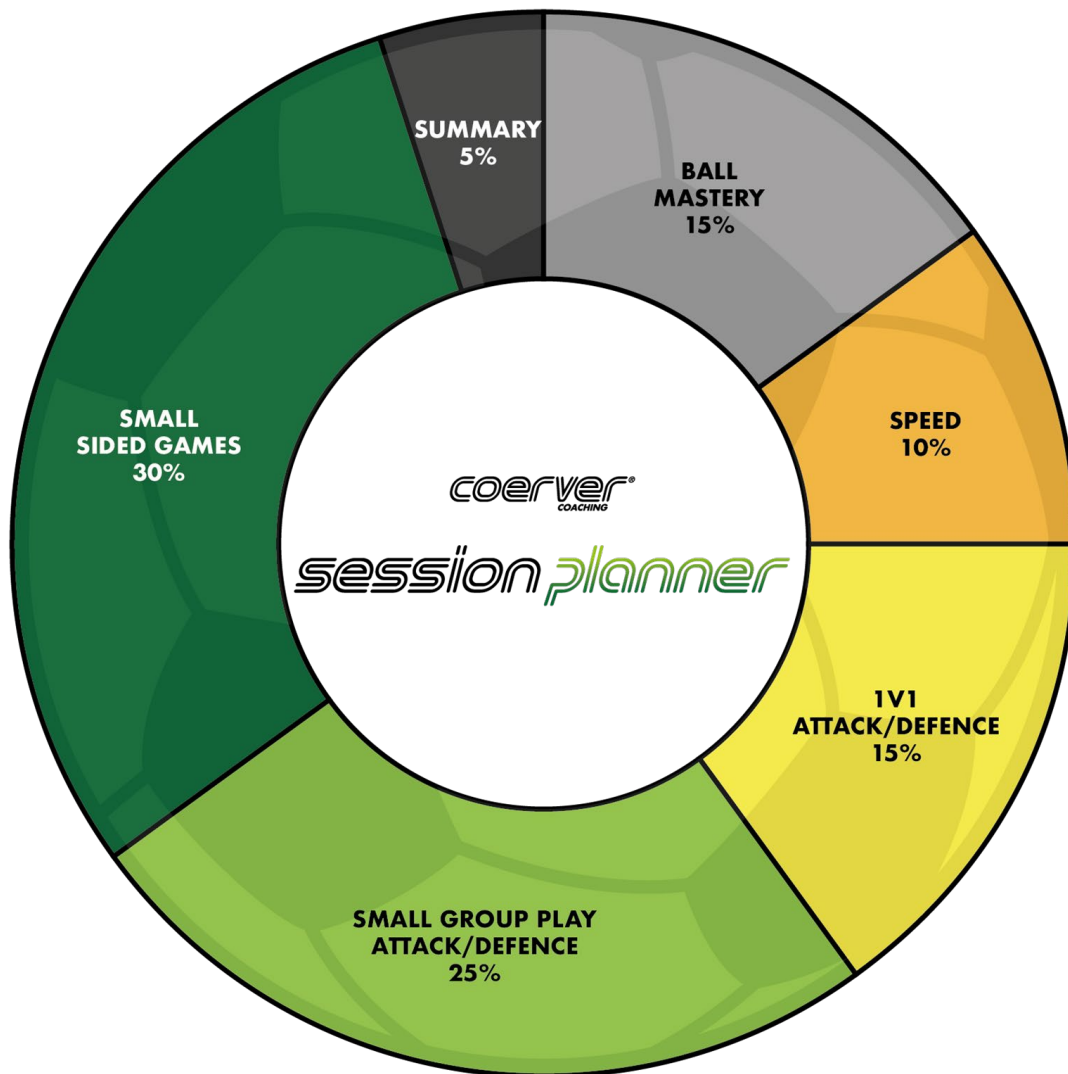


COERVER COACHING SESSION



90 MINUTE SESSIONS (REAL TIME 80 MINUTES)

** EACH DRILL/GAME HAS A HARDER OPTION FOR OLDER/MORE ADVANCED PLAYERS.*

ADVICE

- USE THE % AS APPROXIMATE TIMINGS FOR YOUR SESSION.
- ALLOCATE A FEW MINUTES AT THE END OF THE SESSION FOR A SUMMARY AND HOMEWORK.
- LAY OUT ALL THE DRILLS BEFORE PLAYERS ARRIVE (IN A STATION FORMAT) IF SPACE ALLOWS.



SETUP:

- Four boxes, 5 x 5 yards each to create a 10 x10 yard grid.
- Two groups of three or four players lineup, North and East, each player with a ball.
- The coach holds two different color cones.

ACTION:

Step 1 Repetition:

- Players with a ball each do one selected Ball Mastery Move (**Shuffles or Single Cuts**) travelling across the grid trying to stay in line with each other. The coach holds up one of the colored cones for the player to call color, ensuring they look up. When the first two players pass the coach, the coach turns to the next group and the two players from that group go. Groups go alternatively.

Step 2 Competition:

- Now one ball per team. The “North” teams against each other. The first players do 15 Ball Mastery Moves towards the coach then turn and pass to their next teammate. The first team to finish wins. Now the “East” players do the same.

MAKE HARDER:

- Use more difficult Ball Mastery Moves e.g. **Dribble Cut**

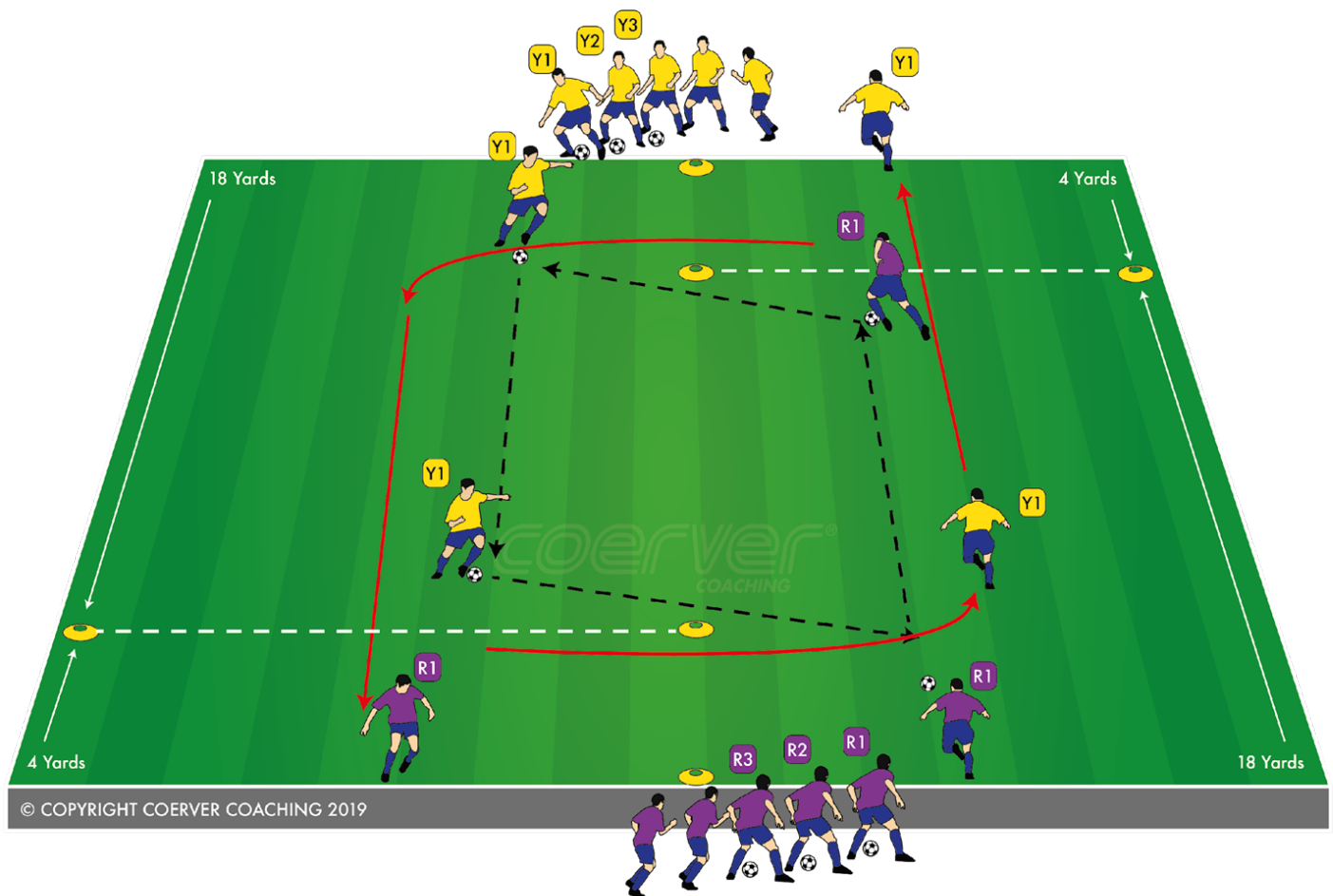
COACH TIPS:

- Occasionally look up so that you stay in line with the player next to you.

SPEED

PURPOSE: Improve Running with the Ball Speed.

TIME: 10 %



SETUP:

- Two adjacent 24 yard grids with 4 yards lines marked with cones at the end of the grids.
- Two teams with a ball per team.

ACTION:

The player who passes runs backwards and the receiver takes the ball forward with their first touch and the sequence continues.

MAKE HARDER:

- R1 dribbles to the 4 yards. line then passes to Y1 and overlaps Y1.
- R1 just tries to catch Y1 but not interfere with his/her run or with the ball.
- Y1 passes to R2 and overlaps R2 and the sequence continues at full speed.

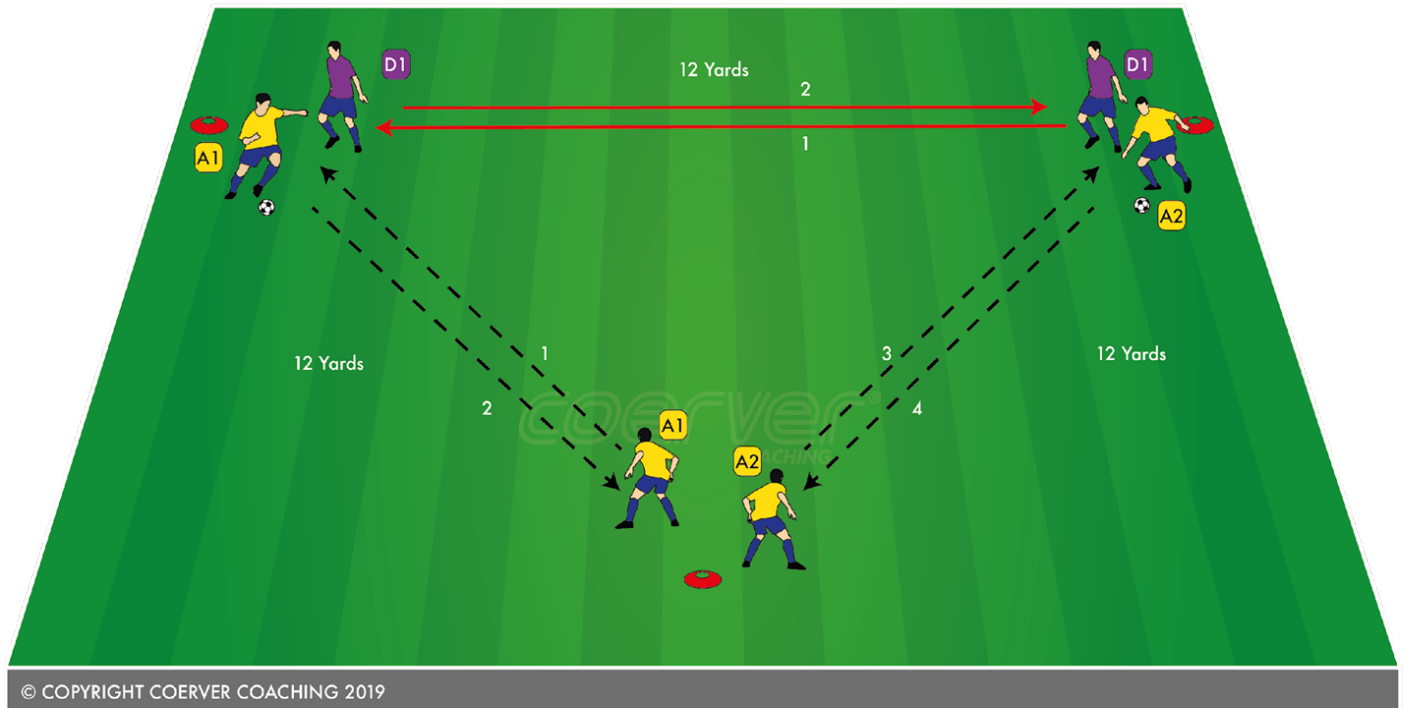
COACH TIPS:

- Focus on a good first touch even when pressured. A fumble loses a lot of ground.

1 V 1 ATTACK GAME MOVES

PURPOSE: To Improve Changes of Direction & Shielding the Ball.

TIME: 15%



© COPYRIGHT COERVER COACHING 2019

SETUP:

- A 10x10/12x12 yard grid using 2x blue/orange discs as per diagram.
- Three players per grid, two with a ball each at the base of the triangle.

ACTION:

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

Game Moves to use: Change of Direction Moves (COD) **Inside Cut and Outside Cut**

MAKE HARDER:

- Make it harder by using more difficult Game Moves e.g. **Hook Turn**

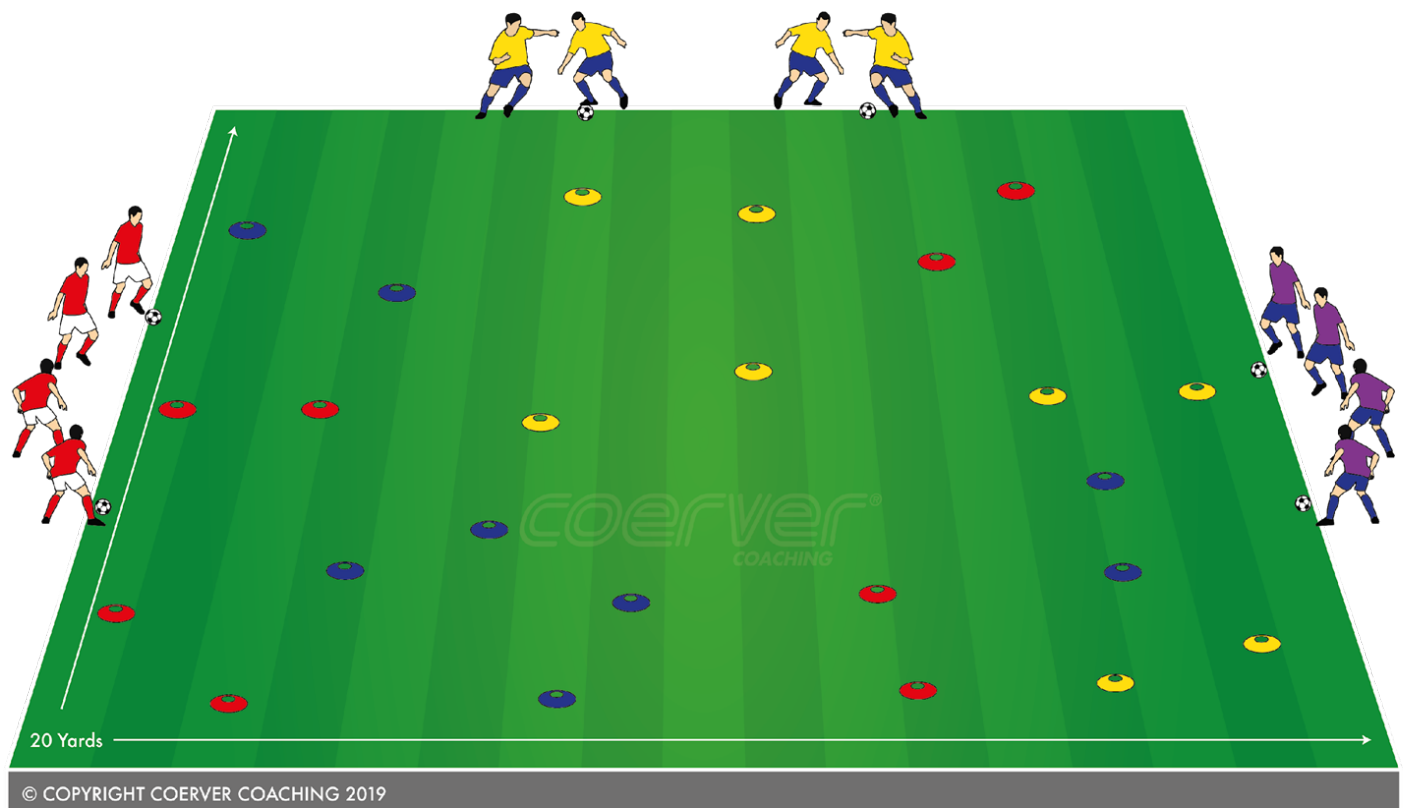
COACH TIPS:

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

SMALL GROUP PLAY ATTACK

PURPOSE: To Improve Speed & Accuracy of Combination Play.

TIME: 25%



SETUP:

- Different colored gates around a 20x20 yard area.
- Players are split into three teams, maximum six players per team, then in pairs in team.
- One ball per pair.

ACTION:

- **STEP 1:** The first pair in each team go into the area and must make 12 passes (goals) through any gates in any order. Once they have made six then they run back to tag the next pair of teammates to go. The first team to finish wins.
- **STEP 2:** Now do a double pass before going to next gate.

MAKE HARDER:

- The receiving player must dribble through three gates before passing back.

COACH TIPS:

- Eyes up to find your next goal. Don't go to where it is busy as this will slow you down.

SMALL SIDED GAME

PURPOSE: Letting the Players play without any coaching.

TIME: 30%



SETUP:

- A 40×30 yard field.

ACTION:

- Players play 4 v 4 and can shoot from anywhere. No Goalkeeper.

MAKE HARDER:

- Players can only shoot in the opposition half.

COACH TIPS:

- Just encourage and focus on safety points e.g. tackling.

HOME PRACTICE

5%

- Spend the last few minutes of your session wrapping up and explaining to your players about home practice.
- Tell your players to try and practice for 10 minutes each day and to try with both feet.
- The Ball Mastery and Game Moves are listed below match what was done in the Session.
- From the below list select one or two of the moves for the players to practice at home.
- For more advanced players there are Harder Moves which you can replace the basic Moves with.

Ball Mastery Moves

Shuffles

Single Cut

HARDER

Dribble Cut

Game Moves

Inside Cut

Outside Cut

HARDER

Hook Turn

All rights reserved.

No part of this booklet may be reproduced in any form or by any means, electronic or mechanical, including photocopying without permission in writing from the author except for brief extracts for purposes of review only.

The word COERVER® and the COERVER® COACHING LOGO are registered trademarks of Sportsmethod Ltd. And Sportsmethod Asia Ltd