

# PRACTICAL SIX

Developing our Team Style

Attacking

# PART ONE

## QUICK COMBINATION PLAY

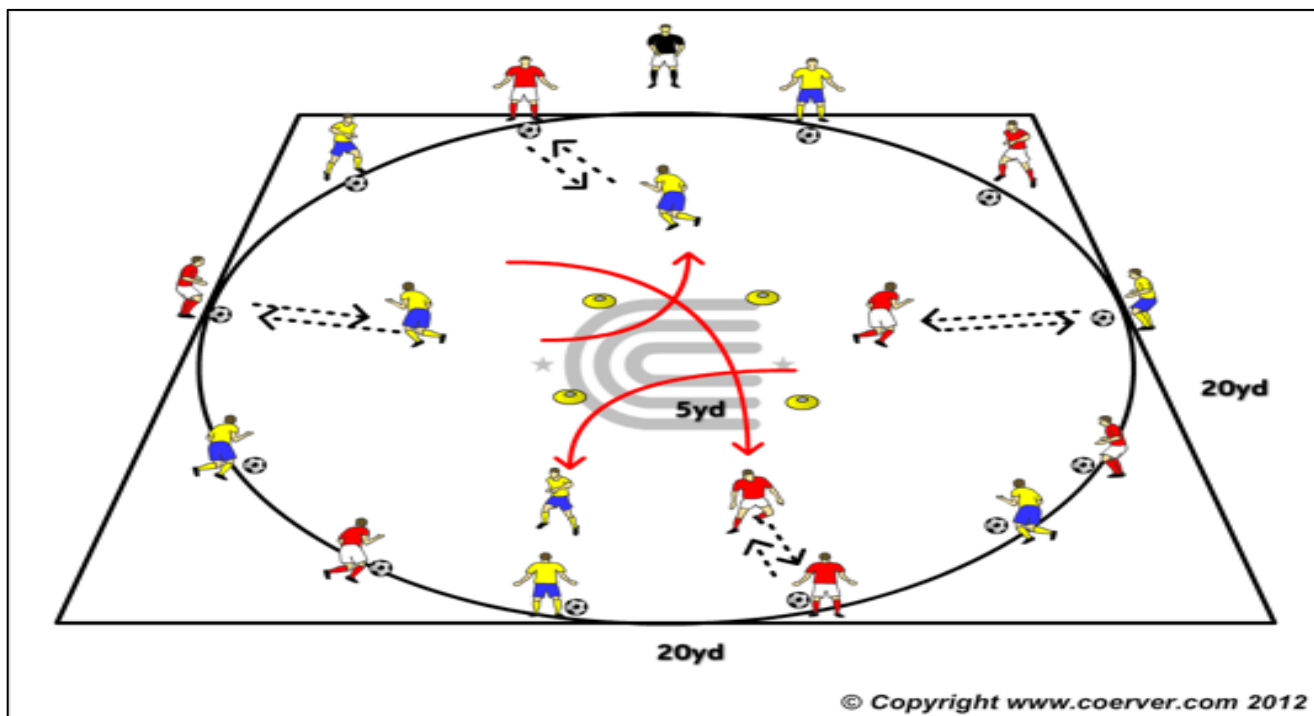
Theme: "Play Like Barca"



This session focuses on Coerver ® Drills and Games that encourage: **Quick Combinations to keep possession**



# DRILL 56 (V1)



**PURPOSE.** To Improve Quick Combinations

**SET UP.** Players with a ball each in a 24 yds. circle with a 5 yard square marked in middle. 4 players in middle zone.

## **ACTION.**

Middle player plays a 1-2 pass to the perimeter player then sprints through the middle zone, bends his run towards another perimeter player and another 1-2 pass.

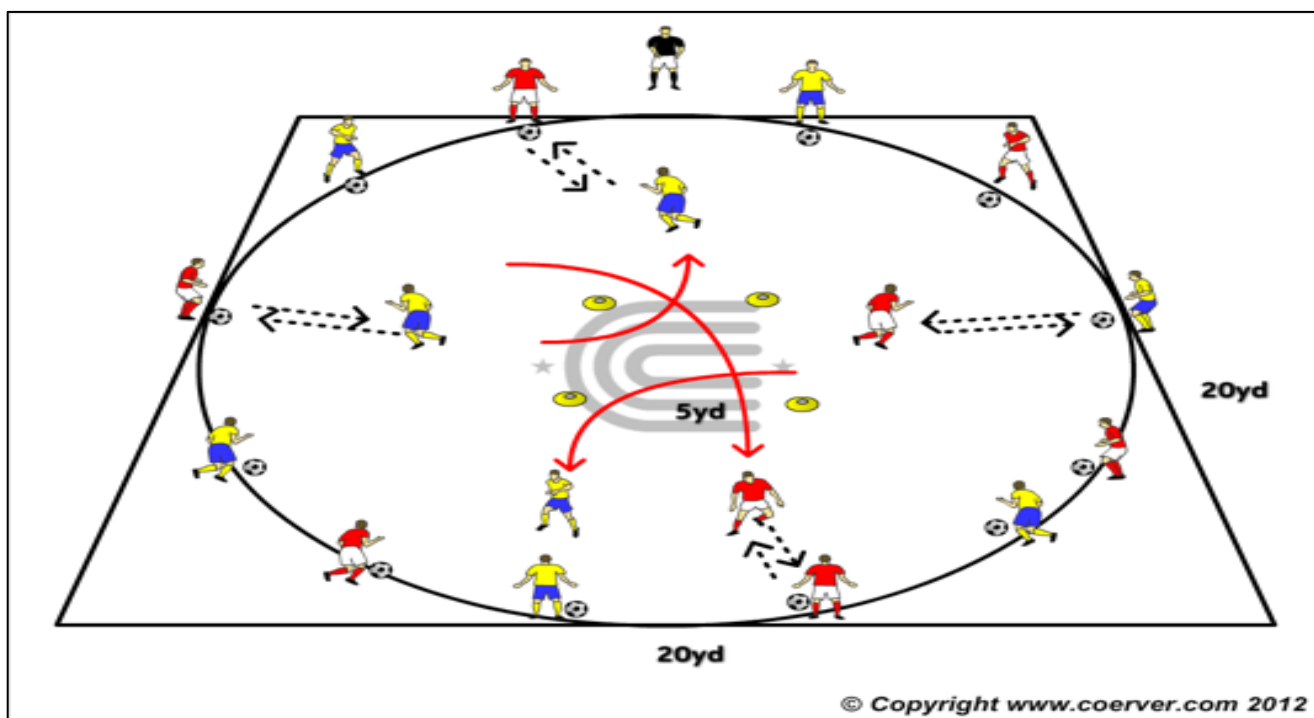
Middle zone players must count the passes they complete in 45 seconds.

**Variations possible** . 1.One touch push pass with inside. 2.Take outside, pass inside of same foot. 3.Take across body with inside of foot and pass with inside of opposite foot.. 4.Take with inside of foot & pass with outside of same foot. 5.Volley inside of foot. 6.Cushion header then return. 7.Chest and head. 8.Knee trap & half volley. 9.Chest trap & half volley. 10.Juggle twice with inside of both feet and volley back.

**COACH'S TIP.** Keep only 2/ 4 players in the middle so that others can rest between efforts. Increase or decrease the allotted time for each exercise to make it easier or harder.

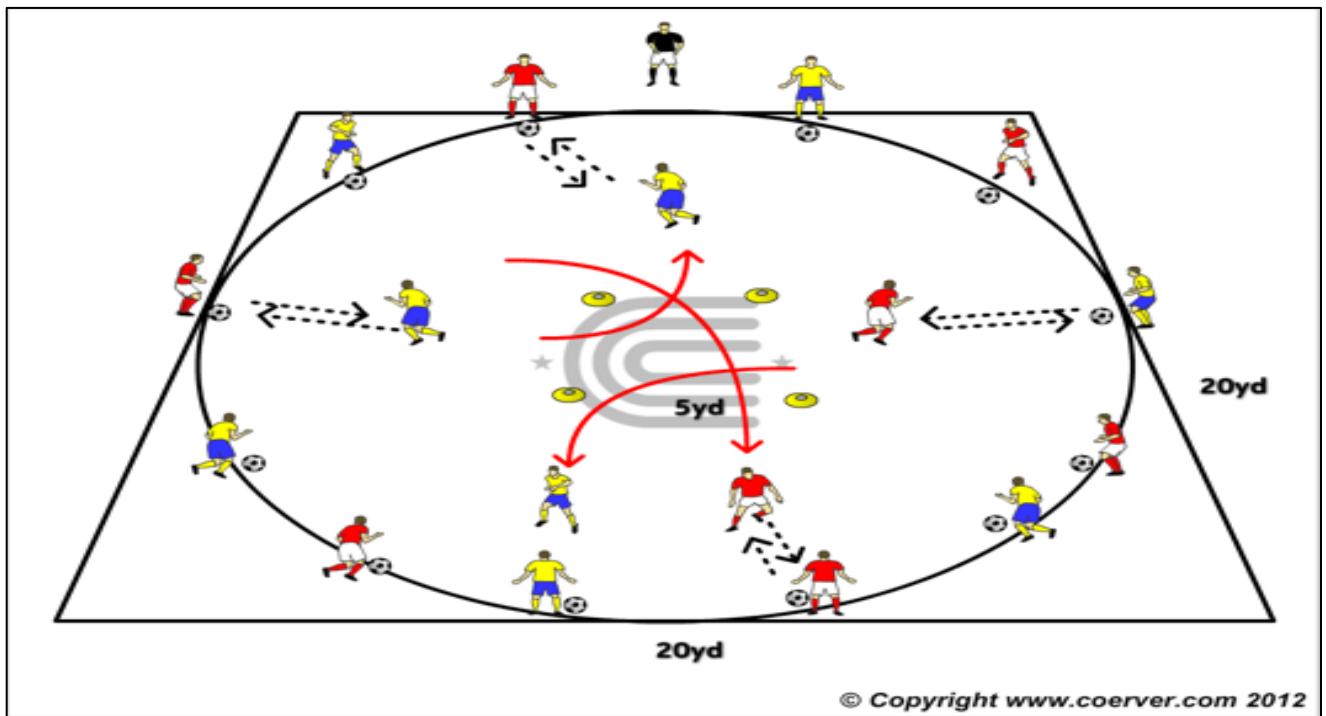
**PLAYER TIPS.** Middle players must call for the ball. Perimeter players should wait for the call before passing.

# DRILL 56 (V2)



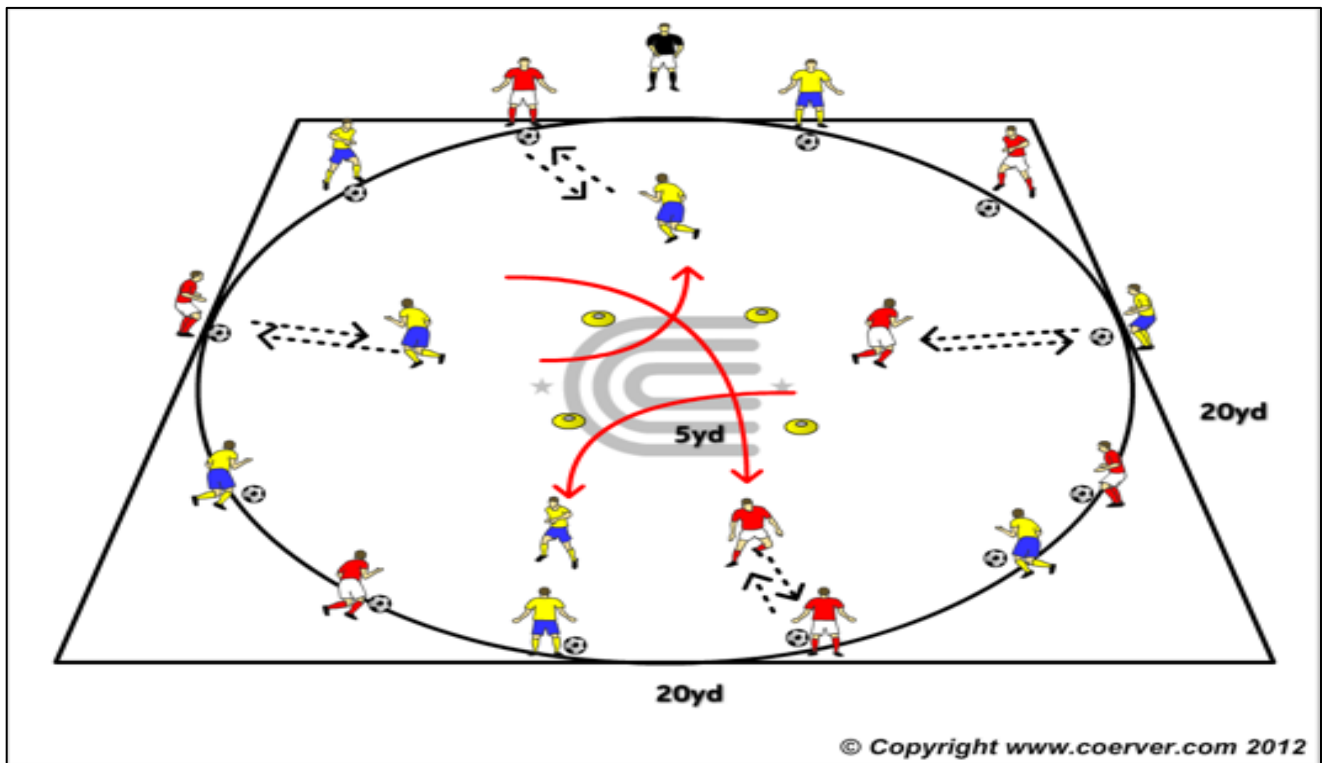
Same Drill as 56 V1 but now two touch pass

# DRILL 56 (V3)



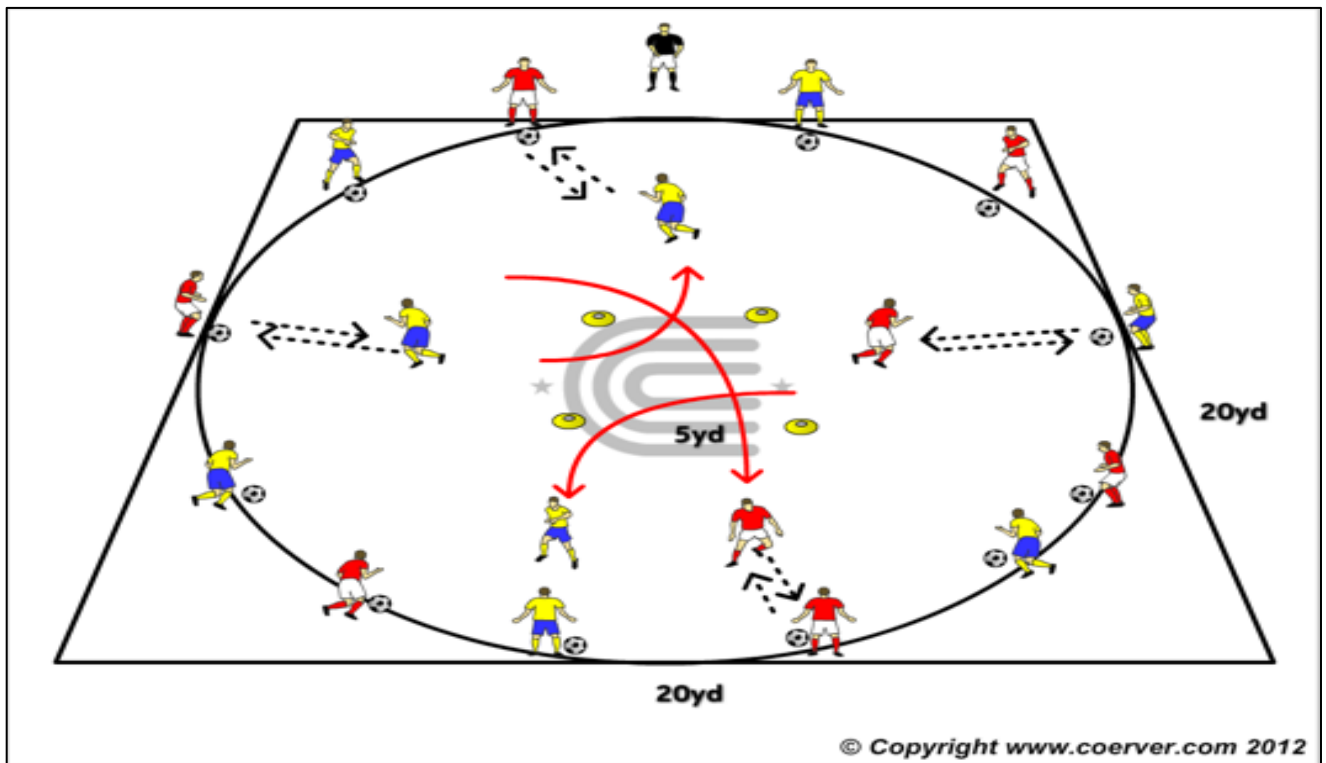
Same as Drill 56 V1 but now receiving player lets the ball run through his/her legs , then gets the ball and passes back

# DRILL 57 V1



Same Set Up as Drill 56 V1 but now the two middle players work together. The receiving player passes ball the his team mate who then passes back to end player

# DRILL 57 (V2)



**PURPOSE.** To Improve Quick Combinations

**SET UP.** Players with a ball each in a 24 yds. circle with a 5 yard square marked in middle. 2 or 4 players in middle zone. Players play in two's

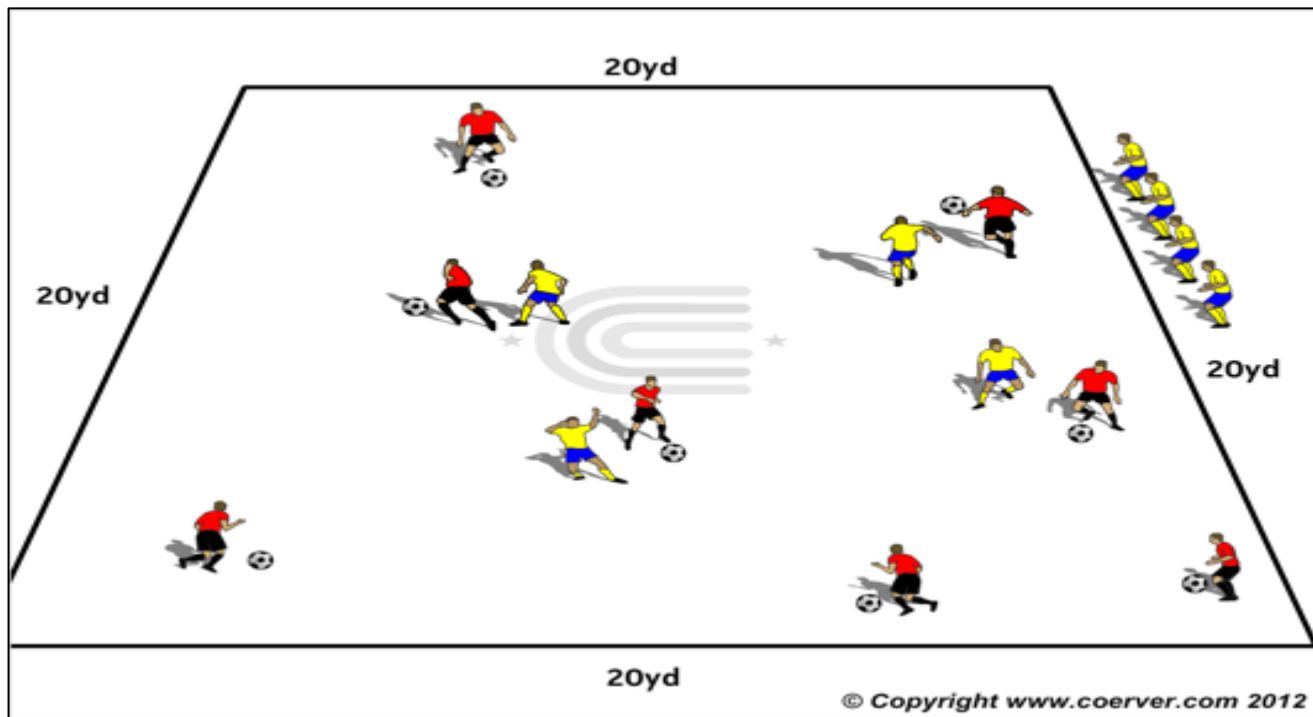
## **ACTION**

Receiving player dummies let's the ball between his legs , his partner plays a one two with him and passes to perimeter player.

**COACH'S TIP.** Change receiving lead player each 20 seconds

**PLAYER TIPS.** Call right or left, to your teammate in front, since he can't see where you are

# DRILL 58



**PURPOSE.** To improve keeping possession with quick combinations

**SET UP.** A 20x20yd grid. Two teams of 6/7 players.

One team with a ball to each player dribble in the grid while the the defenders are positioned on a side line.

**ACTION.** On the coach's signal the defending team sends in 3 or 4 players to knock each ball outside the area. A dispossessed attacker stays on the field and combines with his team mates to keep possession of the balls that are left.

Defenders change on the fly and the coach times how long it takes the defenders to get all balls out of the grid. Outside target goals can be added for the defenders to "counter attack" into if they win the ball. Teams change roles. The team that keeps the ball in play longest wins.

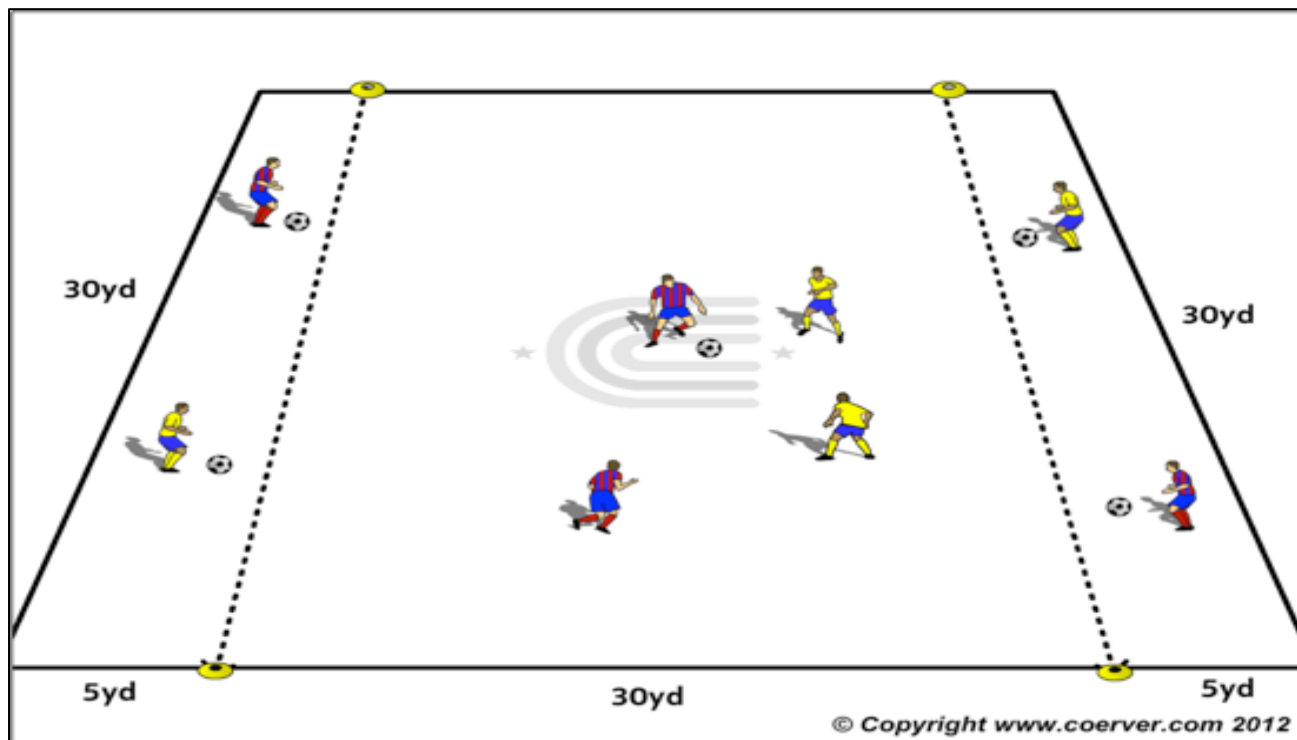
**COACH'S TIP.** Play several games then adjust the numbers of defenders to your players abilities.

**PLAYER TIP.** Defenders play intensely and change quickly with your teammates on the sideline, when you tire.



# DRILL 59

## FAST BREAK ATTACK



**PURPOSE.** To Improve forward fast break attacks.

**SET UP.** In an area 30/40 x 25/30 teams play 2v 2 or 3v3 in the middle zone. End players have a ball each.

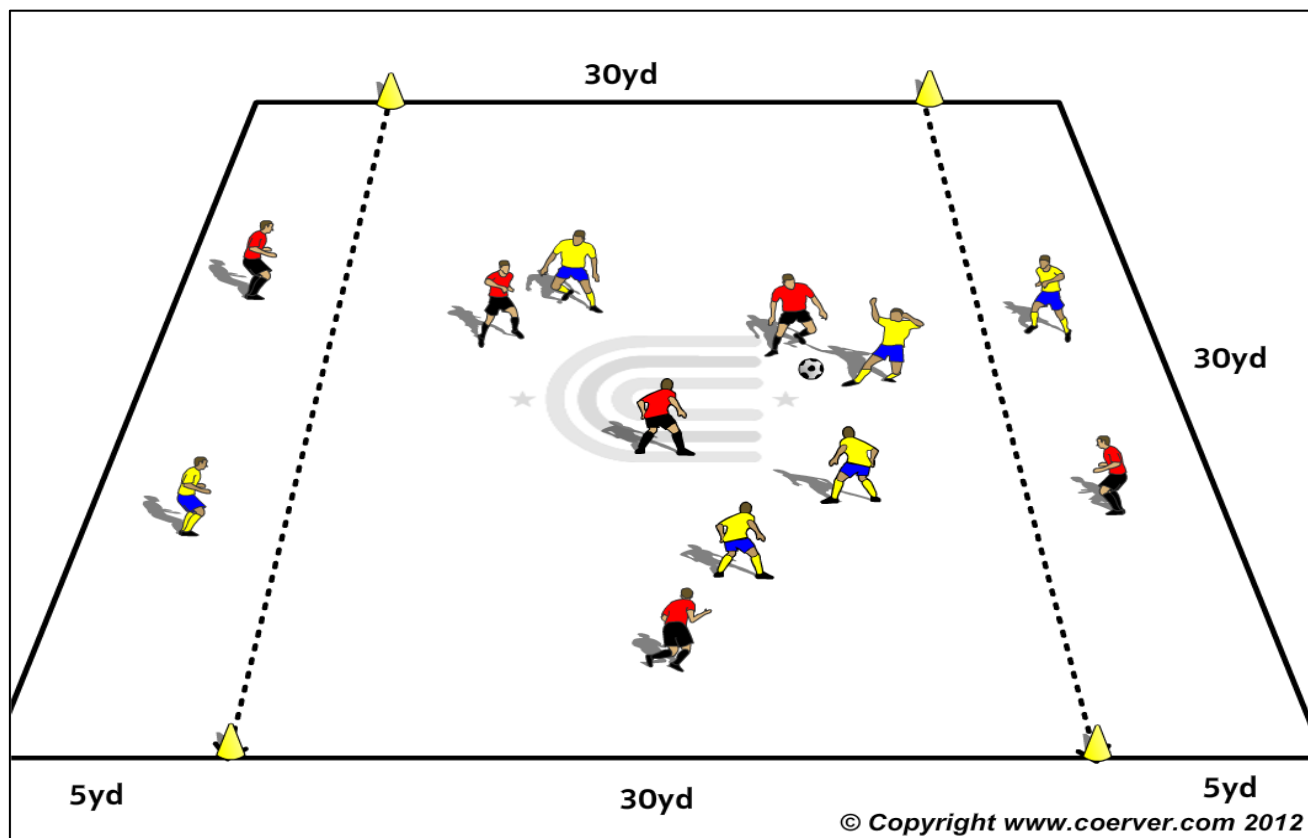
**ACTION.** Middle team players try and run the ball into either end zone releasing their own end zone player who enters the field with his ball. Player can combine with Team mates or dribble all the way across the midfield area.

**COACH'S TIP.** Adjust the areas according to the ages and abilities of your players. Smaller areas for younger players. Bigger for more mature players.

**PLAYER TIPS.** Mid field players always look to probe for an opening to run with the ball. End zone players always be ready to go immediately. If there is no space then be prepared to combine with team mates to pass and protect the ball until together you can create an end line opportunity.

# DRILL 60

## FAST BREAK ATTACK



**PURPOSE:** To improve possession and killer pass abilities.

**SET UP.** A 40 x 30 area with two 5yd passing zones at each end of the 40yd length. Teams of 6 or 7 players.

**ACTION.** Teams have one player in each of the passing zones and the rest play 3 v 3, 4v4 in the middle 30 x 30yd zone.

The Middle players combine and try to pass to end zone player and switch with that player and the released player tries to take the ball or combine with team mates to release team mate in opposite passing zone.

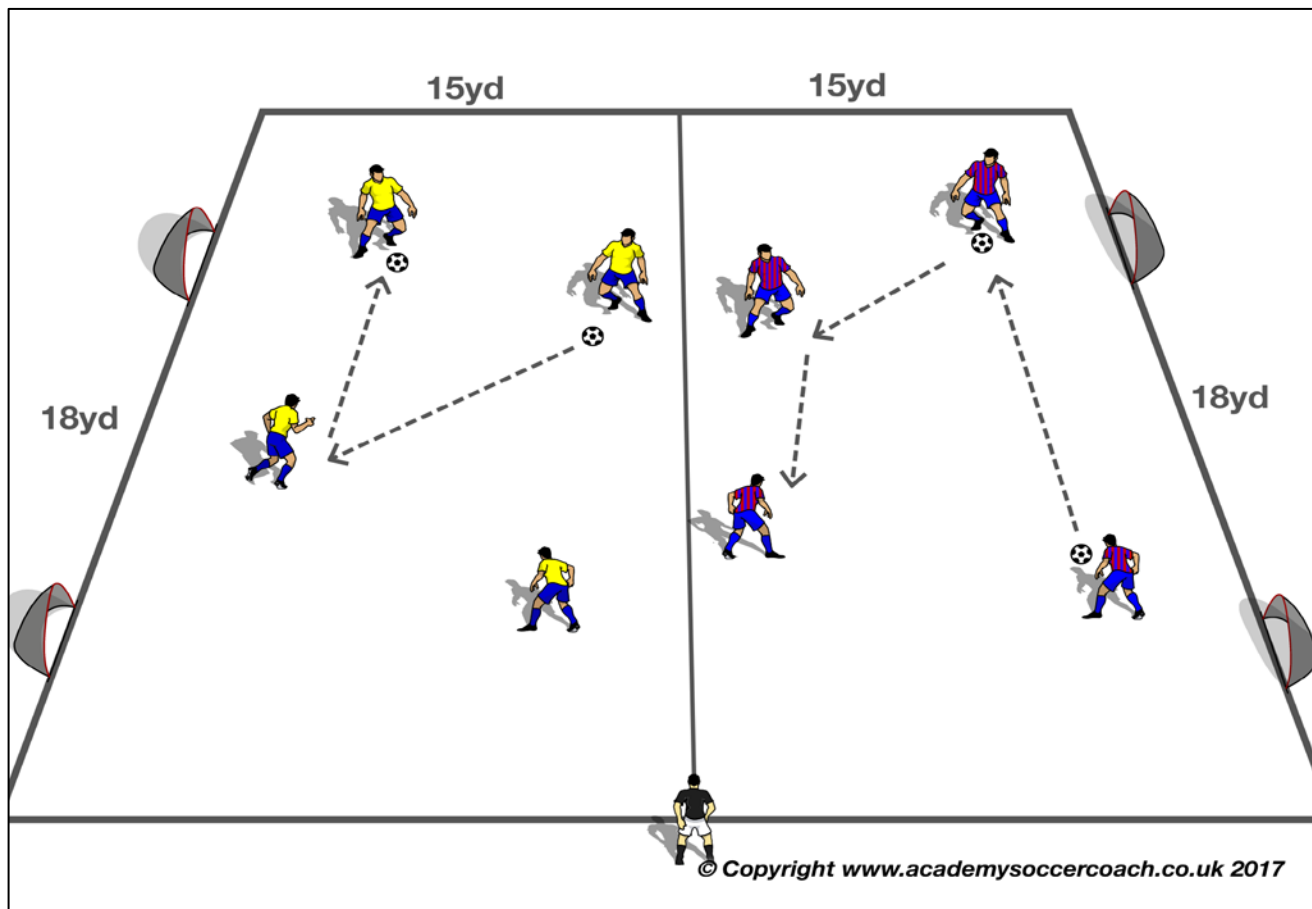
Balls going out of play go to the pressing team.

**COACH'S TIP.** Encourage good pressing to stop the passing zone player having an easy exit.

**PLAYER TIP.** Look for the forward pass, but if it is not on, be patient and keep possession and probe for an opportunity for a Killer pass.

# DRILL 61 (V1)

## FAST BREAK ATTACK



**PURPOSE:** To improve Fast break Attack.

**SET UP.** 18 x 30 area with two mini goals each end..  
Teams of 4 players.

**ACTION.** Each team has a ball, after 5 passes the teams have to fast break into opposite end , first team to score wins

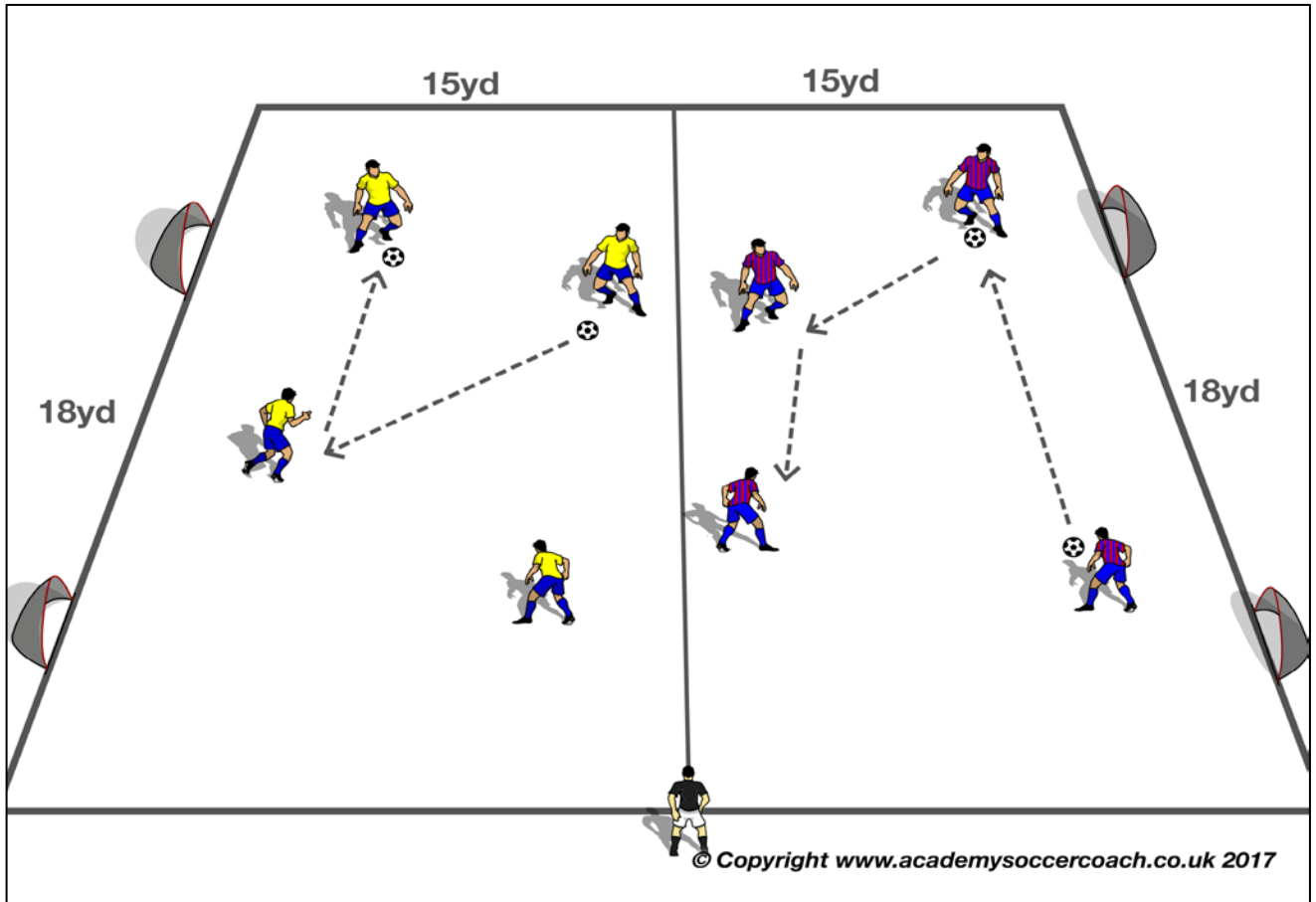
**V 1:** 5 Wall passes

**COACH'S TIP.** You can increase number of passes. You can add overlap passes

**PLAYER TIP.** Try to play side on so you can see all the field

# DRILL61 (V2)

## FAST BREAK ATTACK



**PURPOSE:** To improve Fast break Attack.

**SET UP.** 18 x 30 area with two mini goals each end..  
Teams of 4 players.

**ACTION.** Each team has a ball, after 5 passes the teams have to fast break into opposite end , first team to score wins

**V 2:** 5 Overlaps

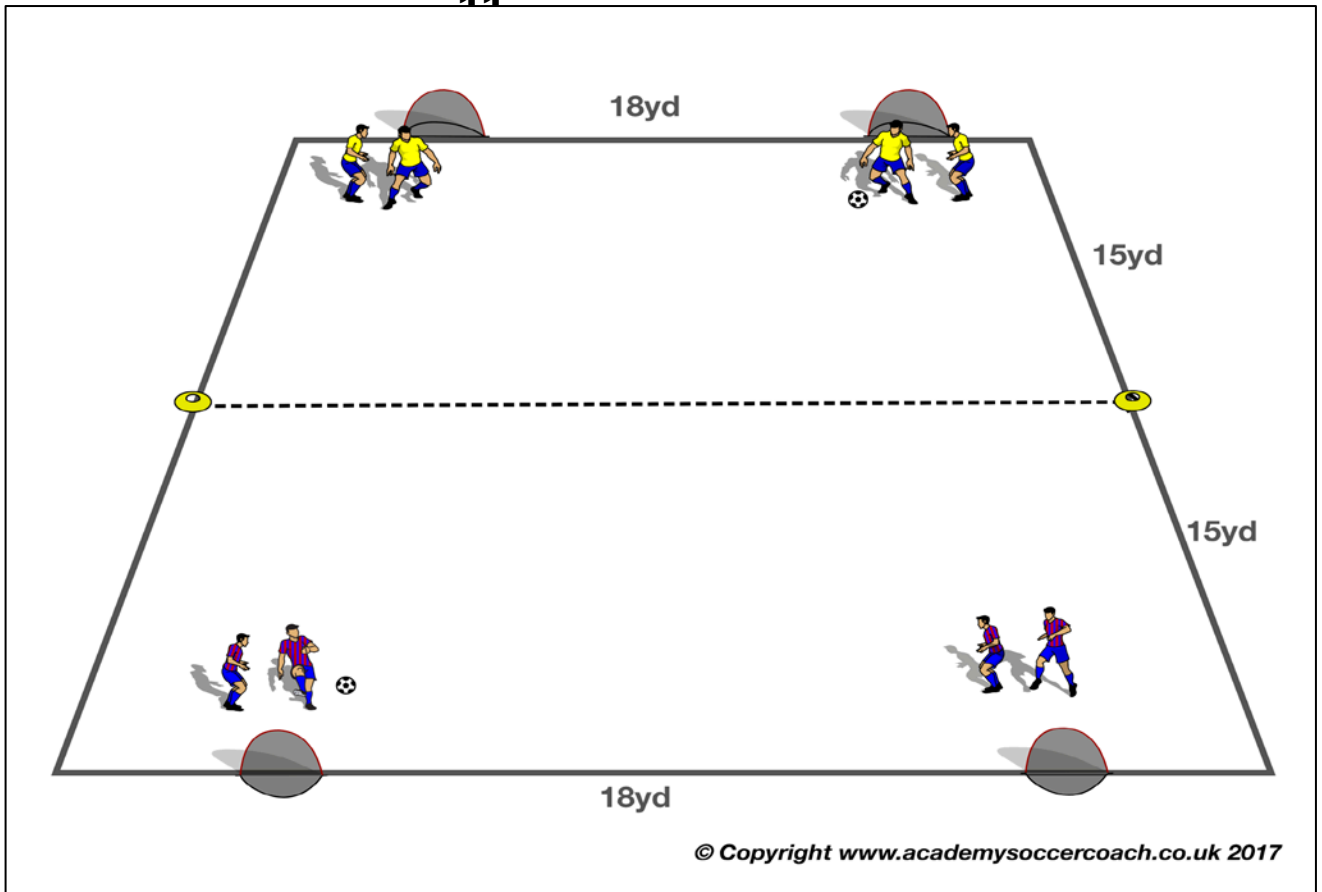
**COACH'S TIP.** You can increase number of passes. You can add overlap passes

**PLAYER TIP.** Try to play side on so you can see all the field

# DRILL 61 (V3)

## : FAST BREAK ATTACK

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**PURPOSE:** To improve Fast break Attack.

**SET UP.** 18 x 30 area with two mini goals each end..  
Teams of 4 players.

**ACTION.** Each team has a ball, after 5 passes the teams have to fast break into opposite end  
, first team to score wins

**V 3:** 10 long passes

**COACH'S TIP.** You can increase number passes before a Fast Break

**PLAYER TIP.** Receiving player calls for the ball

# PART TWO

## Drill Notes

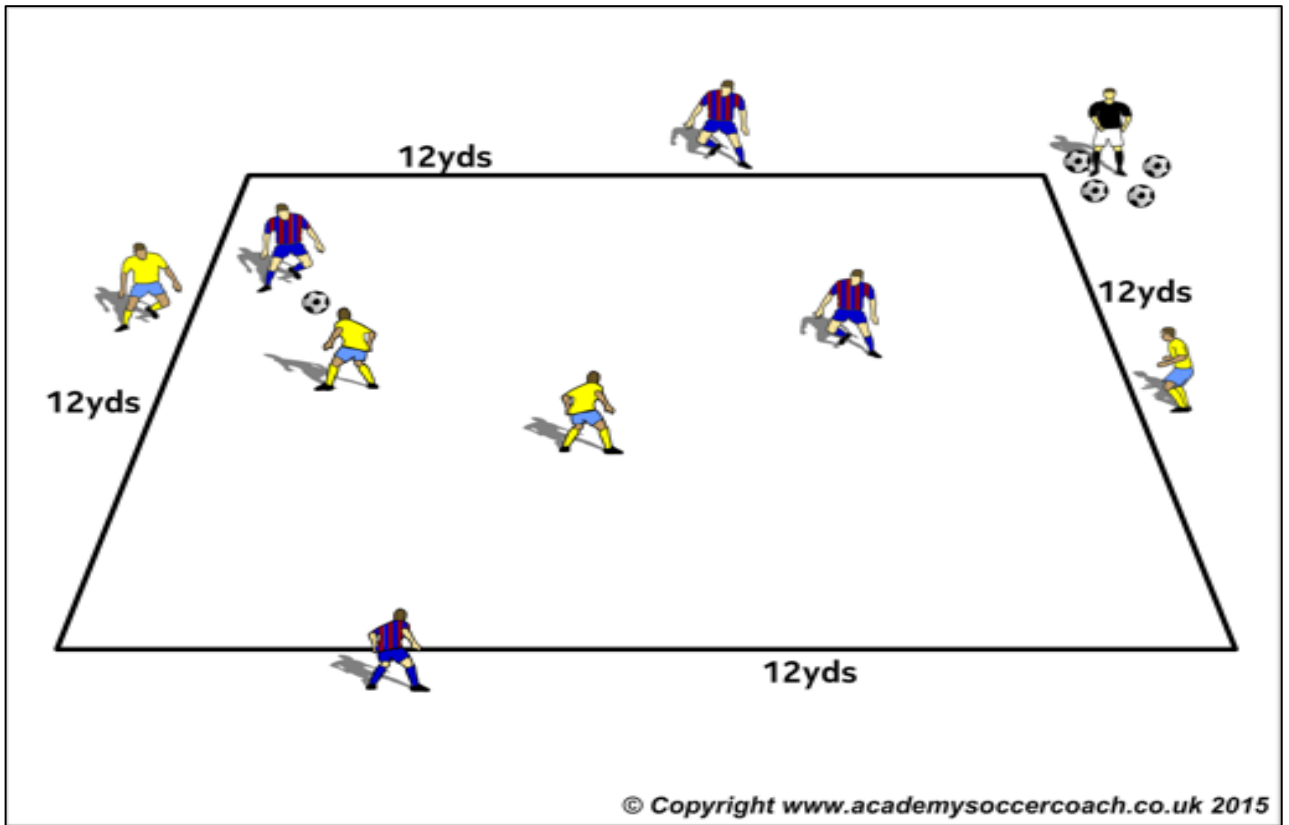
### **The Coerver BOX TRAP is an Attacking Team Style.**

In our team style ,we focus on the ratio between combinations, forward pass's and shots on goal.

The Drills are designed to teach/encourage the following:

- 1) *Think forward***
- 2) *Look forward***
- 3) *Play forward***

# DRILL 62



## “Think Forward, Look Forward, Play Forward”

**SET UP.** A 12 yard square ,one end player of each team north and south, one east and west on end lines. 2 v 2 in area

**ACTION.** End players have only one touch, middle players two touch.  
Goal is to create space for end players to play a “Killer Pass” to their opposite team mate

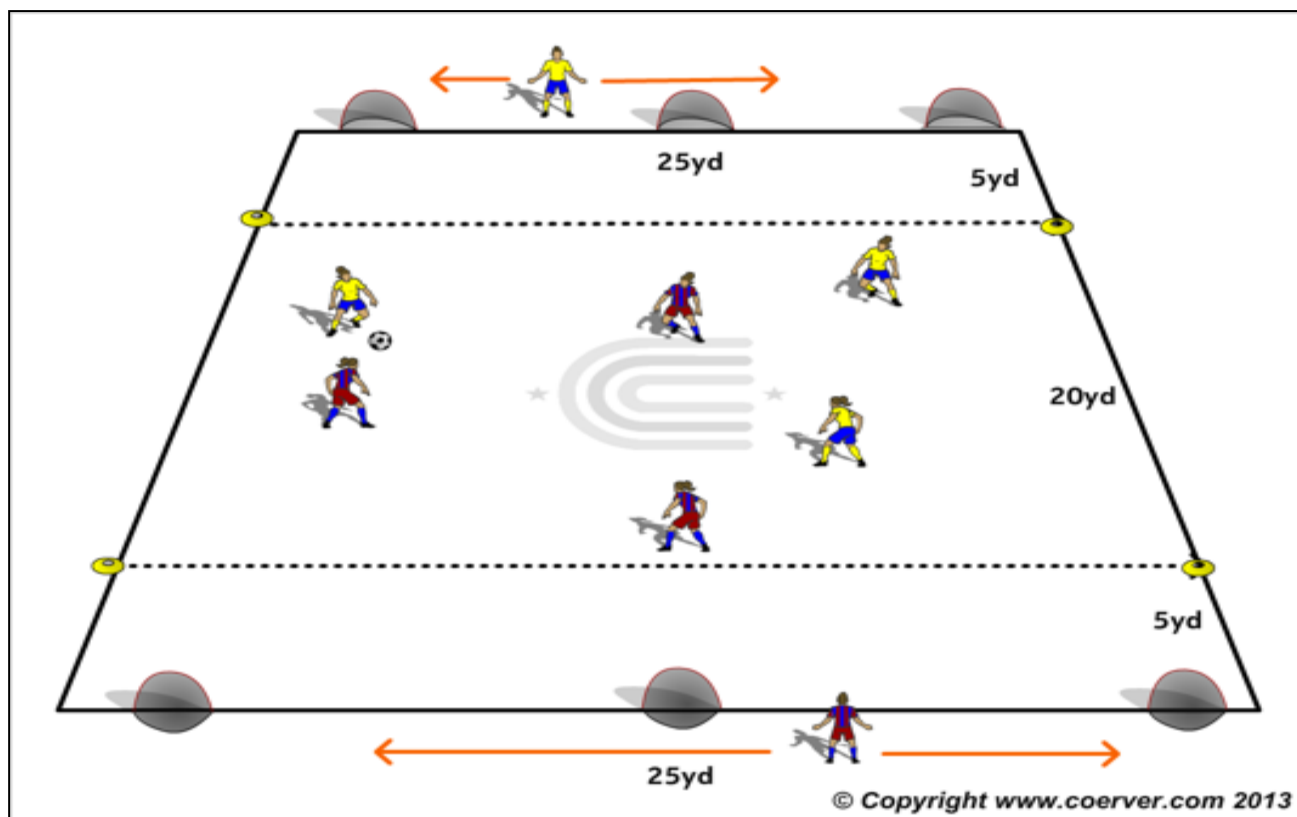
### COACH TIPS.

To make it easier increase size of area . To Make more difficult do the opposite.

### PLAYER TIPS.

Middle players go wide to draw you open away from middle and create the space for end line “Killer Pass”.

# DRILL 63 (V1)



## “Think Forward, Look Forward, Play Forward”

**SET UP.** A 30 x 25yd field with three small goals and a 5 yard shooting line in front of them at each end.

**ACTION.** Teams play 3v3 ( 4v4 ) in the middle 20x25 yard Can shoot from anywhere. A player from each team plays behind their team’s goal line, if they stand behind any goal the opponents cannot score in it.

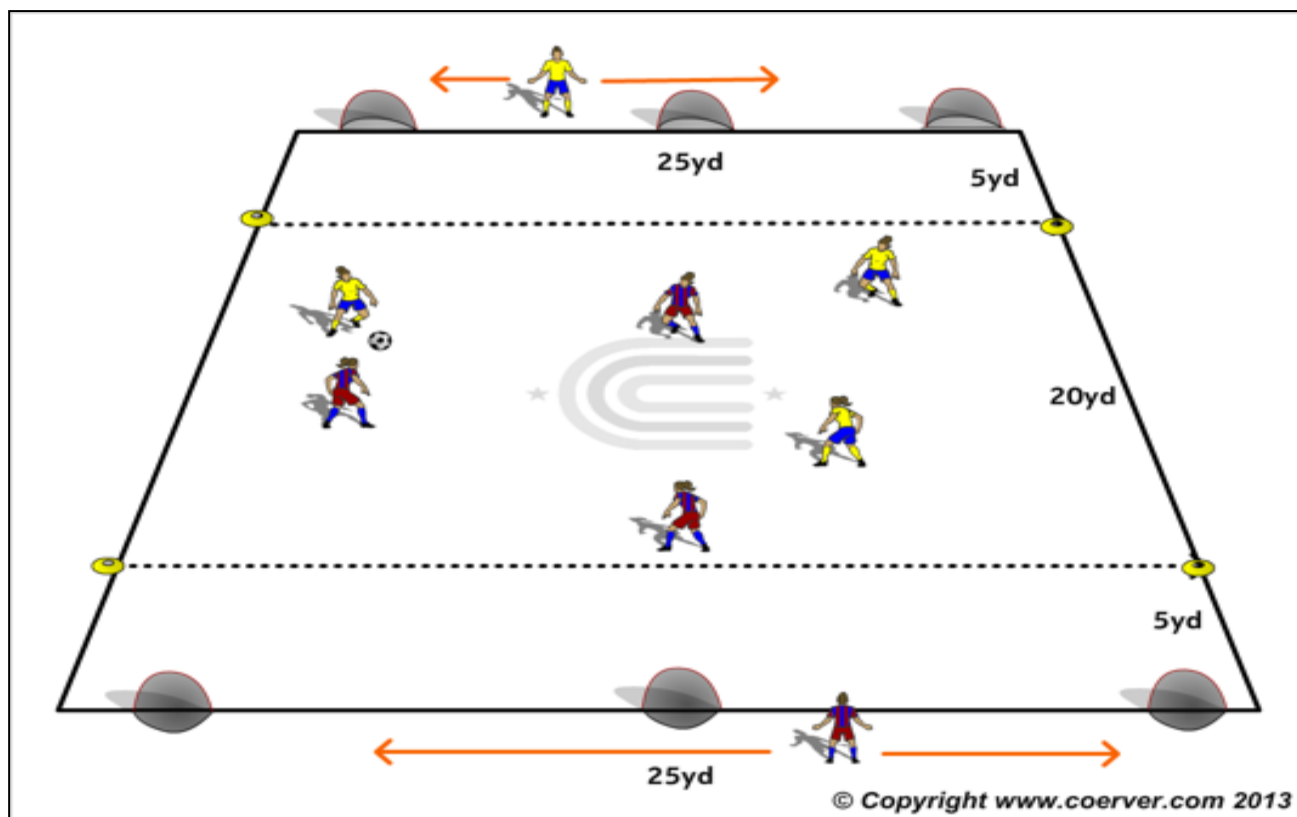
**V 1:** End player GK

**COACH TIP.** Condition game in middle to score goals for 5 consecutive passes to keep a high tempo.

**PLAYER TIP.** Players with the ball look beyond your opponents to where the Sweeper Keeper is and his movements.



## DRILL 63 (V2)



### “Think Forward, Look Forward, Play Forward”

**SET UP.** A 30 x 25yd field with three small goals and a 5 yard shooting line in front of them at each end.

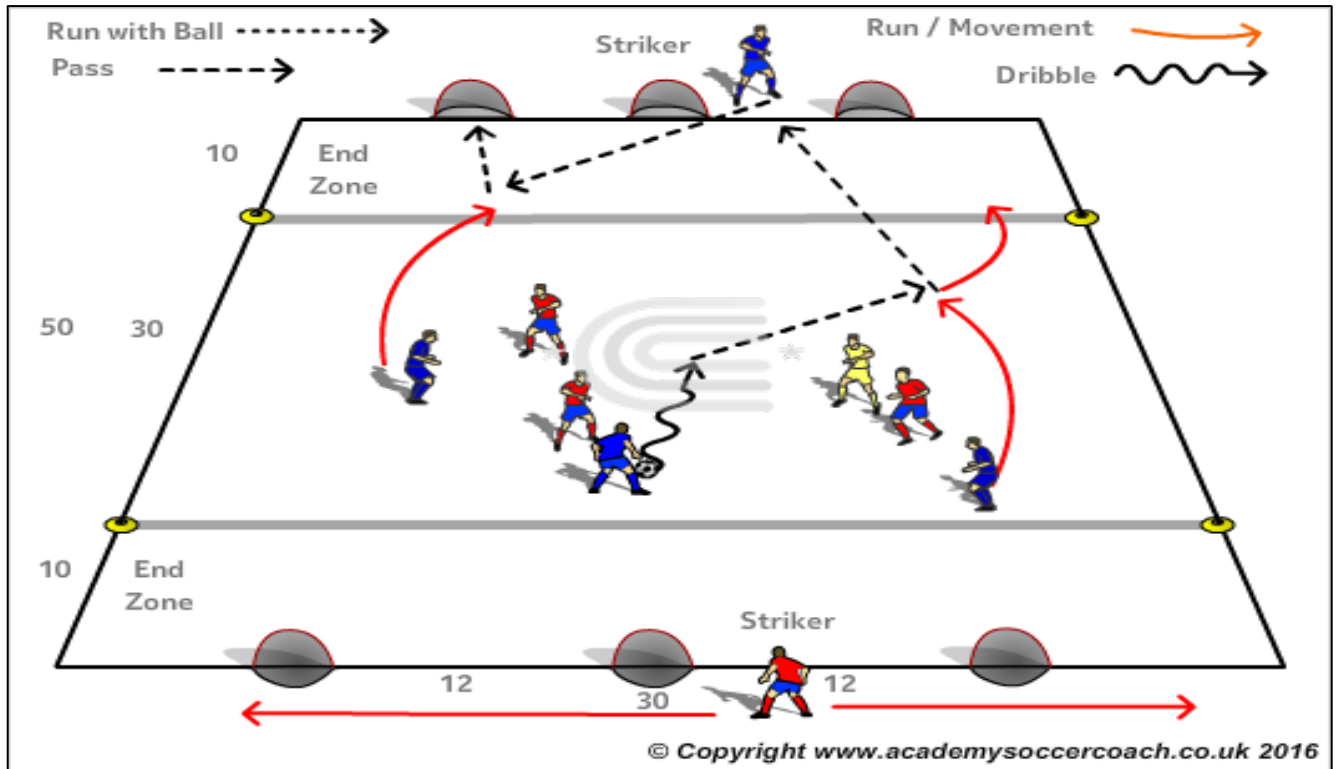
**ACTION.** Teams play 3v3 ( 4v4 ) in the middle 20x25 yard Can shoot from anywhere. A player from each team plays behind their team’s goal line, if they stand behind any goal the opponents cannot score in it.

**V 2:** End Player both GK & Fastbreak player (Switch with passer)

**COACH TIP.** Condition game in middle to score goals for 5 consecutive passes to keep a high tempo.

**PLAYER TIP.** Try to make fast break outs from the deep positions. Be patient if you are blocked and look to keep the ball and probe for openings.

# DRILL 64



## “Think Forward, Look Forward, Play Forward”

### SET-UP:

3v3 + 1 Neutral player (who plays with team in possession), in the middle zone.

No defenders in end zones.

1 striker from each team plays behind the end zone.

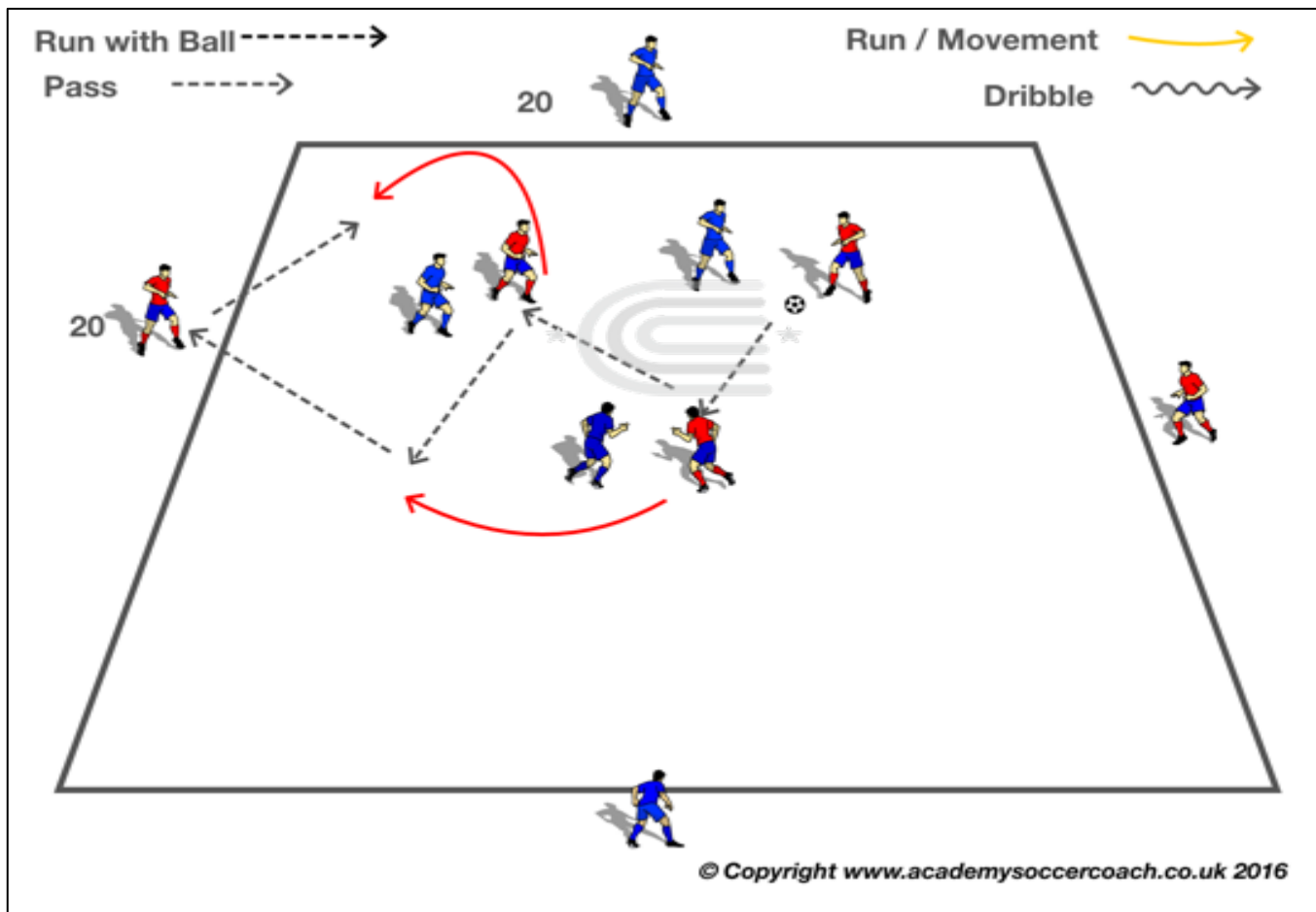
Striker has only "1 touch" to pass back to teammate.

**ACTION:** Blue players are trying to find their striker behind the end zone and combine with a 1 touch wall pass, and a 1 touch finish.

**COACHES TIP:** Change end Player frequently

**PLAYERS TIP:** Communicate and move into space as soon as you pass

# DRILL 65



**PURPOSE:** To show the Coerver Team Styles.: Fast break Attack & Effective Possession

**SET-UP:** 30 x 30 yard Area. 3 v 3 in the area plus End players.

**ACTION:** Reds east and west, blues North & South. Reds play "Fast Break Attack", passer switches with end player, the Blues play "Effective Possession, the end players are Goalkeepers/Strikers, with up to two touches to start attacks, or help keep possession.

**COACHES TIP:** Make sure end players play at least 2 yards behind their end lines. No outfield player can cross the end lines.

**PLAYERS TIP:** Focus on your first touch "The Golden Touch", the better it is the more time & space you will have to decide "what's next" &