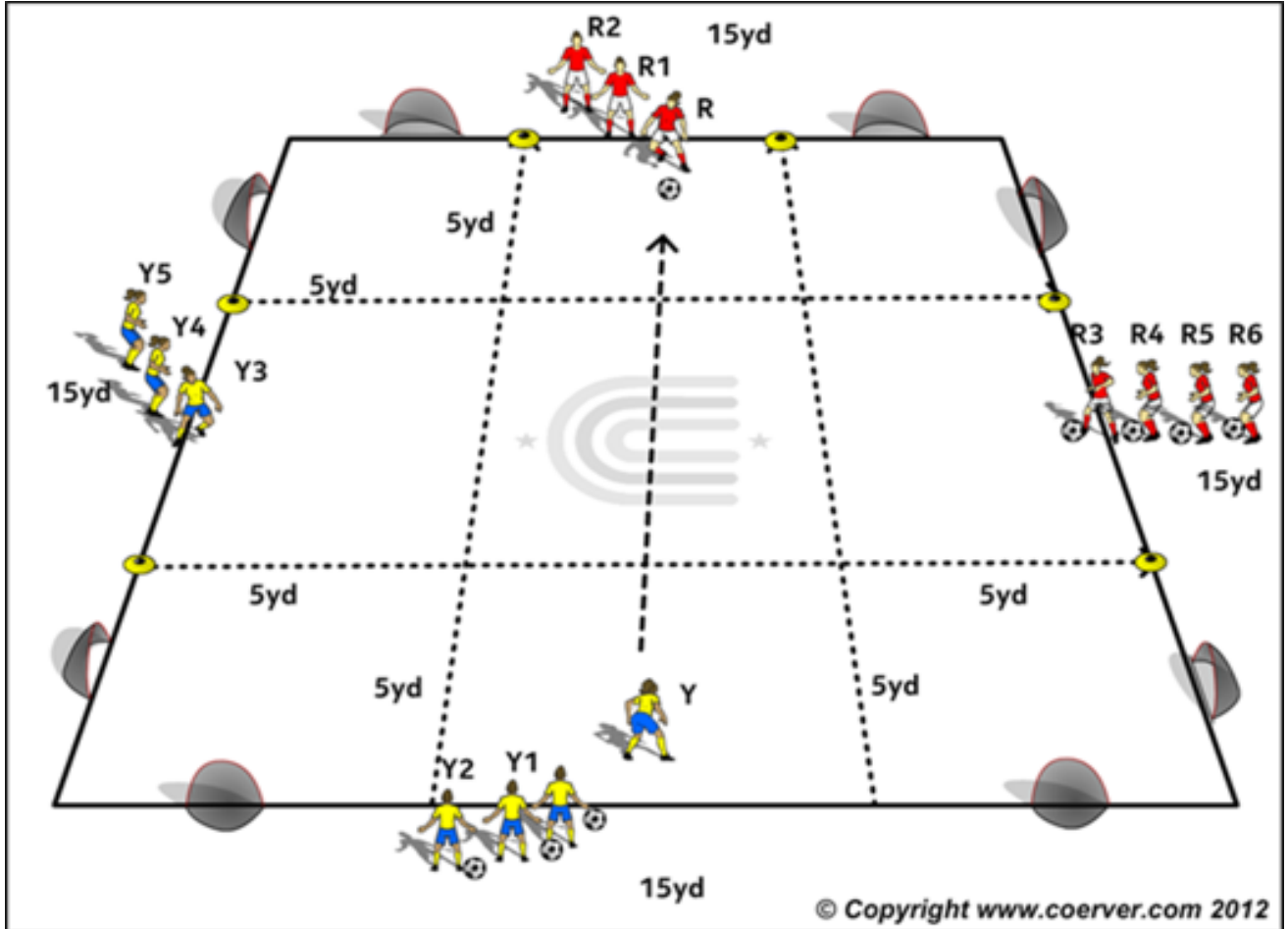
2. Ask players what moves they are going to make before going for goal. (Player doing his/her own thinking)

3. Allow free play

PLAYER TIP Try to keep the defender on his back foot. Use feints to get scoring opportunities.

DRILL 48 (V2)

STEP THREE SKILL GAME



Exactly the same as Drill 48 V 1 but this time the player with the ball both serve the ball at the same time

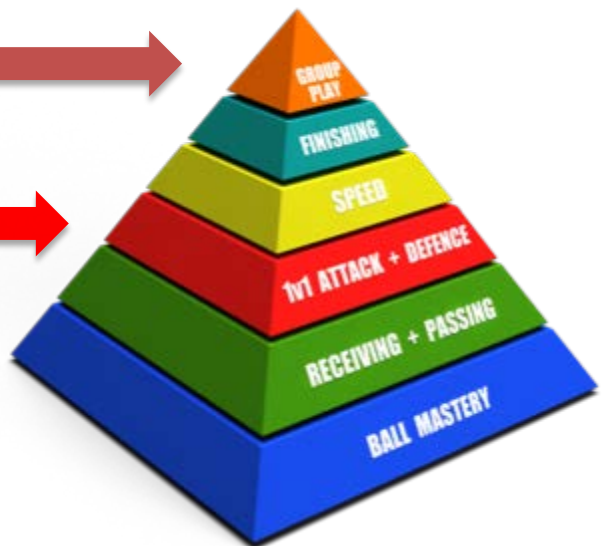
Take Overs

Step-On
Pull Push
Step Kick
High Wave



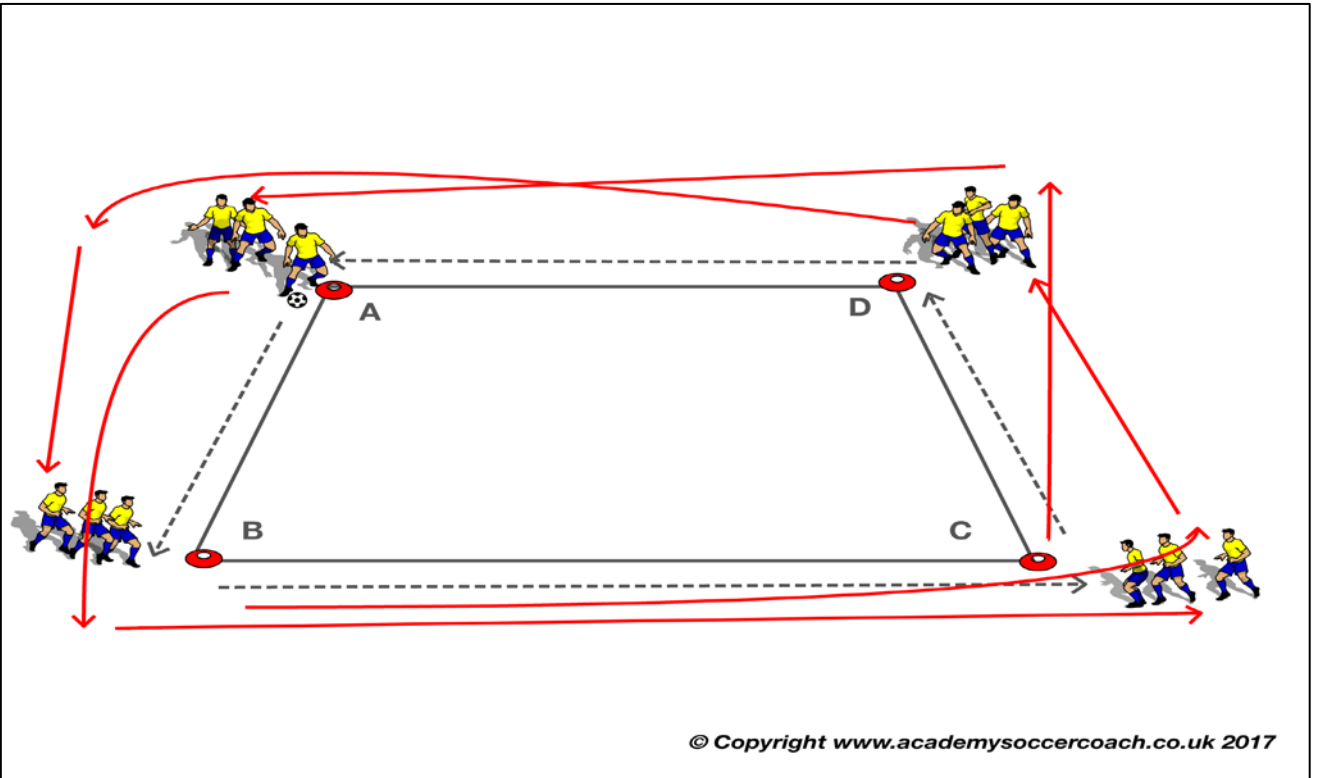
Wall Pass / Overlaps

Scissors
Side Step
Step-Over
Shimmy
Whip



DRILL 49 (V1)

COMBINATIONS



SET UP.

In a 20 x 12 yard rectangle.

ACTION.

B to C ,then overlaps C.

C to B .

B to D

D to A and sequence continues.

Players run to the end of the opposite line that they started facing.

COACH TIP.

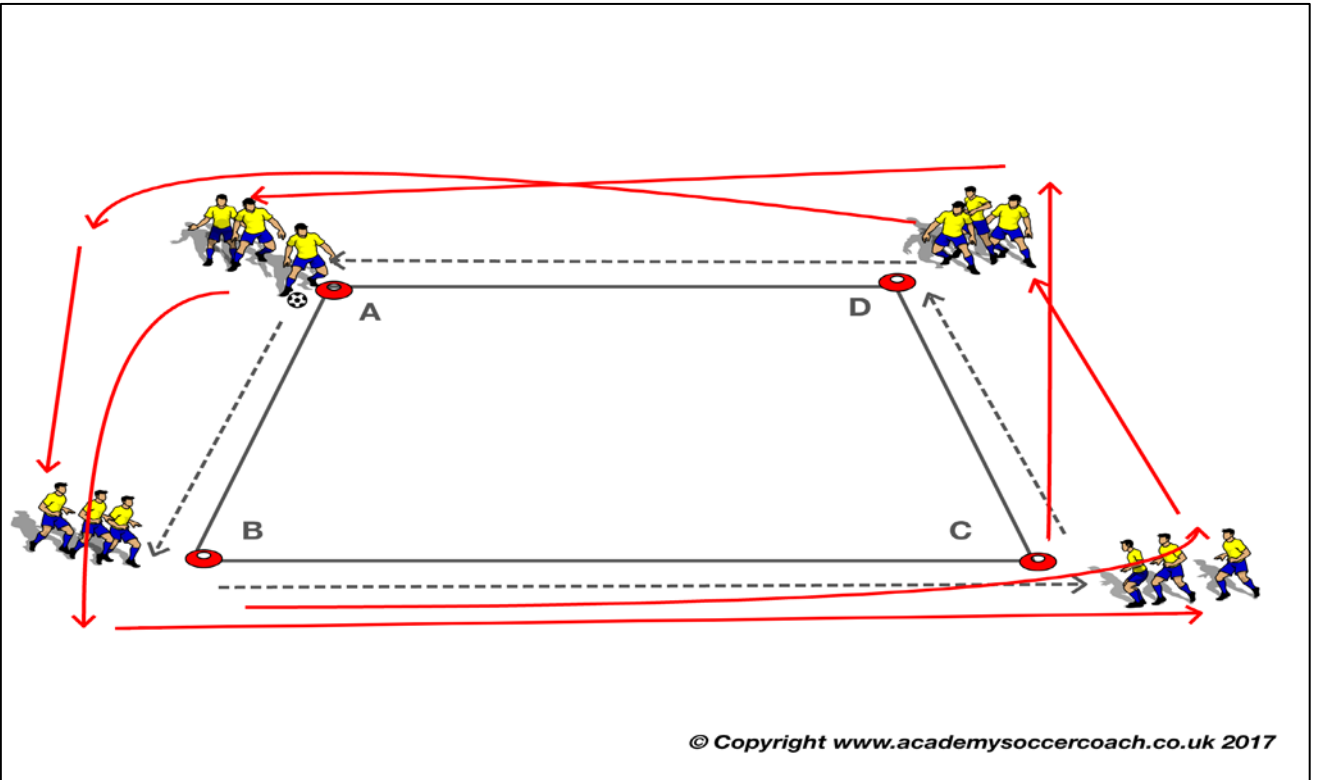
Player with the ball depends on communication at the right time from team mate
Start with one ball, then progress to 2 balls.

PLAYER TIP.

Sneak a look before you make the pass.

Sprint hard after the combination.

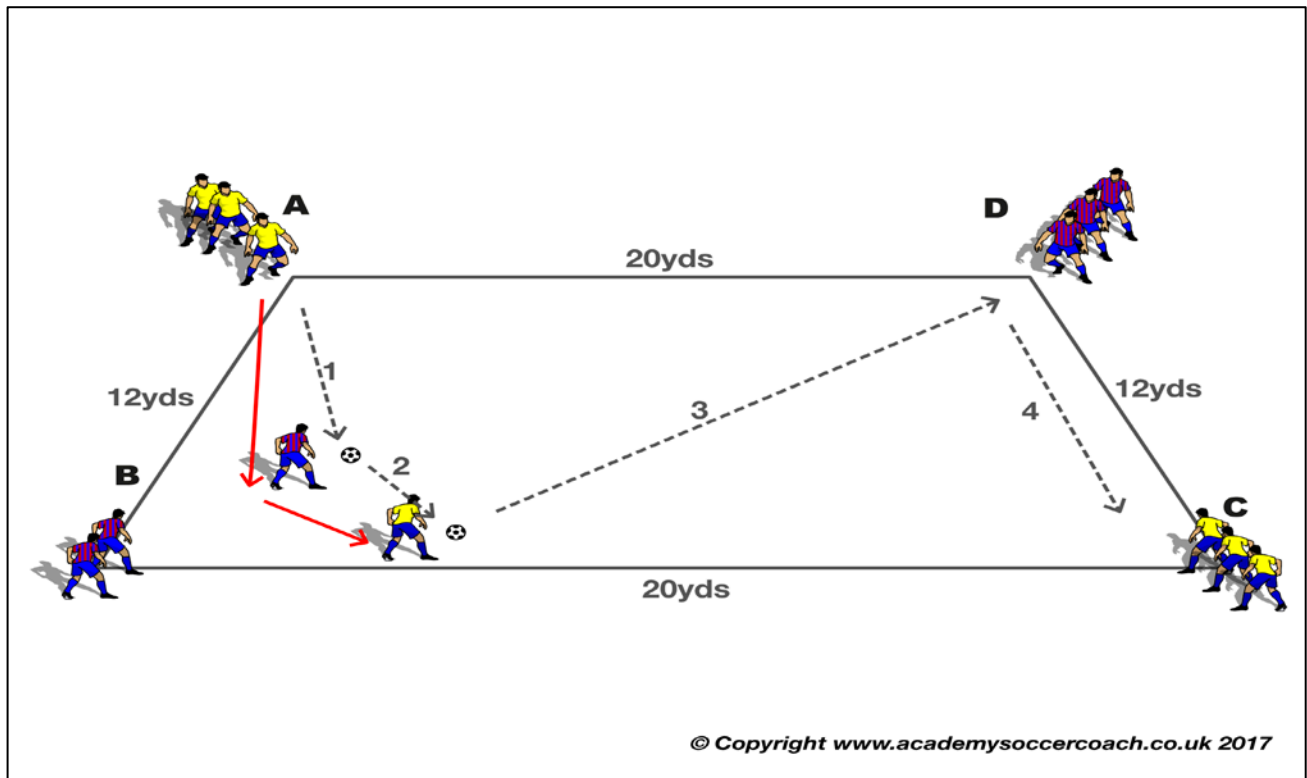
DRILL 49 (V2) COMBINATIONS



Same as Drill 49 V1 but now a ball at each end

DRILL 50

COMBINATIONS



SET UP.

In a 20 x 12 yard rectangle.

ACTION.

V. 1 : B to C ,then overlaps C.

C to B .

B to D :(B now passes ball to A who plays first time pass to D)

D to A and sequence continues.

Players run to the end of the opposite line that they started facing.

COACH TIP.

Player with the ball depends on communication at the right time from team mate

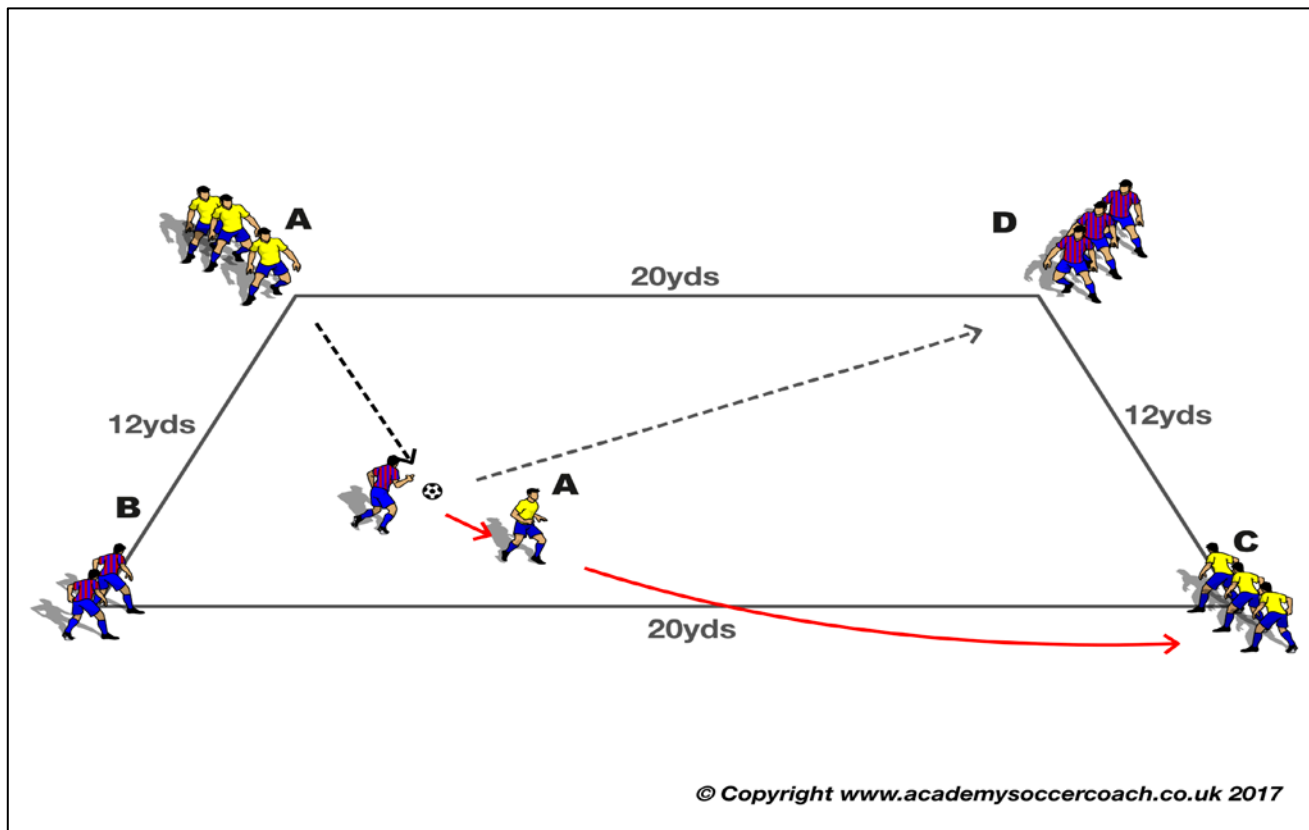
Start with one ball, then progress to 2 balls.

PLAYER TIP.

Make a firm pass, and keep the ball on the ground by leaning slightly over it.

DRILL 51 (V1)

COMBINATION PARTNERS



SET UP.

In a 20 x 12 yard rectangle.

ACTION.

B to C ,then overlaps C.

C makes a Move instead of passing to the overrapper and passes across the field to D

V 1: Take Over

COACH TIP.

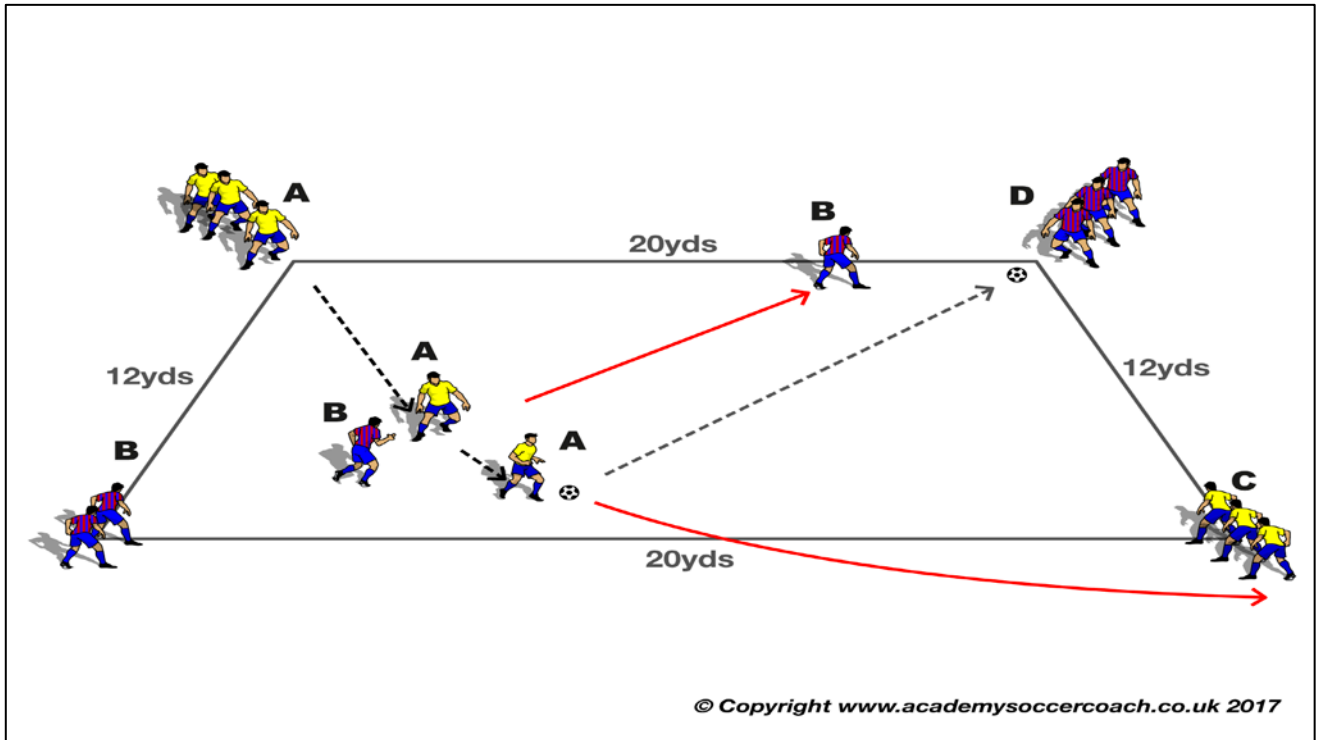
Get players to communicate loudly

PLAYER TIP.

Player run across your team mate so you hide the ball from any opponent

DRILL 51 (V2)

COMBINATION PARTNERS



SET UP.

In a 20 x 12 yard rectangle.

ACTION.

B to C ,then overlaps C.

C makes a Move instead of passing to the overlapper and passes across the field to D

V 2: Fake Take Over; Stop/Start Move

COACH TIP.

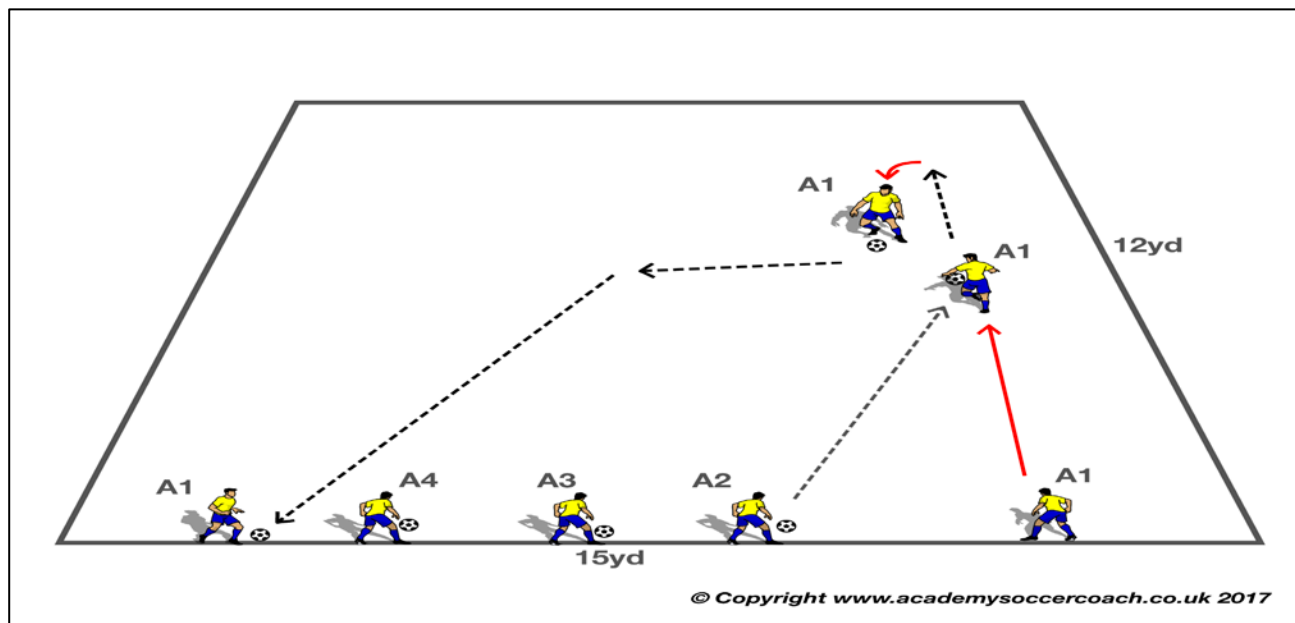
You can progress to player deciding if they stop the ball for their team mate to take over or take it them selves

PLAYER TIP.

Overlapper call at the right time, as a signal for the player on the ball to make his/her Move.

DRILL 52 (V1)

THE OPTION, 1 V 1 GOING IT ALONE



PURPOSE. Learning the Combo partner Move by repetition

SET UP. Players in 4's, three with a ball, the first player no ball.

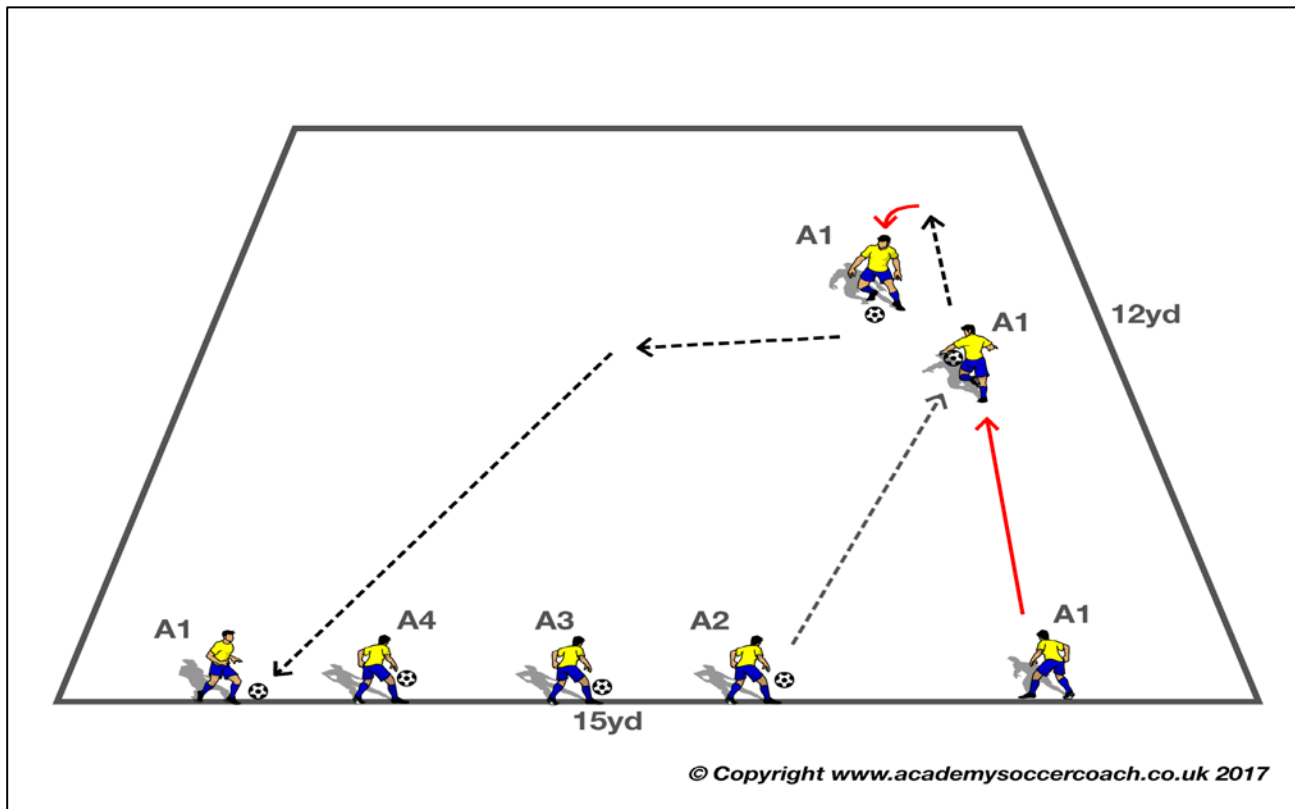
ACTION. First player with the ball passes to team mate without the ball, who takes one touch, makes a C.O D, then make a Move, and accelerates to the end. The sequence continues.

COACH TIP. Have players in groups of 4 for a fast work rate but making sure techniques are sound. At first designate the moves to be used. But then ask the players to choose and to mix up the moves up as they go.

PLAYER TIP. Look for a quick COD Move and Feint early after the turn. Try for a different Feint or COD on each attempt.

DRILL 52 (V2)

THE OPTION, 1 V 1 GOING IT ALONE



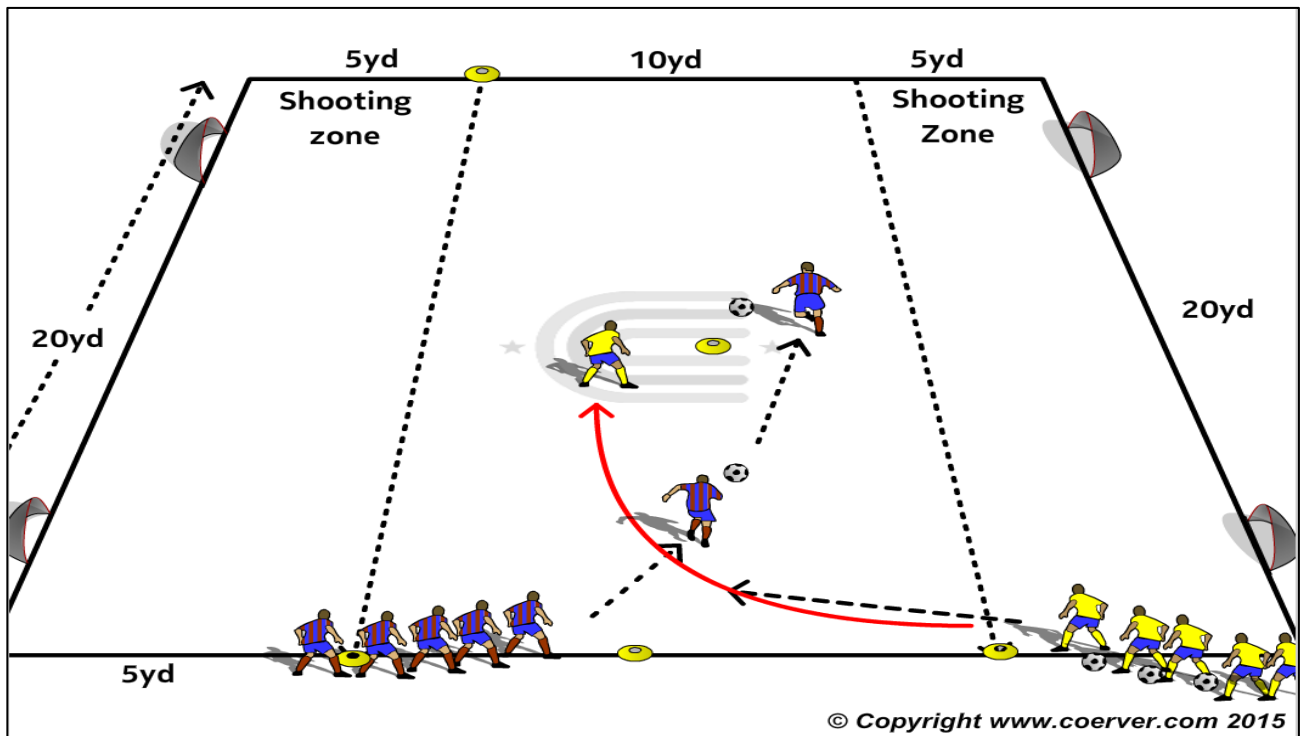
Same as Drill 52 V1, but now the players try the Mirror of the Drag push, the Drag Side step

The diagram illustrates a soccer drill titled "A2 Limited Pressure Defender." It is set within a trapezoidal field. At the bottom, five players are positioned, each with a ball. From left to right, they are labeled A1, A4, A3, A2, and A1. A dashed line extends from the first A1 on the left towards the center. A yellow arrow points from the A2 player towards the center. A red arrow points from the A1 player on the right towards the center. In the center-right area, two players are shown in a dynamic pose, with one labeled A1 and the other A2. Dashed arrows indicate movement paths from these central players towards the top and left. The right side of the field is labeled "12yd" and the bottom is labeled "15yd".

Same as Drill 53 V1 but this time passing player becomes limited Pressure Defender

DRILL 54 (V1)

THE OPTION, 1 V 1 GOING IT ALONE



PURPOSE. To create shooting chance through speed or Moves.

SET UP. A 20x20yd field with two mini goals at opposite ends of field with 5 yd. shooting zones marked by cones and a center point about 12 yds. from goal marked by a cone. Two teams positioned on the same side of the field. The Defenders, Yellows, with a ball each approx. 18 yds. from the goals Red will attack. Reds are approx. 10 Yds. from the goal line.

ACTION. Yellow passes to Red and overlaps Red to defend the two goals on the line farthest from Yellow.

Red must speed dribble to at least the mid point cone then when past the cone can attack either goal and must get inside the 5yd shooting Line to score.

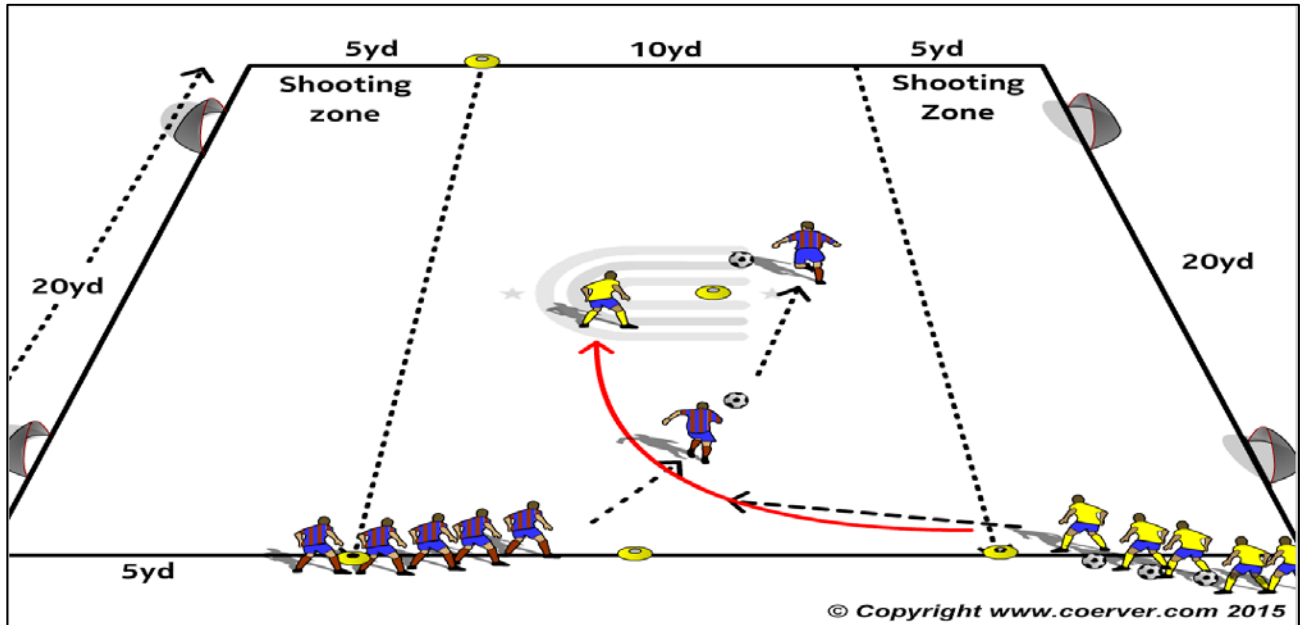
Defender can not cross the line

COACH TIP. Encourage players to use speed alone if they can be successful .

PLAYER TIP. Use Stop & Start moves to gain an advantage. If confronted use your feint Moves to create space on either side of Defender.

DRILL 54 (V2)

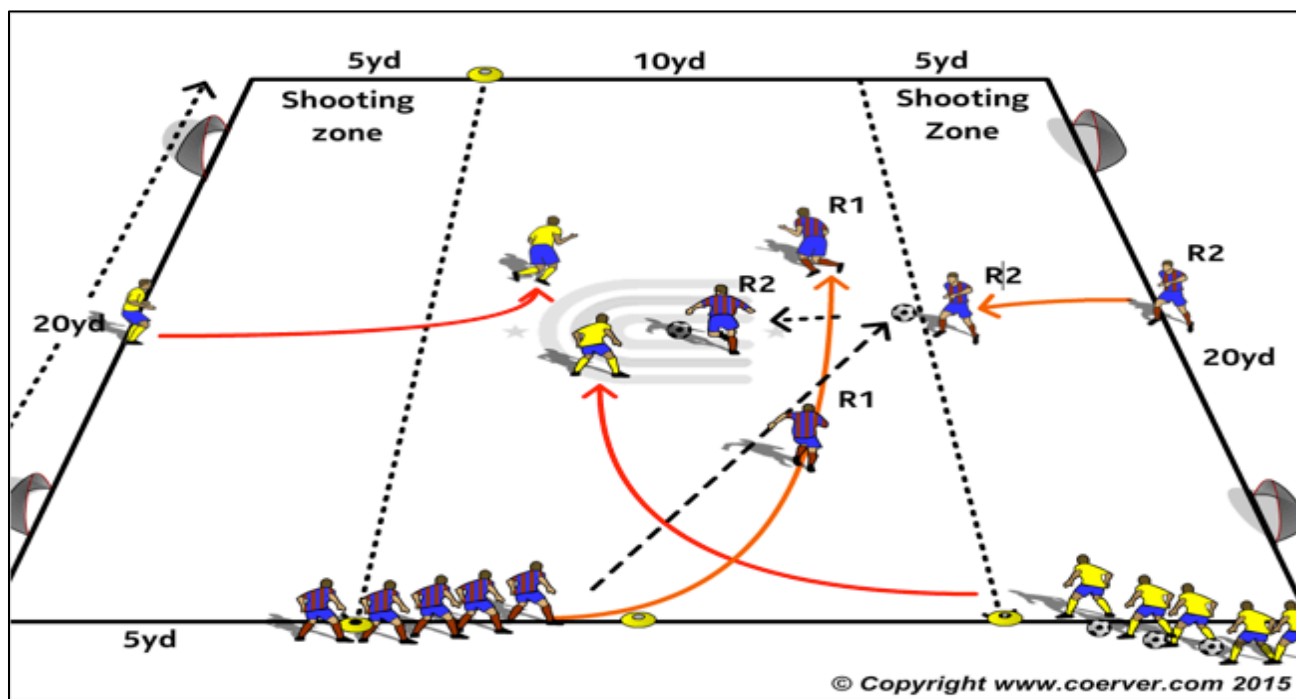
THE OPTION, 1 V 1 GOING IT ALONE



Same as Drill 54 V1 but now the defender can cross the line.

DRILL 55

THE OPTION: COMBINE OR GO ALONE



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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 mini 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 mini goals but must get inside the 5yd shooting zone to shoot.

COACH TIP. Encourage players to use speed alone if they can be successful.

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