

A COERVER COACHING
MASTERCLASS
SERIES

<http://www.playgreatsoccer.com>

DEL PIERO FILE

Teams

National Team: Italy

Club: Juventus (Italy)

Honors

European Champions Cup
Champion (Juventus, 1996)

Italian league champion
(Juventus, 1997 and 1998)

World Club Cup champion (Juventus, 1996)



Star Qualities

Excellent ball-control skills

Creative passer

Free kick and penalty kick expert ____ especially at
Swerving the ball

Consistent goal scorer

Cool under pressure

EXERCISE 1

Setup

A 20-by 20-yard area.

Up to 18 players each with a ball, standing one yard apart at one side of the square.

Number the players alternately 1, 2, 3 and 4.

Action

The coach instructs all of the no.1 players to move steadily across the square using alternate feet to pull the ball with the sole and push it with the laced part of their shoes.

When the no.1 players are 1/3 across the square the coach instructs no.2's to follow.

When no.2's are 1/3 across the square, the coach calls for no.3's.

The players rest on the opposite side of the square until all of the other players arrive. Then the coach instructs them to return.

The coach can ask them to use the outside or the inside of the foot.

Tips

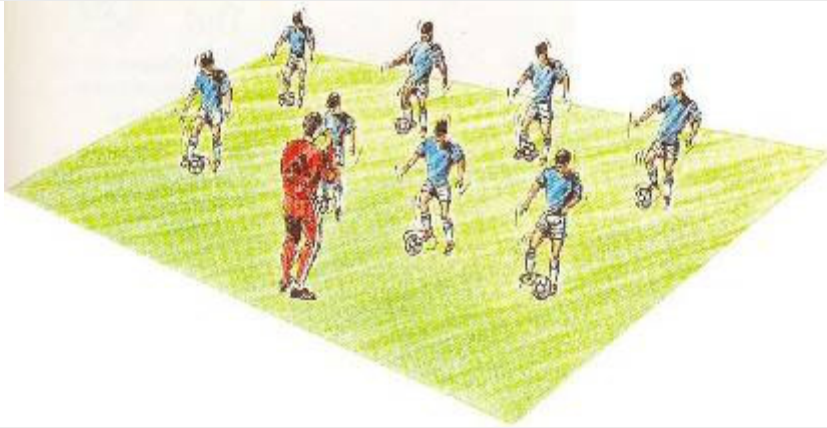
Simple repetitions with both feet are a sure way to improve your players' ball control.

Tell players to start slowly and then try a little hop between pulls and pushes.

All the practices in this section improve coordination and create flexible ankles, knees and hips - key elements on the road to ball mastery.



EXERCISE 2



Setup

A 20- by 20- yard area. Each player with a ball, standing a couple of yards apart. Form two or three lines, as required.

Action

On the coach's signal players move steadily upfield tapping the ball from foot to foot. After four taps, they pull the ball with the sole and push it out with the inside of both feet and repeat the sequence moving upfield.

Tips

Number the players 1,2,3 and start them in waves according to numbers called.

BALL MASTERY

BALL MASTERY

EXERCISE 3

Setup

A 12- by 12- yard area. Four groups of up to four players positioned as shown. The first player in each group has a ball.

Action

The players with a ball dribble to the center of the square cutting the ball tightly across their bodies with the inside and outside of the same foot.

At the center they cut the ball to their right, pass to the first player in the next group and sprint to join the end of that group.

Option: The receiver can toe tap the ball between his feet until the coach signals the next players to start.

Tips

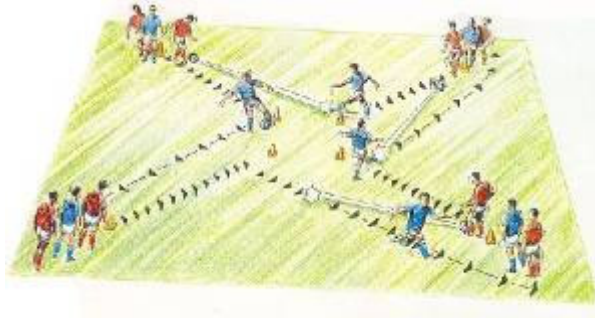
Make sure players cut the ball across their bodies - not too far in front.

Have them make as many quick, tight cuts as possible without losing control.

Tell them to keep their head up as much as possible.

Suggest that players use their “weak” foot as well.

This format can be used for any of the ball mastery exercises.



Exercise 4

Setup

Two adjacent 10- by 20- yards lanes.

Two groups of up to six players at opposite end of the adjacent lanes.

The first player in each group has a ball.

Action

Players tap the ball forward with the outside of the foot as often as they can to the midpoint of their lane where they pass to the first player in the opposite group and sprint to join end of that group.

The receiving players repeat the action in the opposite direction.

Tips

Remind players to practice with both feet and to look up before they pass.

BALL MASTERY



"Coerver Coaching programs provide players with a body of work that if practiced sufficiently will certainly improve them as players, regardless of what age they are or level they play at".

HARKES FILE

Teams

National Team: United States

Clubs: Sheffield Wednesday,
West Ham United (England),
D.C. United (MLS)



Honors

League Cup champion
(Sheffield Wednesday, 1991)

MLS champion (D.C. United, 1996 and 1997)

Star Qualities

Inspirational Leader

Excellent first touch

Tough and determined midfielder

Great stamina

Good big-game temperament: first American to score at
A Wembley cup final

RECEIVING

Exercise 1

Setup

A 10- by 10- yards area.

Group of three players.

One ball to each group.

Two players with the ball are positioned on one side of the square.

The third player faces them on the other side.

Action

The player with the ball passes to the third player on the opposite lane who receives with the inside of the foot and takes the ball a couple of yards to the side in one action.

On his next touch he passes the ball back across the square with his other foot.

The pair opposite switch places and repeat the action.



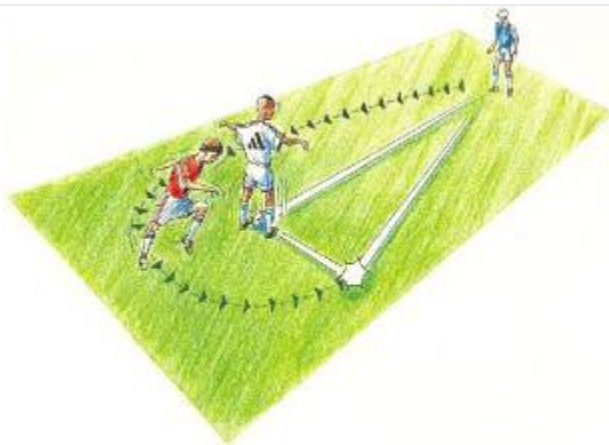
Tips

Remind players that it's important to give a good pass so it is easier for their teammates to receive the ball and control it away with their first touch.

Allow two touches to start before limiting players to one touch.

Remind the receiving player to move toward the ball.

Exercise 2



Setup

A 10- by 10- yards area.

Players in groups of three with a ball to each group.

Two players with the ball on one side of the square face the third player on the opposite side.

Action

The first player passes to the opposite player and sprints around him/her.

The receiving player taps the ball to the side, first touch, as the sprinting player comes around him/her. The sprinting player passes first touch to the next player facing him/her who repeats the action.

The end player changes after several sequences.

Tips

Receiving players can start with two touches to make the pass. Once this becomes easy, limit players to one- touch passes.

RECEIVING

RECEIVING

Exercise 3

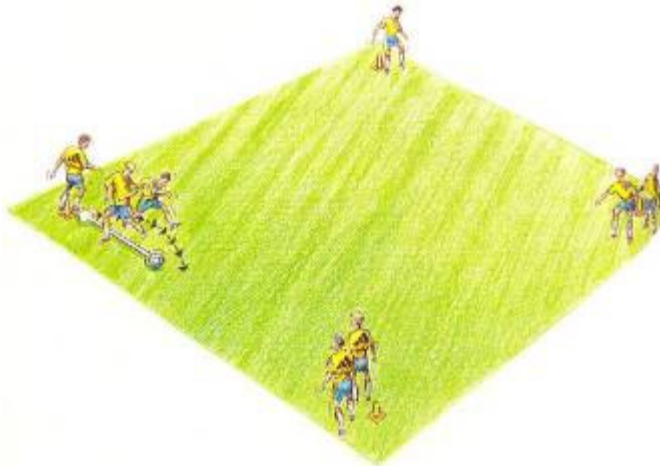
Setup

A 10-by 10-yard to 15-by 15-yard area.
Groups of up to four players at each corner.
One group starts with a ball.

Action

Players pass counterclockwise to the first player in the next group and follow their passes.

The receiving player taps the ball softly by the incoming passer, runs around him to the ball and passes to the first player in the next group.



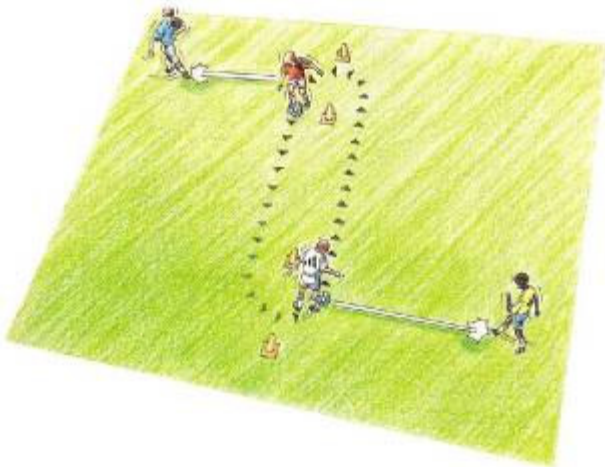
Tips

Have players cushion the impact of a received ball by drawing back their foot as the ball arrives.

Remind receiving players to move to the ball.

To increase difficulty, introduce another ball. Have two groups diagonally across from one another start with balls.

Exercise 4



Setup

A 10-by 10-yard area

Two small 2-yard gates on either side of the square as shown.

Two passers, each with a ball, at opposite corners and facing their respective gates.

Two receivers in the gates.

Action

The passers pass to their receivers.

Receivers take the ball to the opposite side of the square with their first touch and pass to the next corner player.

The receiver then returns to his/her first gate to receive the next pass from a corner player and the sequence continues.

Passers and receivers switch after eight repetitions.

Tips

Allow players three touches at first: one to receive, one to turn and one to pass. After players are comfortable, tell them to try turning with the ball on their first touch.

A good first touch gives a player more time and space during a game.

Receiving players should try to play the ball in the direction they want to go – without stopping the ball.

RECEIVING

Exercise 5



RECEIVING

Setup

Players in pairs about five yards apart.

A ball to each pair.

Action

1. Players throw the ball to their partners, who receive with the thigh and pass it back on the ground.
2. Players toss and partners control with the thigh, let the ball drop to the ground, flick it up with same foot and catch it.
3. Same as #2, but this time the receivers flick the ball up with the opposite foot and catch it.
4. Passers throw a high toss and the receivers control it with the chest, thigh, other thigh, foot and other foot, before flicking the ball up and catching it.

Make the action a competition between pairs. If a pair misses or drops the ball they have to repeat the exercise until the sequence has been mastered. The first pair to complete all four exercises wins.

Tips

Tell players to make their bodies act like cushions; at impact, players should draw the receiving part of their body back.

Remind them to serve the ball with a gentle underhanded toss.

When receiving the ball, players should keep their arms out for good balance.

Concentration is very important- players should focus on the ball.

Exercise 6



Setup

Players in two teams of up to six players, 5 to 10 yards apart depending on their age and 5 yards from a goal with a net and a keeper.

Each player on the serving team has a ball.

Action

The first server tosses the ball to the first striker, who controls with the chest and tries to volley the ball into the goal before it touches the ground.

Server and striker then move to the ends of the opposite lines.

Change the receiving body part as the players progress to: thigh; head; chest then thigh; head then thigh; and head, chest then thigh.

Tips

Instruct players to concentrate on the ball.

Remind players to use their bodies as cushions and that timing is crucial to success. Allow beginners to let the ball bounce once before they shoot.

Every passing exercise in the next section can also be used to teach receiving skills.

RECEIVING

ZIDANE FILE

Teams

National Team: France

Clubs: AS Cannes, Bordeaux (France), Juventus (Italy)

Honors

World Cup champion (France, 1998)

1998 French Player of the Year

European Champions Cup champion (Juventus, 1996)

Italian league champion (Juventus, 1997 and 1998)

World Club Cup champion (Juventus, 1996)

Star Qualities


A dangerous goal scorer; scored twice in his debut For France and twice in the World Cup final

The most technically gifted midfielder France has Produced since Michel Platini

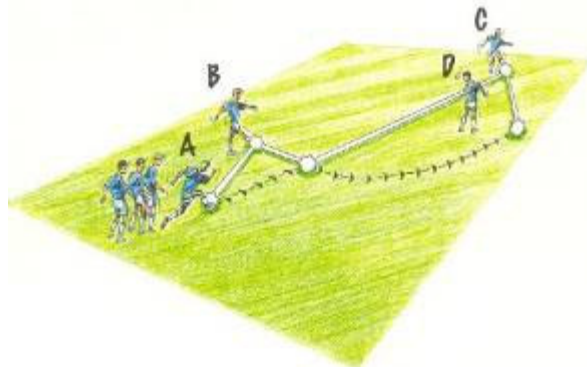
A creative player whose passing abilities set up many Of his team's goals

A leader on the field



	<h2>Exercise 1</h2>	
<h1>PASSING</h1>	<p>Setup</p> <p>Players in groups of three with a ball to each group.</p> <p>Two players with the ball face the third partner 8 to 10 yards away.</p> <p>Action</p> <p>The player with the ball passes to the player opposite and sprints to take his/her place.</p> <p>The receiver passes back first touch to the third player and sprints to take his/her place.</p> <p>The sequence continues as quickly as possible without losing control.</p> <p>After a couple of minutes of practice it becomes a timed competition.</p> <p>On the coach's signal, each team tries to get as many first touch passes as possible in 30 seconds.</p> <p>If a team loses control or takes more than one touch to pass, they must restart their count.</p>	<p>Tips</p> <p>Allow the players to start with two touches, but try to get them to progress quickly to one touch.</p> <p>Instruct the receiving player to call his/her teammate's name: positive communication is an important quality for players at every level. Encourage this habit from the earliest years.</p> <p>Check to see that players look up before they pass the ball.</p> <p>Encourage players to move toward the ball.</p>
		

Exercise 2



Setup

Four or five players in a group, the first player (a) with a ball.

Players B face the group 4 or 5 yards in front and slightly to the side of player A.

Players C stand about 20 yards from players A with players D slightly off set and in front. (Players B and D are static and need to be changed regularly.)

Action

Player A plays a short wall pass with player B. Player A plays the return pass from player B, first touch to player C and makes a curved run to the outside of player D for a return wall pass.

Finally, player A returns the ball to player C and a reverse sequence begins from the opposite end with players C making a 1-2 pass with D and with player A taking up the original position of player C.

Tips

When you first try this exercise, walk players through it step by step so players understand the sequence.

You may allow two touches at first, one to control and one to pass, but go to one touch as soon as you can.

Remind players to lead their teammates with their passes.

Tell players not to stand still; after making a pass they should move to a new supporting position, just as they would in a game.

PASSING

PASSING

Exercise 3

Setup

Two groups, A and C, of up to six players face each other 15 to 20 yards apart

A wall passer on each of the other two cones, B and D 20 yards apart.

Action

The front players at cones A and C pass to their left to the wall passers at B and D , take the return pass and play the balls first touch to the front players in the opposite lines.

Then they sprint to the end of the line they have passed to.

The next receiving players in line at cones A and C continue in the same sequence.

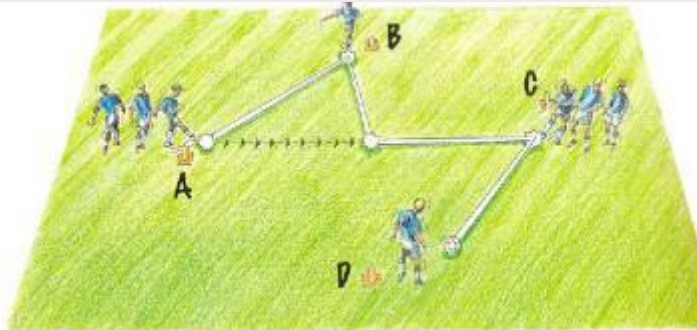
The wall passers change at the coach's discretion.

Tips

Allow players two touches at the beginning and one touch as they become adept.

Start with one ball then progress to two balls, one at each end.

Use this practice as a competitive game between groups. The group with any player that loses control or makes a bad pass must sit. The last group left playing is the winner. (Play this game one – touch only.)



Exercise 4



Setup

A 20- by 20-yards up to 40- by 40- yards area depending on the age and abilities of the players.

Three teams of up to five players each.

On two teams each player has a ball. They are the attackers.

Players on the third team, without balls, are the defenders (wearing bibs or pinneys).

Action

On the coach's signal, the attackers dribble while the defenders try to kick the attacker's balls out of the area.

When an attacker loses his / her ball he / she can stay in the area to combine with the other attackers to keep possession of as many balls as possible.

The coach times how long it takes the defenders to get all the balls out of the area.

Each team takes turns as defenders. The team that takes the least time to knock all the balls out of the area is the winner.

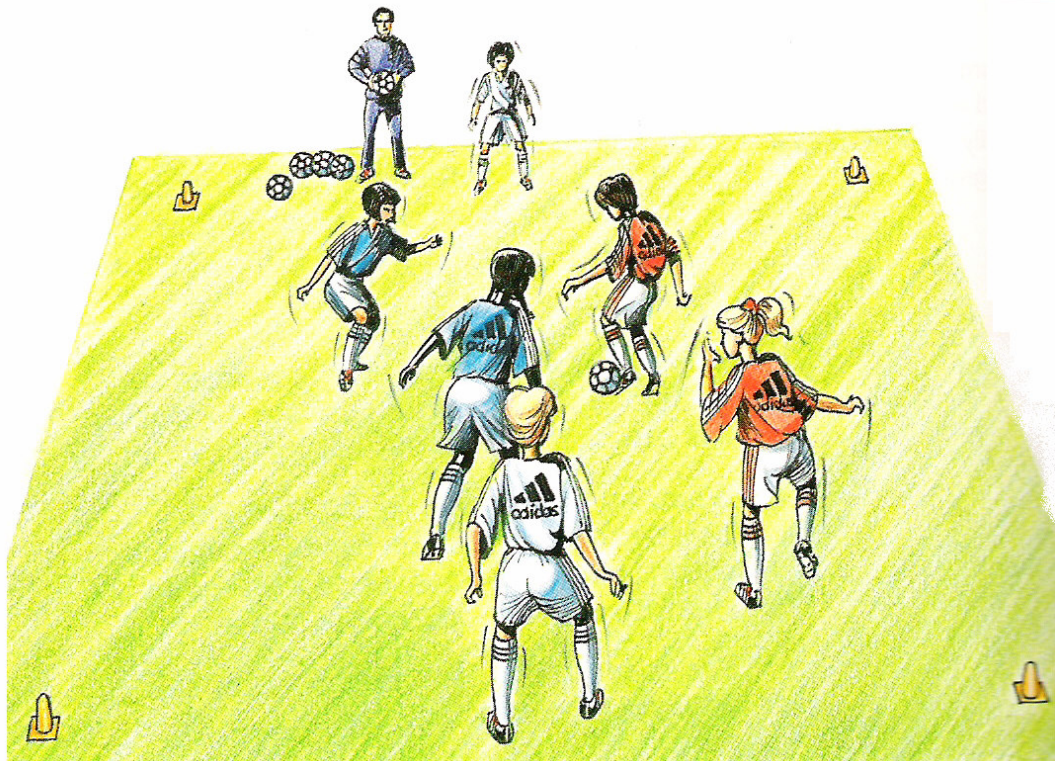
Tips

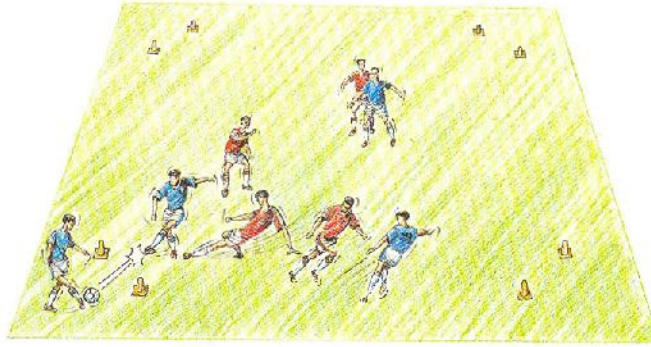
Time each game so you can compare times of possession for each team and measure progress from one practice session to the next.

The team with better passing and support play will generally stay in the game the longest.

PASSING

	Exercise 5	
PASSING	Setup	Tips
	<p>Three pairs of players in a 20- by 20-yards area.</p> <p>One pair is neutral and plays with the pair in possession.</p> <p>One ball.</p> <p>Action</p> <p>The pair in possession and the neutral pair play keep-away against the third pair.</p> <p>When chasing players force the ball out of the area they get possession at the restart.</p>	<p>Ensure that each pair plays the neutral role.</p> <p>Encourage the habit of passing and moving.</p> <p>Look for wall passes and take overs.</p> <p>Keep the area small to maintain pressure.</p> <p>Instruct players to shout instructions to teammates.</p>





<p>Exercise 6</p>		
<p>Setup</p> <p>A 40- by 40-yard or 50- by 50- yard area, depending on the number and ages of the players.</p> <p>Two teams of 4 to 6 players.</p> <p>Four 3- or 4- yard-wide goals inside each corner of the area.</p> <p>Action</p> <p>Teams play against each other to score.</p> <p>One-point goals are scored by passing the ball through a goal under waist height to a teammate who must take complete control of the ball.</p> <p>Goals may be scored through the goals in either direction.</p> <p>Three-point goals are awarded for dribbling the ball cleanly through a goal, which encourages strong defending.</p> <p>When a team scores it cannot score its next goal in the same goal; it must attack another goal.</p> <p>Teams forcing the ball out get possession at the restart.</p>	<p>Tips</p> <p>It's the player off the ball who gives the player with the ball options.</p> <p>Good communication and support is needed.</p> <p>Players should move quickly to support after making a pass.</p> <p>A player receiving a pass should look up quickly to see if he/she can switch play.</p> <p>Encourage the use of other skills by awarding extra points for players who successfully make an overlapping run, a 1 v 1 move or a take over.</p>	<p style="writing-mode: vertical-rl; text-orientation: mixed;">PASSING</p>

KLUIVERT FILE

Teams

National Team: Holland

Clubs: Ajax (Holland), AC Milan (Italy), Barcelona (Spain)

Honors

Dutch league champion
(Ajax, 1995 and 1996)

World Club Cup champion (Ajax, 1995)

European Champions Cup champion (Ajax, 1995)

European Super Cup champion (Ajax, 1996)

Star Qualities

Great goal scorer: is the No. 1 striker for the Dutch National team and has scored 39 goals in 70 games
For Ajax

Excellent 1 v 1 skills

Tall and strong, can mix great skills with power

Has the personality and talent to be one of the stars
Of the 2002 World Cup



MOVES DEMO



Step 1:

Fake to kick the ball.

Step 2:

Instead, step around it and

Tips

Tell players to keep their step-over foot low.



Step 3:

... Plant the foot on the other side of the ball, turning the hips for best effect.

Step 4:

Then push the ball in the opposite direction with the outside of the step-over foot and accelerate away.

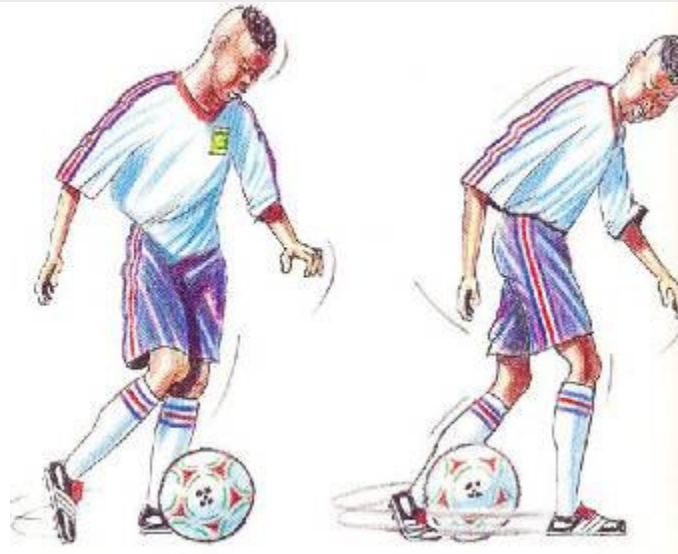
Tips

Encourage attackers to accelerate away from the defender after making the fake.

MOVES DEMO

MOVES DEMO

The Double Step Over



Step 1:
Fake to kick the ball, but step around it.....

Step 2:
... And then to the other side

Tip:
Moves should be made before the player gets too close to opponent otherwise; the ball is likely to be stolen.



Step 3:

Bring the same foot around the front of the ball, back to its starting point



Step 4:

.... And with the outside of your opposite foot take the ball in the opposite direction and accelerate away.

MOVES DEMO

Exercise 1

Setup

A 12- by 12- yard area.

Groups of up to four players at each corner with a ball to each group.

Action

Players at cones A and C dribble to the center of the area, make the same move as they approach each other, then pass to the first player in the opposite group and sprint to the end of that group (C and A).

The players at B and D follow the same sequence when the first group finishes.

Practice a variety of fakes and feints.

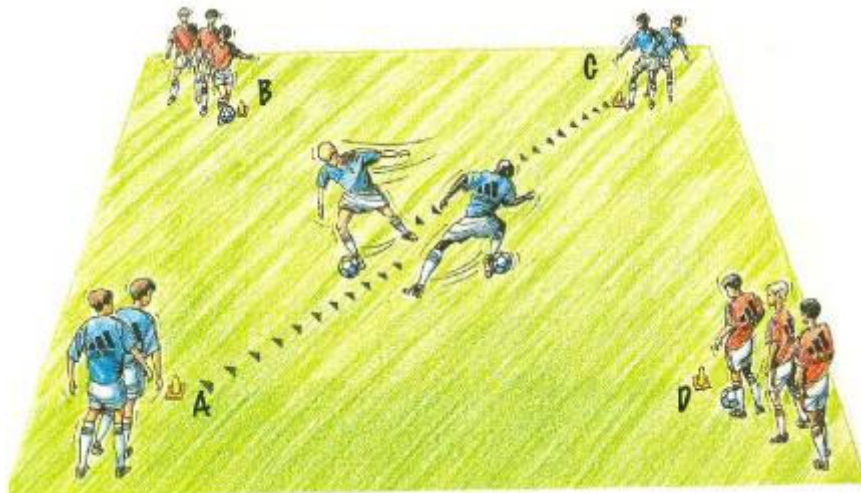
Tips

This is a low-pressure exercise that you can use to introduce moves to your players.

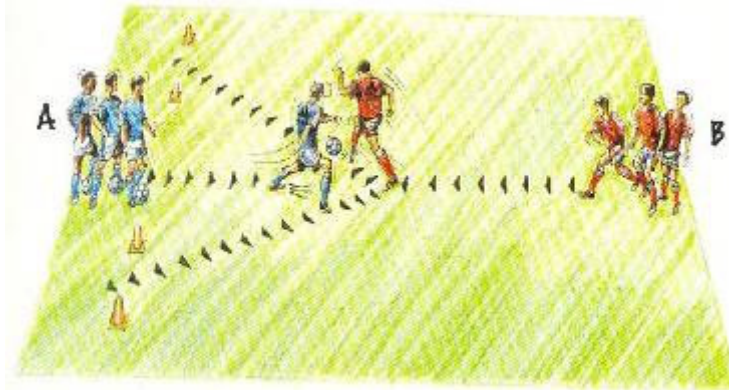
Remind players to look up to judge and distance to the opposing player.

Use this exercise for any of the moves in the Coerver Coaching program.

MOVES



Exercise 2



Setup

A 20- by 20- yard area.

Two small goals 2 yards wide on one sideline.

Two groups of up to 6 players each.

Group A, with a ball for each player, is on the sideline between the goals.

Group B, without balls, faces them on the opposite sideline.

Action

The first player in group A passes to the first player in group B and advances to defend the small goals.

The receiver tries to beat the passer/defender and get through one of the two small goals with the ball under control.

If the defender gets the possession of the ball he/she can also try to score.

When they finish they go to the ends of the opposite lines.

Tips

Players can choose to use any of the Coerver Coaching moves against their opponents.

Encourage players to be decisive and to go for goal.

Defenders should stay on their feet and not rush in, and where possible, win the ball and score themselves.

MOVES

KEWELL FILE

Teams

National Team: Australia

Clubs: Leeds United (England)

Honors

Member of World Cup qualifying Team (Australia, 1998)

Member of Olympic team (Australia, 2000)



Star Qualities

Superior 1 v 1 skills

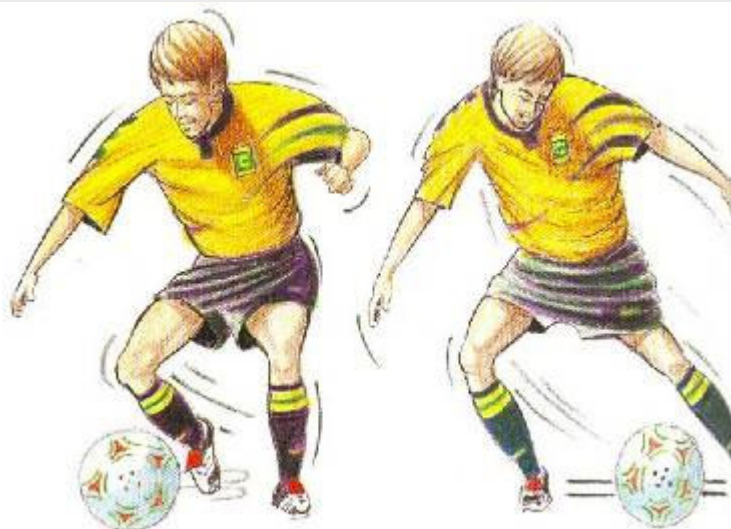
Very fast

Instinctive goal scorer

Can handle pressure: Made his English Premier League Debut at age 18

MOVES DEMO

The Double Side Step



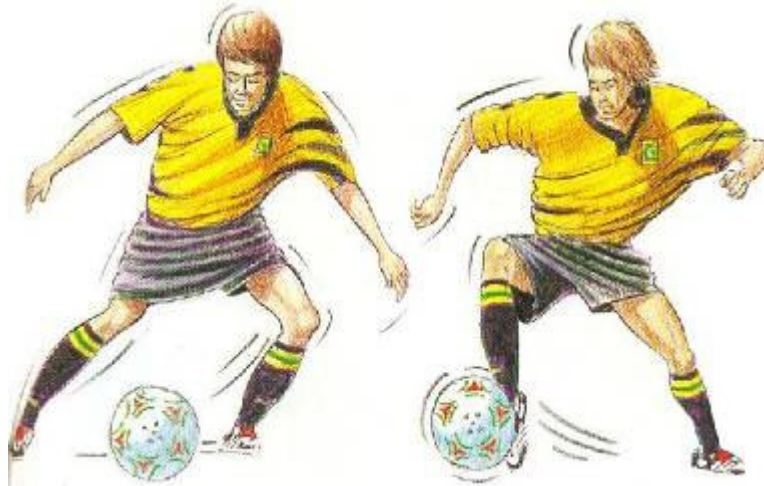
Step 1:

Fake a pass with the outside of your right foot...

Step 2:

.... But step to the right.

MOVES DEMO



Step 3:

Then do the same with your left foot and step to the left of the ball.

Tips

Players need to make quick step to the right and to the left.

Step 4:

Now with your right foot take the ball in the opposite direction.

Tips

Players can go to either side of their opponent by changing the foot they start with...

MOVES DEMO

The Drag Scissors



Step 1:

Drag the ball left with the inside of the right foot.

Step 2:

Quickly slide the right foot around and in front of the ball

MOVES DEMO



Step 3:

..... And step to the right.

Tips

For an effective fake, tell players to drop their shoulder and lean over at step 3, as if that's the way they are heading.

Step 4:

Then take the ball in the opposite direction with the left foot and accelerate away.

Tips

Have players practice this move in the opposite direction, faking left and moving right.

Exercise 3

Setup

Two 2-yard wide goals, 12 yards apart.

Two players, one with a ball, face each other across an imaginary line between the two goals.

Action

The attacker with the ball tries to get to either end cone before the defender touches the corresponding inside cone.

The attacker can change direction as often and as quickly as he wants.

The defender cannot cross the imaginary line or touch the ball.

Players switch roles after three attempts.

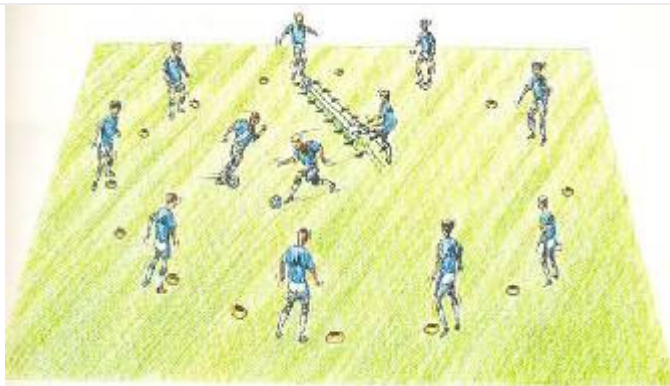
Tips

Start exercises by having players do body feints without the ball.

The players can use any move they like to make space for themselves.



Exercise 4



Tips

Ask players to sprint hard into an open space before making each move.

Encourage players to look up when they are running with the ball; this will allow them to see opportunity during matches and to avoid collisions in practice.

Although there are more than 40 moves in the Coerver Coaching program, you will find that players often pick one or two that they feel confident with, especially in a game. This is natural.

Setup

Up to 12 players on the circumference of a 20-yard diameter circle.

The centre-circle is an ideal location for this exercise.

Action

Players with a ball make three moves of their choice then pass to a teammate on the perimeter and change places with that teammate.

The receiving player repeats the sequence and finds another perimeter player to change with.

When the inside players pass to the players on the circumference, they sprint toward the receivers as defenders, but with limited pressure.

There is no tackling.

MOVES

"I've worked with the Coerver Coaching program, and it certainly helps improve skills. There is a lot to learn but it's always interesting and fun".

LILLY FILE

Teams

National Team: United States

Clubs: Tyreso (Sweden),
Washington Warthogs (CISL),
Delaware Genies (W-League)



Honors

Women's World Cup champion
(United States, 1991)

Women's World Cup third-place (United States, 1995)

Olympic gold medal (United States, 1996)

4 collegiate national championships

Most-capped international player in the world
(Has played in more than 160 matches for the
U.S. National Team)

Star Qualities

Very Skillful, a great dribbler

Third all-time highest scorer in U.S. national-team
history

Versatile, can play in the midfield or as a striker

MOVES DEMO

The shimmy



Step 1:

Face your opponent with the ball.

Step 2:

Lift your heel and turn your knee into the ball as if to strike it.

Tip

This move is based on a faked pass. For it to work, player should turn their hips to face the teammate to whom the pass is being faked.



Step 3:

Then turn

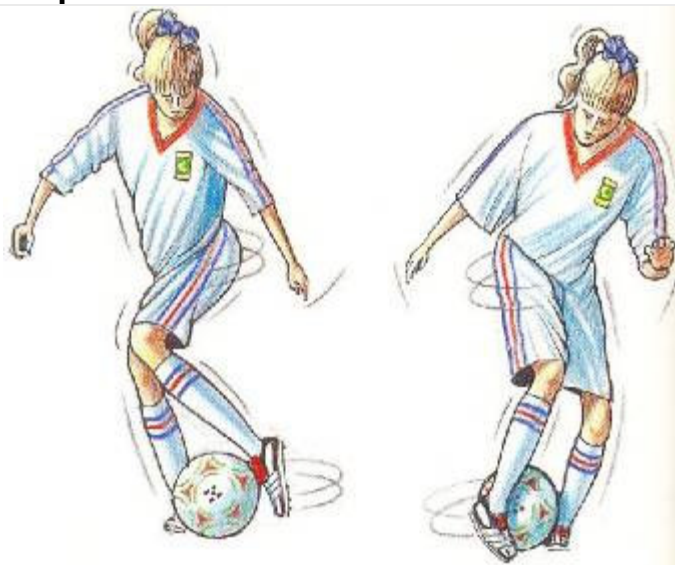
Step 4:

... and take the ball away with the opposite foot.

MOVES DEMO

MOVES DEMO

The Shimmy Stepmover



Step 1:

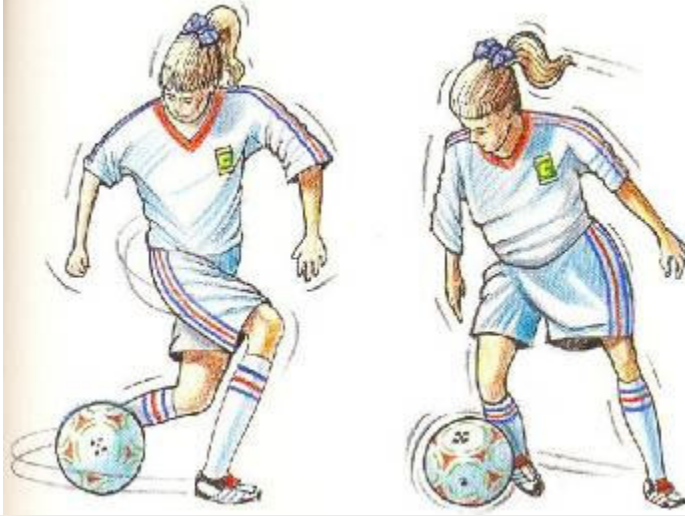
Lift the heel and turn the knee into the ball as if to strike it

Step 2:

... but then step around the ball with the opposite foot.

Tip

Most of the moves help improve player's flexibility and coordination.



Step 3:

Plant the foot to the other side then
.....

Step 4:

... take the ball in the opposite direction
with the outside of your right foot.

MOVES DEMO

MOVES

Exercise 5

Setup

A 20- by 40-yard area.

Two target balls on top of disc cones at each end of the field.

Two groups of up to 6 players each on opposite sidelines as shown.

Each player in one group has a ball.

Action

The first player at cone A passes to the first player at cone B and follows the pass to prevent the receiver from scoring.

The receiver tries to score by dribbling toward and shooting at either target ball once he or she is within a range of three or four yards.

The receiver can change the direction as often as he/she wishes using any of the change of direction fakes and feints, or stop and start moves.

The defender can stop the attacker from scoring by tackling the ball out of the area or by winning the ball and scoring on his/her own.

Players change lines after each sequence.

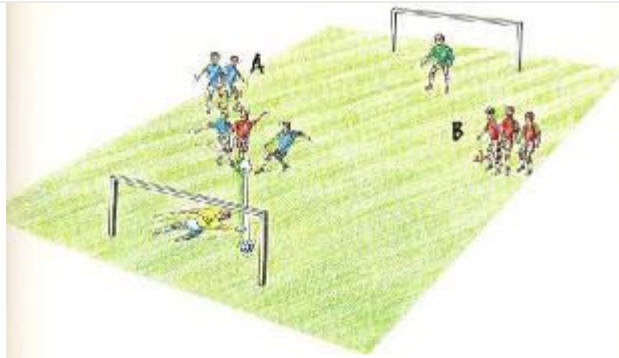
Tips

Encourage players to try the moves to give them space and time to shoot.

Remind players to look up before they take aim and strike the ball.



Exercise 6



Tips

Emphasize to attackers that a good first touch is vital, otherwise defenders will close them down before a shot on goal is possible.

Encourage defenders to talk to each other.

Setup

A 20- by 30-yard area. (Vary size of area according to age and ability.)

A goal and a goalkeeper at each end.

Two groups of up to 6 players each on opposite sidelines as shown.

Pair up players at cone A and give each pair a ball.

Action

Play 2 v 1.

The first pair at cone A passes to the first player at cone B and follows the pass to stop the receiver from scoring at either end.

The receiver can change direction as often as necessary to get a clear shot.

Players should change roles frequently.

MOVES

ELBER FILE

Teams

National Team: Brazil

Clubs: Grasshopper
(Switzerland), VfB Stuttgart,
Bayern Munich (Germany)

Honors

World Cup champion (Brazil, 1994)

German Cup champion (Bayern Munich, 1998)

Star Qualities

One of the best strikers in the German Bundesliga

Very fast

Powerful shot with both feet

Good 1 v 1 skills



MOVES DEMO

The Wave



Step 1:

As you run with the ball

Step 2:

.... “wave” the foot (sole) over the ball as if to pull it back with the sole or stop it.

Tip

Advice players to lean slightly forward when they do the move.

Tip

When faking the stop, suggest that they imagine they are going to step on the ball.

		MOVES DEMO
<p>Step 3:</p> <p>While one foot is on the ball, use the other foot (toe) to kick the ball forward and</p>	<p>Step 4:</p> <p>... accelerate away.</p>	

Exercise 7

Setup

A 20- by 30-yard is divided into two 10-yard-wide lanes.

Two groups of up to 6 players each positioned as shown.

Pair players in each group and give a ball to each pair.

Action

The lead player in each lane runs forward and makes stop-and-start moves (such as the step kick or the wave) in the middle of the area.

His or her partner runs alongside as a passive opponent. The lead player passes to the first player in the opposite line and then the pair joins the opposite group.

Players change roles after each sequence.

Tips

This is an exercise designed to introduce players to any of the stop and start moves.

Suggest players do the moves at half speed first and then go full speed.



Exercise 8



Setup

A 15- by 15-yard inner square and a 20- by 20-yard outer square marked with cones as shown.

A target ball on a disc cone in the middle.

Four groups of up to 4 players each at the corners of the outer square.

One ball per group.

Action

On the coach's signal, a player from each group dribbles around the lanes formed by the two squares.

At each corner and half way down each sideline the players must make a move designated by the coach.

After making a complete circuit back to their starting point and touching the inside corner cone, each player tries to be the first to hit the target ball. He or she may reach the target by shooting or dribbling.

The first player to knock the ball off the cone is the winner.

Keep team scores.

Tips

Advise players to slow down prior to making moves.

Encourage players to look up occasionally as they run with the ball; this keeps players aware of action around them.

Accuracy is more important than power when trying to hit the target ball.

MOVES

BECKHAM FILE

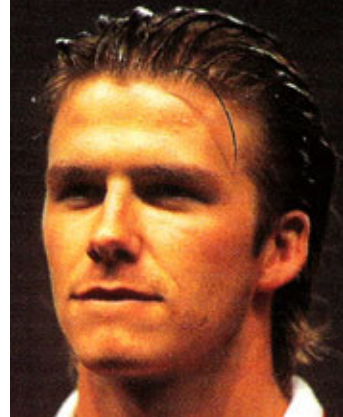
Teams

National Team: England

Club: Manchester United
(England)

Honors

Premier League champion
(Manchester United, 1996
And 1997)



Star Qualities

A creative midfielder with wonderful passing ability

Scorer of spectacular goals, especially from long range

Good skills on the ball, especially shielding and changing direction

Very fast

Good crosser of the ball

MOVES DEMO

The Pull Spin



Step 1:

Running with the ball

Step 2:

.... Step lightly on the ball with the front foot while turning in the air.

Tips

Advise players not to jump on the ball when trying to stop it – they can injure themselves.

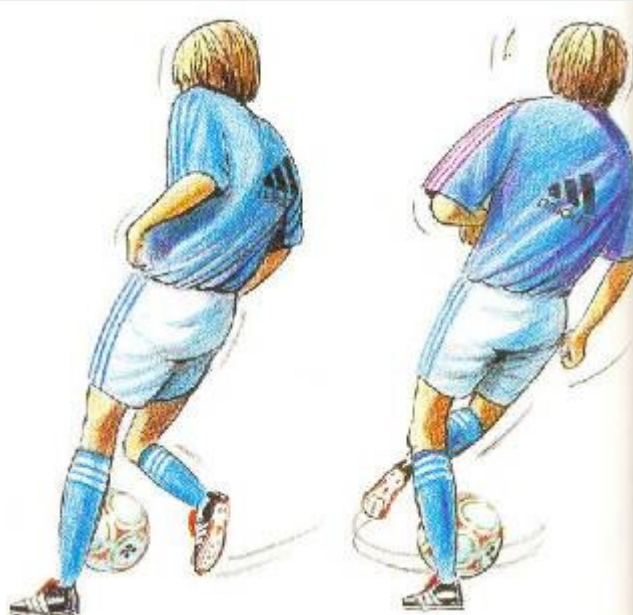


<p>Step 3:</p> <p>Pull the ball with the sole of the other foot while continuing to turn and ...</p>	<p>Step 4:</p> <p>.... Sprint away in the original direction.</p>
	<p>Tips</p> <p>Walk through exercises step by step until your players become familiar with the move and can do it with speed.</p>

MOVES DEMO

MOVES DEMO

The Twist Off



Step 1:

Push the ball ahead.

Step 2:

Reach and cut it tightly with the outside of the foot.

Tip

Players can use this move to shield the ball and turn into space.

MOVES DEMO



Step 3:

Turn

Step 4:

.... and accelerate away.

MOVES DEMO

Exercise 9

Setup

A 12- by 12-yard area.

Groups of up to 4 players each, positioned as shown.

Balls to players at A and C.

Action

The leadoff player at A makes Twist Off moves at B and C and then passes to the first player at D. He/she then joins the D group.

Simultaneously, the leadoff player at C makes Twist Off moves at D and A before passing to the first player at B and joining the B group. The lead players at D and B repeat the sequence.

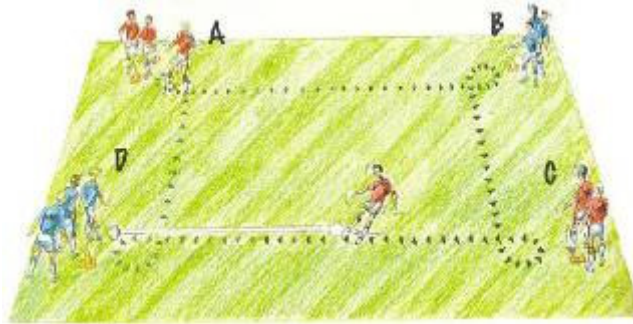
Tips

Have players stretch to cut the ball. As they do, they should turn.

At first allow players up to three touches to turn the ball; work toward having players turn the ball in one smooth motion.

Once players become comfortable doing the twist off move with the inside of the right foot, have them reverse direction and try it with the outside of the right foot.

This exercise may also be used to practice other moves, such as the pull spin.



Exercise 10



Tips

Players should look up before they shoot.

When running with the ball, encourage players to strike a balance between taking too many touches and losing control.

Setup

A 25- by 40-yard area.

Two goals and goalkeepers as shown.

Two teams of up to six players each. Use bibs or pinneys.

Give each player a ball.

Action

On the coach's signal, the first player of each team sprints downfield, makes a move of his/her choice and shoots.

As soon as the player shoots, the next player in line starts.

Players collect their own ball and then line up by the post on the opposite side to play to the opposite goal.

The team that scores the most goals in three minutes wins.

MOVES DEMO

OVERMARS FILE

Teams

National Team: Holland

Clubs: Willem II, Go Ahead Eagles, Ajax (Holland), Arsenal (England)

Honors

European Champions Cup
Champion (Ajax, 1995)

World Club Cup champion (Ajax, 1995)

Premier League champion (Arsenal, 1998)

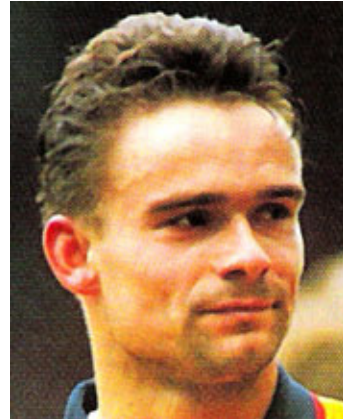
F.A. Cup champion (Arsenal, 1998)

Star Qualities

Very fast

Excellent 1 v 1 skills

Scores vital goals for club and country



SPEED

Exercise 1

Setup

Two goals 25 yards apart. (Adding goalkeepers is optional.)

A 5- by 5-yards area with two balls placed a couple of feet wide of the cones as shown.

Action

On the coach's signal, the first players in each group sprint toward the balls in front of them.

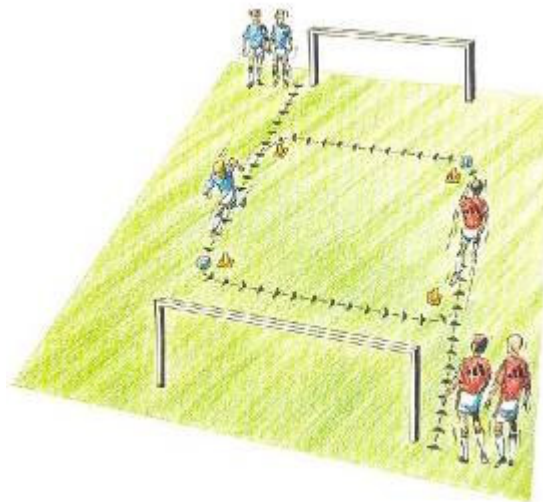
They then shuffle left (without touching the ball) across the 5-yard square, run backwards to the next corner; shuffle right to the home corner; sprint forward, shoot on goal and sprint back to their group.

The first scoring player back to his or her group wins. The balls are then replaced and the next players start on the coach's signal.

Tips

Players should not cross their feet when shuffling sideways.

After a player has shot, he/she should make a quick change of direction and sprint back to start.



Exercise 2



Tips

Have players concentrate on quick feet and keeping their balance when going backward.

Tell players to focus on quick changes of direction.

Setup

20- to 30-yard long lanes spaced five yards apart.

Groups of up to four players each, one to a lane.

Action

This is a relay race.

The first player in each lane sprints to and around the second cone, runs backward to the around the first cone, sprints forward to and around the third cone and sprints home to tag the next player.

Option: have players start from different positions; facing backwards and turning; on knees, hands up; prone, hands behind head; on backs, hands behind head. This will help with agility, acceleration and recovery speed.

SPEED

Exercise 3

Setup



6- by 30 yard lanes with “end zones” marked as shown.

Two players with one ball at one end of each lane and a third player with the ball at the other end.

Action

The single player dribbles the ball toward the opposite player.

When the dribbler is within three or four yards of the opposite player, he passes to him.

The receiving player must then dribble with speed to the opposite end line while the passing player must run backward and try to get there first.

If this is too easy for the receivers, change the drill so that the passer can turn and sprint to the end line.

Note: The dribbler must have full control of the ball upon reaching the end line and the sprinter should not interfere with the dribbler’s run.

Tips

The single player always begins plays with the ball.

Passing players must make easy passes so receiving players can take the ball without having to stop it or chase it.

Dribblers must keep control of the ball when running. (The ball must always be within three feet of the dribbler.)

SPEED



Exercise 4



Tips

Encourage players to be creative in all competitions. In this exercise, suggest they gain advantage by faking the first touch.

Start with 10-yards sprints.

Setup

6- by 20-yard lanes.

Two players at the beginning of each lane.

One ball for each pair.

Action

The player with the ball chooses his moment to sprint with the ball to the opposite end of the lane while his or her partner tries to beat him there.

As soon as the ball is touched, the game is live. The player without the ball shouldn't try to tackle, impede or win the ball.

Then players exchange roles and repeat the action in the opposite direction.

SPEED

SPEED

Exercise 5

Setup

10- by 25-yard lanes.

Two players per lane.

Give one player in each lane a ball.

Action

One player passes to his partner, overlaps and tries to beat him to the opposite end of the lane. The overlapping partner shouldn't try to tackle, impede or win the ball.

At the end line, players change roles and repeat the exercise.

Tips

Encourage players to look up as much as possible when running with the ball.

Advise the player without the ball to use his/her arms to power him /her forward.



Exercise 6



Tips

Advise attackers to try to get in front of the defender with their first touch. Once they have, they should go for the goal.

Remind the attackers that defenders cannot tackle from behind; as long as attackers stay in front they have the advantage.

Tell attackers to keep the ball on the foot or side of the body furthest from the defender.

Setup

A 20- to 30-yard area.

Two goals two yards wide at one end.

Players in four groups of up to five players each. Each group forms a line, with two groups on each side of the coach.

The two lines closest to the coach (B and C) are attackers; the two groups farthest from the coach are defenders (A and D).

The coach has a supply of balls.

Action

The coach plays a ball to the front player of one of the two attacking line (B or C).

The receiving player tries to dribble at speed through either of the end goals while the front player from the closest defending line tries to win the ball. The defender can score upon winning the ball.

The coach starts the sequence each time the ball is out of play or the defender wins the ball.

Attackers and defenders change lines after each attempt so all have an opportunity to attack and defend.

SPEED

KLINSMANN FILE

Teams

National Team: Germany

Clubs: VfB Stuttgart, Bayern Munich (Germany), Inter Milan (Italy), AS Monaco (France), Tottenham Hotspur (England)

Honors

World Cup champion
(Germany, 1990)

European Championship winner (Germany, 1996)

German league champion (Bayern Munich, 1997)



Star Qualities

Master goal scorer

Great acceleration

A leader on the field: captain of German national team

A model of fair play and sportsmanship

FINISHING

Exercise 1

Setup

Players divided into two groups of up to six players each.

One group (the attackers) 12 yards from the goal; the other group (the passers) by the goal post with a supply of balls.

One goal with the goalkeeper.

Action

The leadoff passer plays the ball to the lead attacker and sprints to the end of the attacking line.

The lead attacker shoots then sprints to the end of the passers' line, and the next player repeats the sequence.

Tips

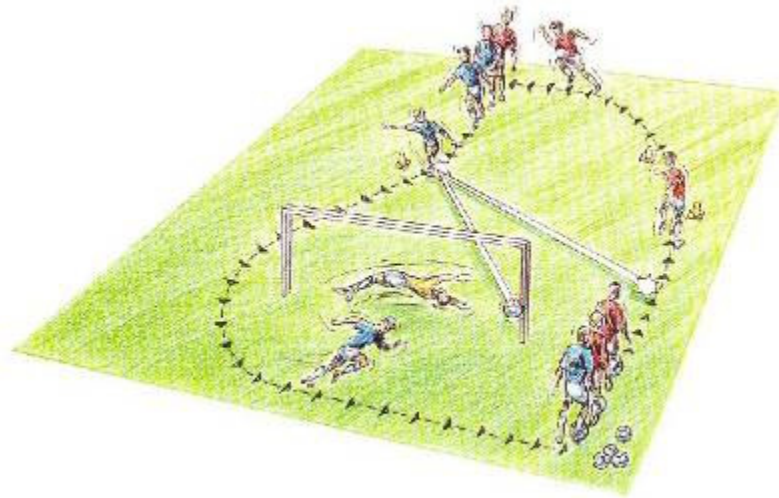
Use this exercise for younger players.

Start with two-touch, then progress to first-touch shooting.

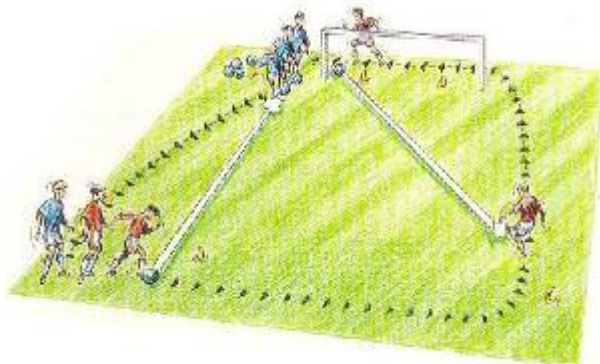
Remind players that accuracy is more important than power.

Tell players to look up before shooting.

Encourage players to sprint hard after each pass or shot.



Exercise 2



Tips

Use this exercise for younger players.

Encourage the attacking player to receive and set off with the ball in on motion without stopping it.

If a player is having accuracy problems, be sure she/he is pointing his/her non-kicking foot at the target.

Players can add a move used in the Coerver Coaching program as they run across the goal mouth.

Tell players to look up before shooting.

Reverse starting positions to encourage opposite foot shooting.

Setup

A cone is placed two or three feet inside each goal post to create near and far-post goals.

Two more cones are placed about 15 yards from the goal.

Players are divided into two groups of up to six players each.

One group (the passers) by the goal post with a supply of balls. The other group (the attackers) opposite them and 15 yards away.

Action

The leadoff passer plays the ball to the lead attacker and sprints to join the attackers' line.

The lead attacker dribbles across the goal mouth to the other cone and shoots to the for-post goal.

The attacker then sprints around the back of the goal and to the back of the passers' line.

Variation: Remove cones from the goal and add a goalkeeper. Give players the choice of shooting to the near or far post.

FINISHING

FINISHING

Exercise 3

Setup

A 30- by 30-yard area with two goals. (Use portable goals, cones or flags.)

Two groups of up to six players each line up at opposite corners.

A goalkeeper in each goal.

Action

The lead players sprint to cones A and B, make a move and then shoot.

Then the shooters play wall passes with the next players in the opposite groups and join the line.

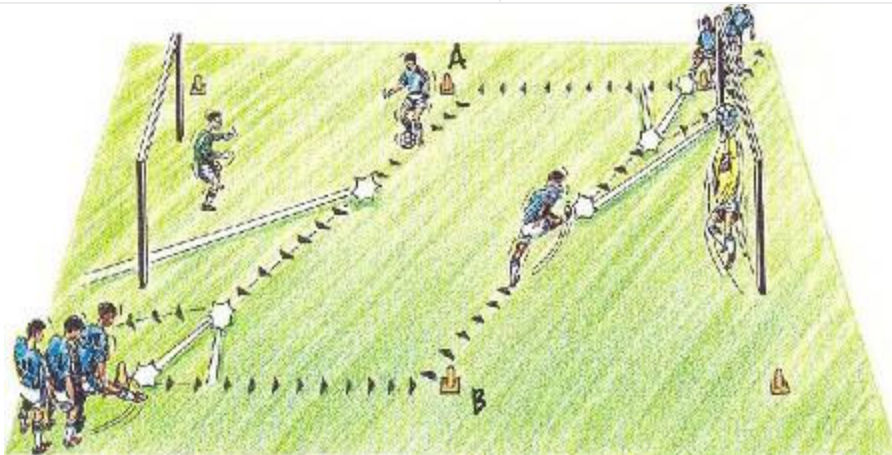
The receiving players repeat the sequence.

Tips

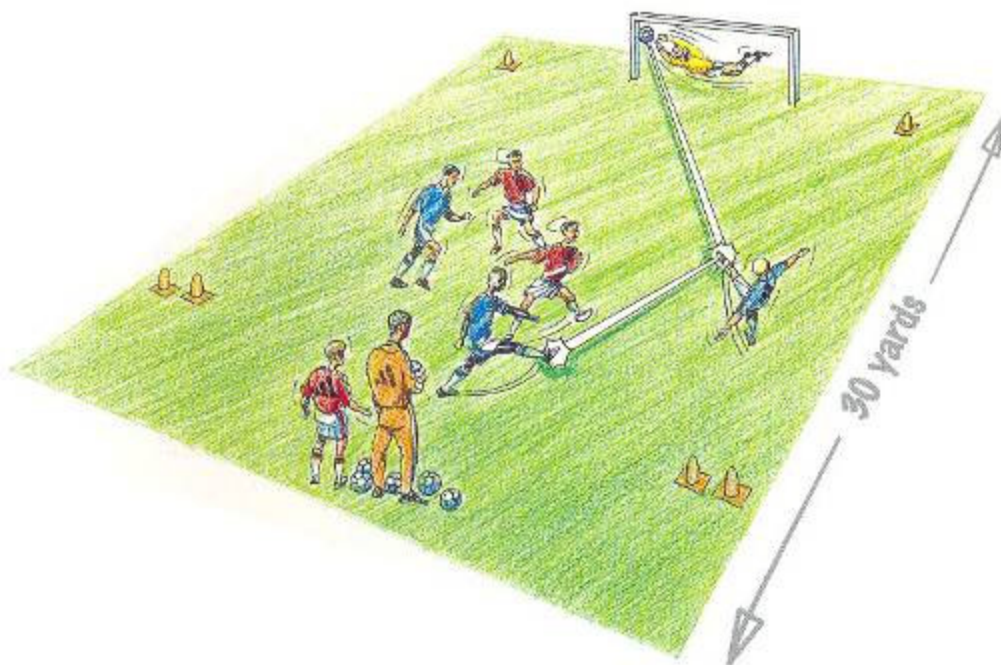
Remind players to look up before they shoot.

Have players aim for the corners.

Remind players to follow their shots in case there is a rebound.



Exercise 4



Tips

Advise attackers to try to spread defenders by good movement off the ball.

Point out that a high percentage of goals are scored by being ready for follow-up shots.

Point out that the reason for the two small goals is to encourage the defenders to be accurate and creative in their passing when they win the ball.

Setup

A 30-by 35-yard area.

A goal at one end and two 2-yard-wide goals at the other end.

A keeper in the large goal.

Coach at the edge of the area with a supply of balls.

Action

This is a 3 v 2 exercise. The coach starts by designating three attackers and two defenders. He then plays in the first ball.

Attackers attempt to score at the large goal; defenders counter at the small goals.

As soon as a goal is scored or the ball goes out the area, play in another ball.

After 12 to 15 balls have been played in, not the number of goals scored.; then switch the attacking and defending teams.

FINISHING

RAVANELLI FILE

Teams

National Team: Italy

Clubs: Juventus (Italy),
Middlesbrough (England),
Olympique Marseille (France)

Honors

Italian league champion
(Juventus, 1995)

European Champions Cup champion (Juventus, 1996)

F.A. Cup finalist (Middlesbrough, 1997)

Star Qualities

One of Europe's top strikers, Ravanelli scored 117
Goals in 10 seasons in Italy

Very quick and decisive in the penalty area, where
Many of his goals have been scored

Physically aggressive player who is seldom intimidated
By defenders

Free kick specialist



Exercise 5

Setup

A 25- by 30-yard area.

One large goal with a keeper and two small goals as shown.

Two groups of players, one by the large goal (defenders), each with a ball.

The second group (attackers) 25 yards out between the small goals.

Action

The lead defender passes to the attacker opposite and then defends.

Upon winning the ball, the defender may counterattack to the small goals.

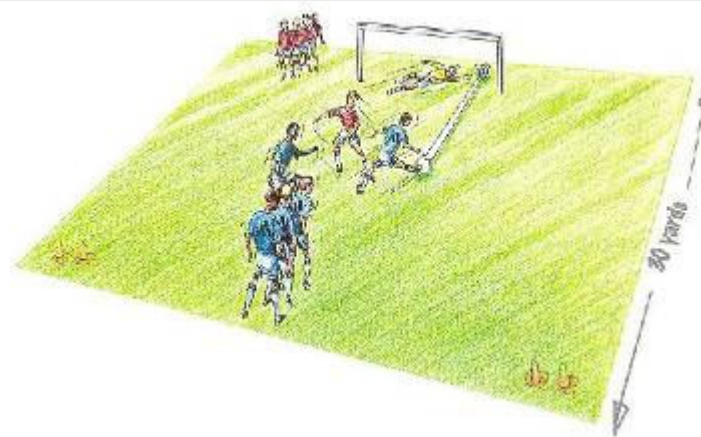
You may vary the combinations by adding a second defender and/or a second attacker.

Defenders and attackers change lines and switch roles so that all players learn both attacking and defending skills.

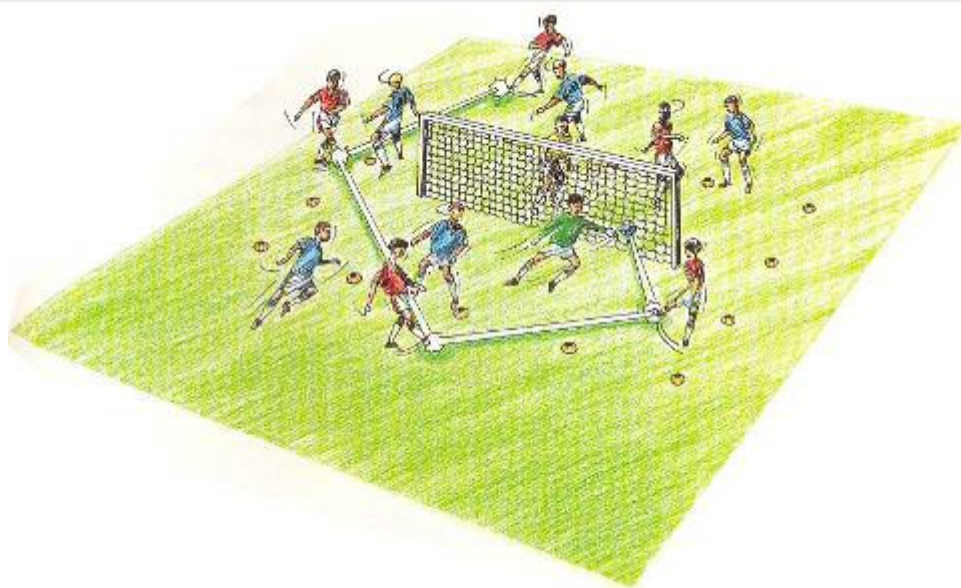
Tips

Tell players to use move the Coerver Coaching program to create enough space to shoot.

Remind players that the few touches they take after having created space, the less likely it is for their shots to be blocked.



Exercise 6



Tips

This game is recommended for older players.

Remind players to help each other by shooting “man on” or “shoot”.

Advise players not to hesitate when they have an opportunity to shoot.

Setup

A 40- by 60-yard area.

A Coerver goal in the middle. (You may use two regular goals, back to back).

Two teams of five or six players each, a neutral goal keeper in front of each goal.

A 6-yard area in front of each goal marked with cones.

Action

Play a ball in. Each team tries to score as players roam the entire area.

Goals can be scored in either goal, but cannot be scored from an opponent’s pass.

Allow only one touch (a pass or shot) inside the 6-yard area.

FINISHING

Exercise 7

Setup

A 30- by 30-yard (or the penalty area).

Four or more teams of three players each; only two team in the area at one time. Use bibs or pinneys.

One goalkeeper. (If you have more than one goalkeeper, they can alternate.)

Coach at the edge of the area with a supply of balls.

Action

The coach plays the ball in from outside the area.

The team that scores stays on; the losing team is replaced by the next team in line. If the ball goes out or the goalkeeper catches it, the coach plays another ball in quickly.

The goalkeeper should toss saved balls into the back of the goal so play is not interrupted.

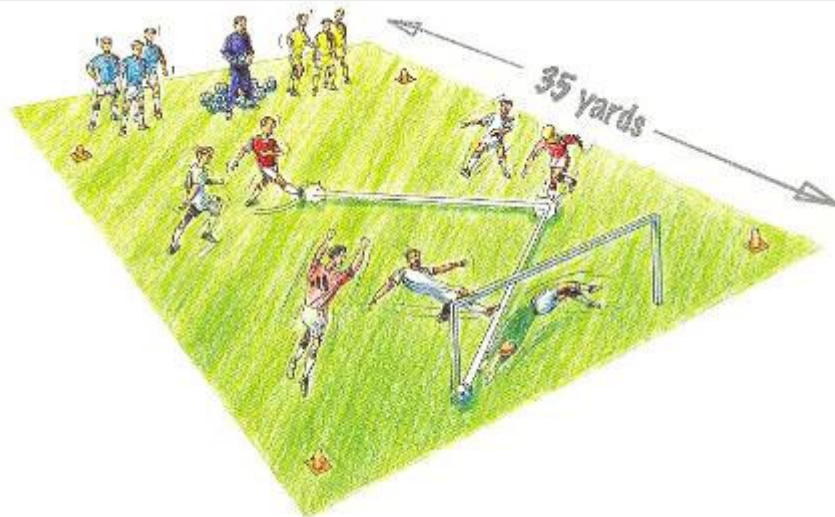
Vary where you server the ball from. Start the action from the sides, facing the goal or behind the goal.

Caution players against making challenges on the goalkeeper.

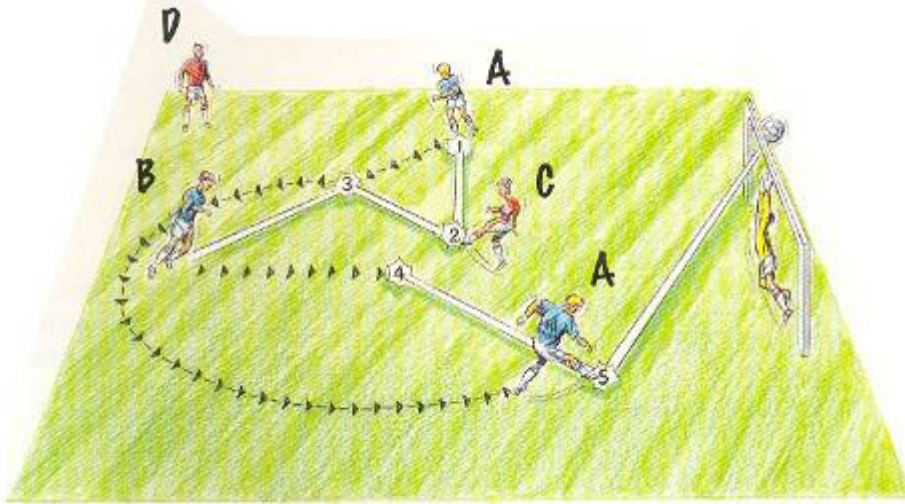
Tips

Tell players that scoring goals in the penalty area is about quick instincts and concentration. Players should be ready for the balls played in by the coach.

If there is an assistant coach, he/she may play in goal.



Exercise 8



Tips

The first three passes should be first-touch.

The attacker with the ball should attack the defender directly to hold or freeze him/her in the middle and leave space on the flank for the overlayer.

Players can practice their defensive skills in this exercise.

Setup

A 25- by 35-yard area in front of a goal with goalkeeper.

Two attackers (A and B) and one defender (C) in the area.

Action

Attacker A plays a one-two pass with defender C then passes first-touch to attacker B and overlaps attacker B.

Attacker B attacks defender C directly with the ball and can pass to the overlapping attacker A or can go it alone and shoot.

Defender C plays full-pressure defense.

Players change roles after each sequence.

Option: Add a trailing defender (D) as indicated. Defender D starts level with attacker B and is live when attacker B touches the ball. The coach can adjust the position of defender D for maximum competition.

Exercise 9

Setup

A 30- by 40- yard area.

A goal and a goalkeeper at each end.

Four teams of two with different color pinneys or bibs.

Coach with a supply of balls at midfield.

Action

The coach throws in a ball at the beginning of the game, after a goal is scored, or when the ball goes out of play. The teams try to score in either goal.

Players can score from anywhere on the field.

When a team scores the number of goals allotted by the coach, it rests. The remaining teams continue to determine the next two winners.

The losing team is eliminated and the three winning teams return to start a new game, scores beginning again at zero.

The game continues until a second team is eliminated. The last two teams play a final game and the first to score the allotted number of goal wins.

Tips

Advise players to follow all shots because many goals come from rebounds.



Exercise 10



Tips

Players need to be quick but in control of the ball.

Setup

Two or three teams of up to five players each.

Flags and six cones in a line for each group in front of a large goal.

The first cone 10 to 12 yards from the goal line. All cones 3 yards apart from each other, except for cones 3 and 4, which are 10 yards apart.

A ball just before the fourth cone of each lane.

Action

This is a race to see who scores first. The leadoff player of each team dribbles around the first three cones, steps on his ball, leaves it and resumes dribbling with the ball at cone no. 4.

After dribbling through the remaining cones and around the flag, the player repeats the exercise in reverse and then shoots. If a player touches any of the cones while dribbling, he/she must stop and do three push-ups.

This is a team race; the player who hits the net first gets a point. The team with the most points wins.

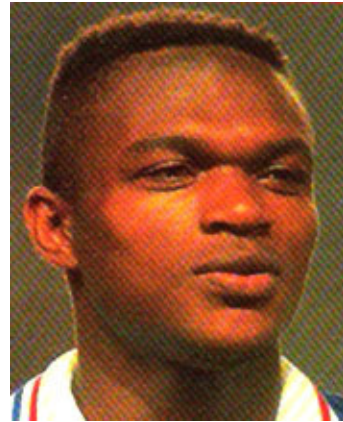
FINISHING

DESAILLY FILE

Teams

National Team: France

Clubs: FC Nantes, Olympique
Marseille (France), AC Milan
(Italy), Chelsea (England)



Honors

World Cup champion (France,
1998)

European Champions Cup champion (Olympique
Marseille, 1993; AC Milan, 1994)

Italian league champion (AC Milan, 1994 and 1996)

French league champion (Olympique Marseille, 1992)

Star Qualities

Versatile player has played striker, sweeper, midfielder
And fullback

Positive player always looking to switch defense
Into attack

Strong and aggressive tackler

Good in the air

GROUP PLAY

Exercise 1

Setup

Two groups of up to six players each face each other 20 to 30 yards apart.

One group at each end.

Two players 15 to 20 yards apart act as well passers.

Action

The leadoff player in each end group passes the ball to the wall passer on his/her right and follows his/her pass.

The wall passer lays off the ball and sprints forward.

The leadoff player passes the ball back to the wall passer and becomes the next wall passer.

The wall passer passes the ball to the next player in the opposite group and sprints to the back of the line.

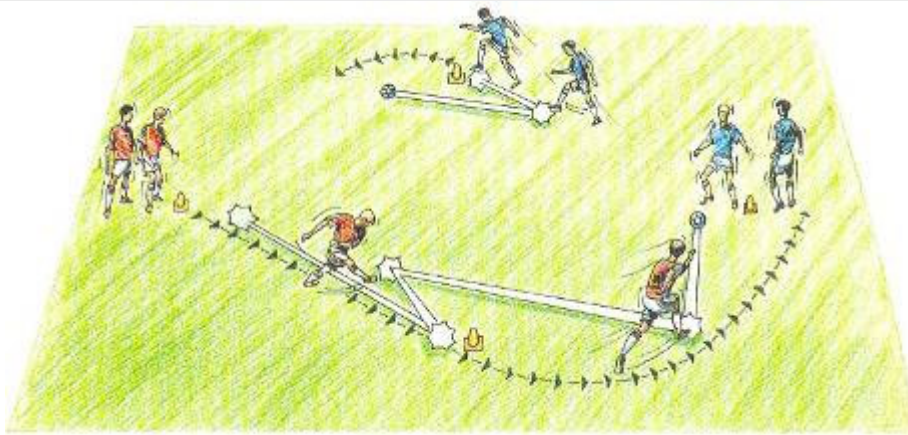
The sequence continues until all players have made at least five complete circuits.

Tips

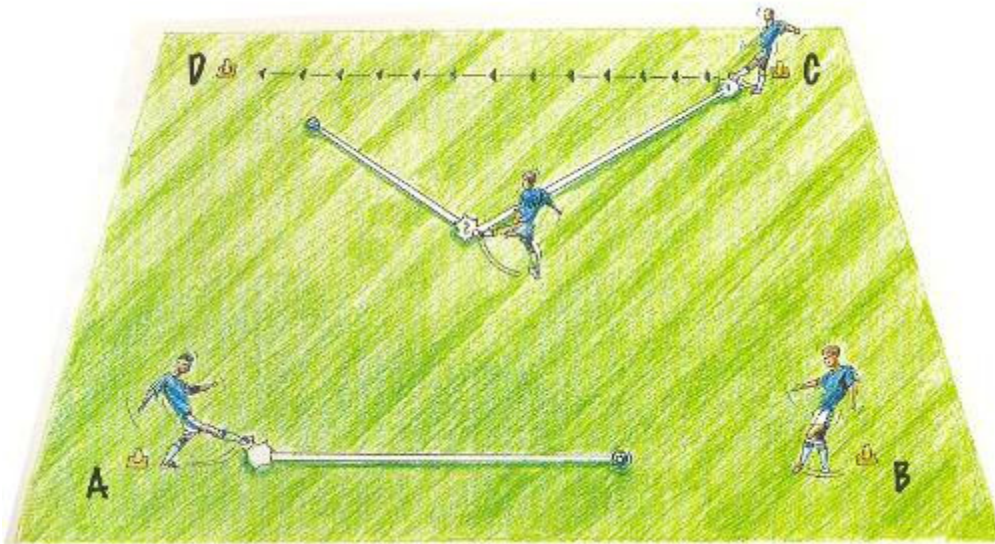
Allow players two touches when receiving. Once they become proficient, limit them to one-touch passing.

Ask players to concentrate on the quality of their lay-off so the receiving player can pass without having to Setup again.

Start the exercise with one ball, then progress to two, one at each end.



Exercise 2



Tips

Have players walk through this exercise until they understand the sequence.

After a few attempts, this can be a competition between last groups of players: the last group not to lose control wins.

Setup

A 12- by 12-yard area with cones A, B, C and D.

One player in the middle and one each at cones A, B and C.

Players at A and C start with the ball.

Action

The player at cone C plays a one-two pass with the middle player and sprints to cone D to take the return pass.

The player at cone A simultaneously passes to the player at cone B and waits for a pass from the player who is now at cone D.

The player who is now at cone D passes to the player at cone A, while the player at cone B passes to the middle player and moves to cone C to receive a return pass.

This exercise continues with simultaneous passes to the player in the middle and along the outside of the square.

GROUP PLAY

Exercise 3

Setup

A 15- by 25-yard area.

Four groups of up to five players each.

One group at each corner.

Action

The leadoff player at cone A runs with the ball in front of the first player in group B, steps on the ball, leaves it and sprints all the way around to the back of the group at cone D.

The first player in group B passes to the first player in group C and sprints to the back of group C.

The receiving player at cone C repeats the sequence by running across the player in group D, leaving the ball and sprinting around group A to the back of group B.

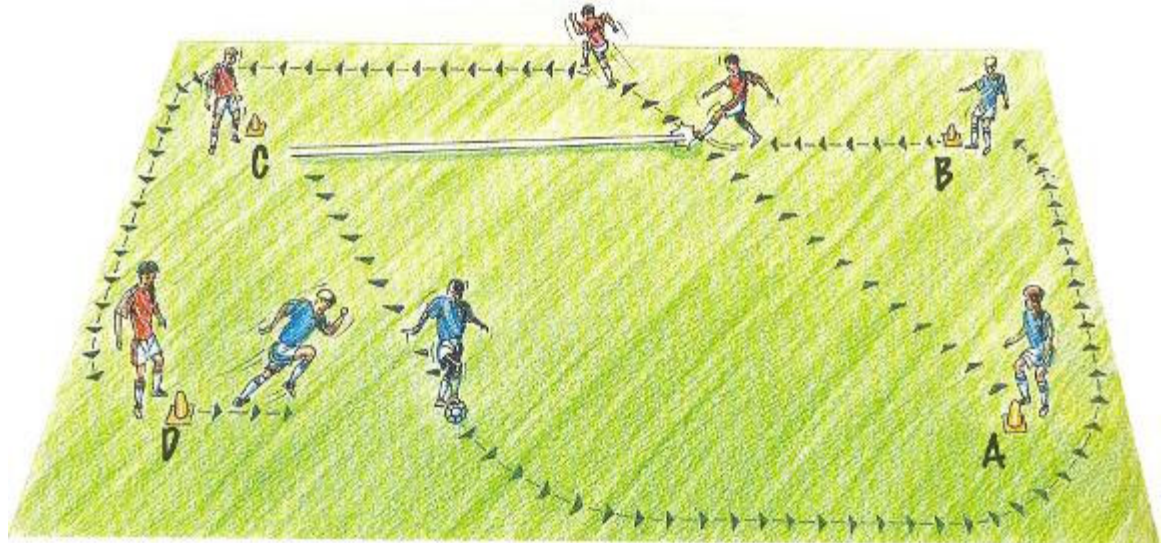
Tips

Start the exercise with one ball, then progress to two, one at each end.

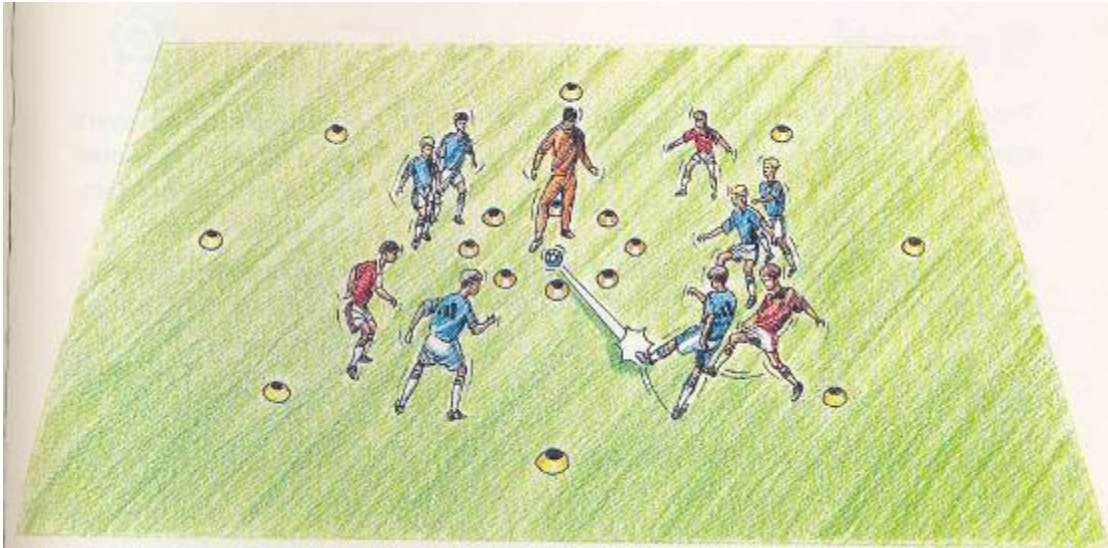
Have players sprint hard throughout this exercise

You can add a move as an option.

GROUP PLAY



Exercise 4



Tips

Here is where you will see the value of quick combinations: overlaps, one-two passes and takeovers.

Remind defenders about the four P's of defending.

Setup

Two circles, one 30 to 40 yards in diameter and one 5 yards in diameter.

Six attackers and three defenders.

One receiving player in the small circle.

Action

Players compete 6 v 3 in the large circle. The objective is for the attacking team to complete a pass to the player in the small circle.

Change attacking and defending players after five minutes.

There are several variations for this practice. For example: play one touch; make five passes before passing to the middle player; award points to the attacking team for completing a pass to the player in the middle; award points for making moves, overlaps or wall passes; award points to the defending team for winning tackles.

Exercise 5

Setup

Two groups of up to six players face each other 20 to 30 yards apart.

One group starts with the ball.

One player starts as a wall passer alongside the group without the ball.

Action

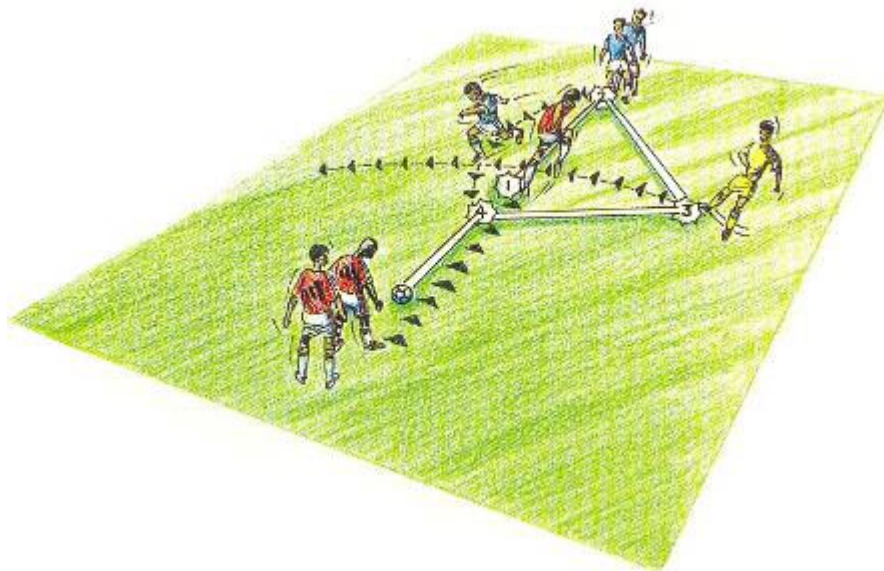
The leadoff player dribbles to the middle and makes pass no. 1 to the opposite line and follows the pass as a passive opponent. He/she takes a place at the back of the line.

The receiving player plays a one-two (passes no. 2 and 3), makes pass no. 4 to the opposite end and runs forward as a passive defender. He/she takes a place at the back of the line.

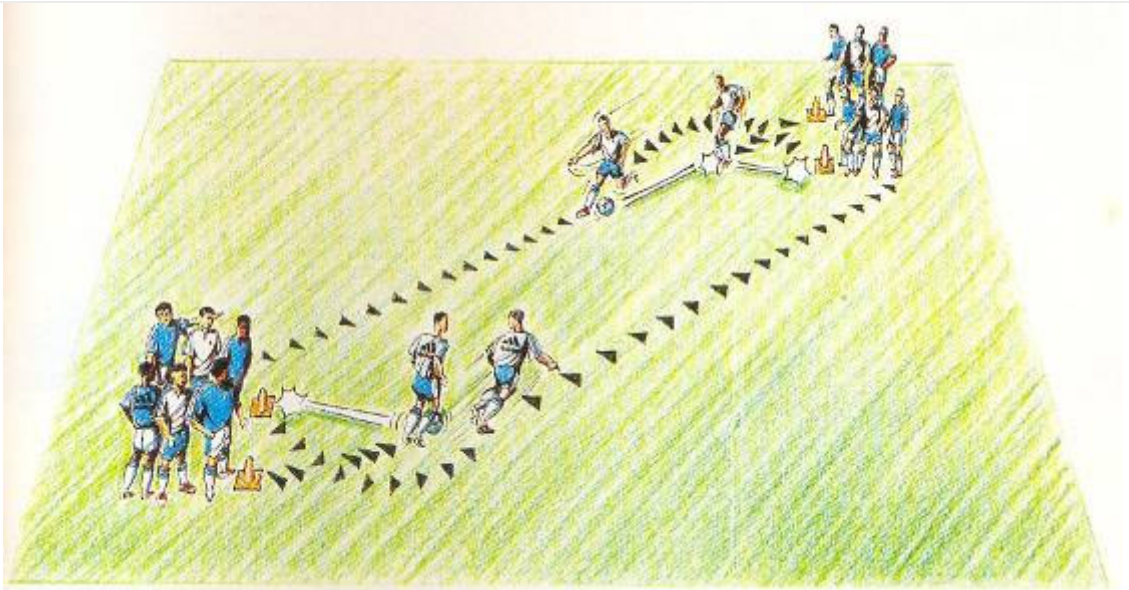
The wall passer overlaps and sprints to link up as a wall passer with the opposite group. The opposite group initiates the next sequence and play continues.

Tips:

Advice defending players not to tackle; they should think of themselves as partners, not opponents. Change the wall passer frequently since it is a physically demanding role.



Exercise 6



Tips

This is a preliminary exercise for young players where they learn how to combine with their teammates or go at it alone; having options is important.

Setup

Four cones, 20 yards apart as shown.

Four groups of players, one at each cone.

One ball to one group at each end.

Action

Leadoff players pass to partners and then make overlapping runs.

The overlapping players then receive the pass back and play the ball to the next pair in the opposite group.

After a few attempts, have players try to fake a pass to their overlapping teammate.

Once players have mastered this exercise, allow them to choose whether to pass or fake.

COLLINS FILE

Teams

National Team: Scotland

Clubs: Hibernian, Glasgow Celtic (Scotland), AS Monaco (France), Everton (England)



Honors

Scottish Cup champion
(Glasgow Celtic, 1995)

French league champion (AS Monaco, 1997)

Star Qualities

A combination of great skill and tenacity

Scorer of spectacular goals, especially from swerving
Free kicks

Playmaker who is the main link between his defense
And attack

A popular player with fans and teammates because of
His modesty and commitment

FAST BREAK ATTACK

Exercise 1

Setup

A 20- by 30- yard area with 5-yard end zones.

Two teams of two players each.

One player in each end zones who is neutral and cannot enter the field of play.

Coach with a supply of balls.

Action

The coach plays a ball in to either team.

Teams try to move the ball quickly up and down the field to either of the end zone players.

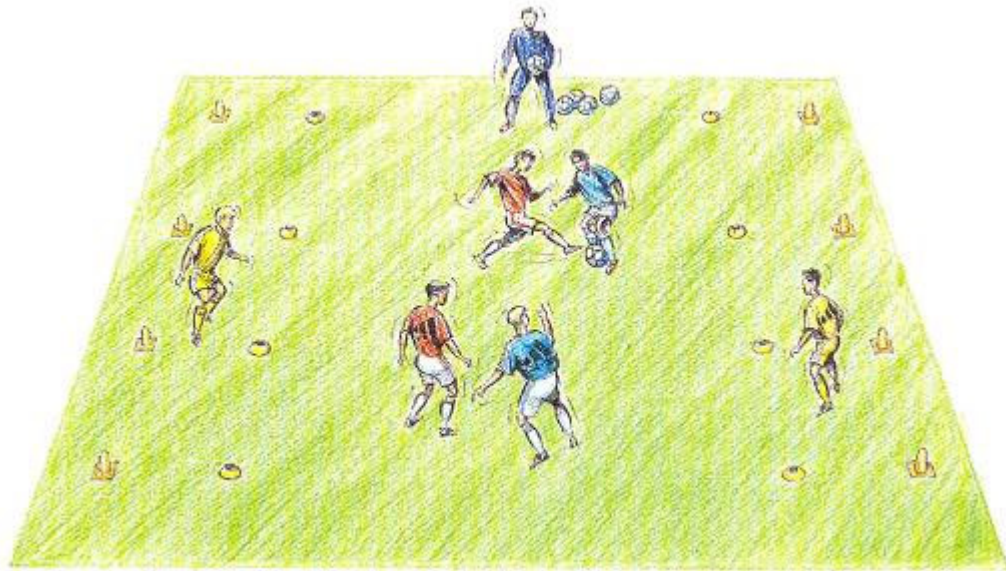
A team earns one point each time it gets the ball to an end-zone player.

Tips

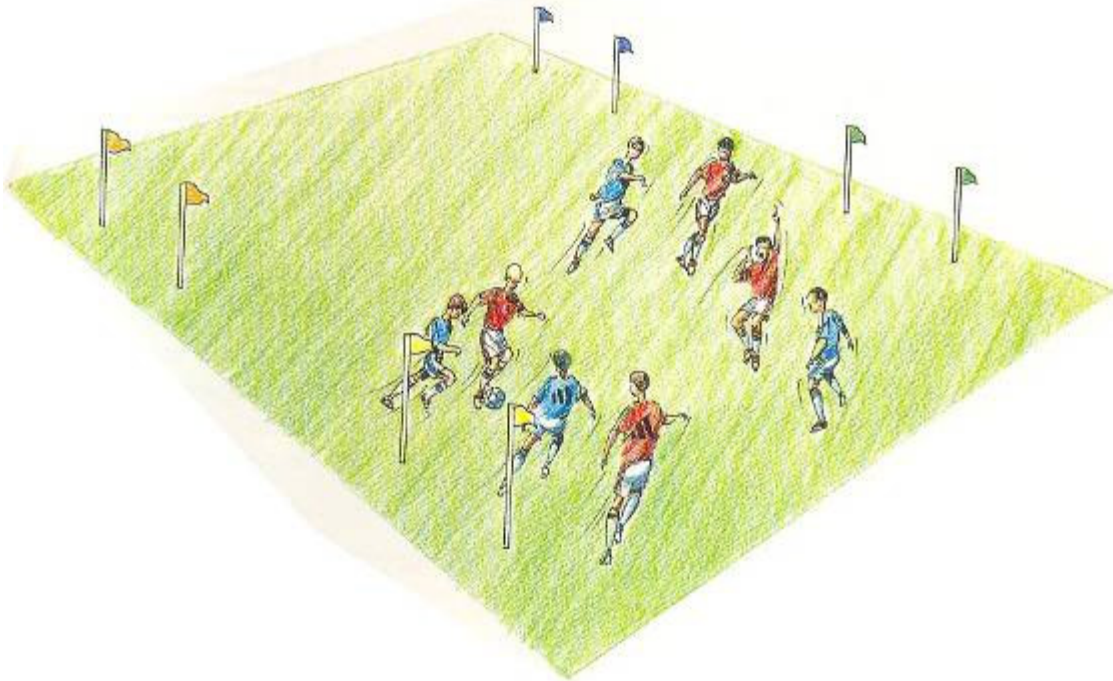
Encourage players to look for fast breaks from their end zones to the other end zone with the fewest passes.

Insist that the ball be controlled by an end-zone player to count as a point.

A neutral player who assists the team in possession can be added to the field.



Exercise 2



FAST BREAK ATTACK

Tips

Tell players to switch the play with fast breaks. Fast breaks depend on good support play and good vision.

Setup

A 20- by 40-yard area.

Four 2- or 3-yard-wide goals as shown, using flags or cones.

Two teams of four or five players each.

Action

Teams can score in any goal, but only if the ball goes in on the ground.

When the ball goes out or a goal is scored, restart play by tossing in a new ball.

Variation: add goalkeepers to each goal and rotate them with field players often.

FAST BREAK ATTACK

Exercise 3

Setup

A 30- by 50-yard area.

Full-size goals at each end with goalkeepers.

Two teams of three players each and one neutral player who plays with the team in possession.

Action

When a team wins possession, it can try to score in either goal. When a team scores, it retains possession and must try to score in the opposite goal.

There's no offside to encourage fast attacks.

All players on the attacking team must be in the attacking half for the goal to count. If all players on the defending team are not all back in their defensive half, the goal counts double.

The coach changes teams and the neutral player at his discretion.

Tips

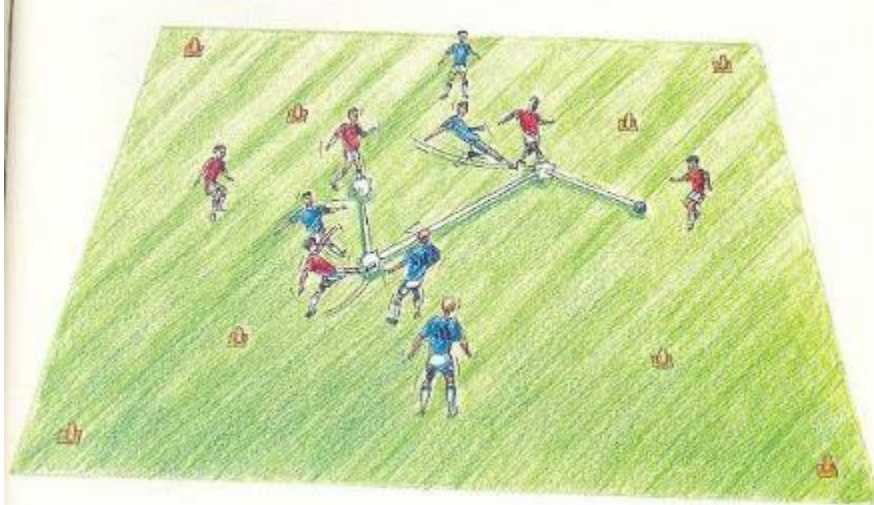
Encourage players to shoot at every opportunity and to follow up shots.

This is good exercise in which to work on communication skills.

The goal that count double encourage fast finishes to attacks before defenders can recover.



Exercise 4



FAST BREAK ATTACK

Tips

Have players look to break from one end to another with fast, accurate passing.

Encourage good movement of the ball.

The fewer passes it takes to reach an end player, the less chance opponents will win the ball.

Setup

An outer square 40 by 40 yards.

An inner square of 30 by 30 yards.

Two teams of five players each: 3 v 3 in the inner square and two players for each team at opposite sides of the inner square.

Action

Each team tries to get the ball from one outside teammate to the other.

As soon as an end player receives a pass, that player switches places with the passer.

A point is scored each time a team successfully gets the ball from one of its end players to the other.

FAST BREAK ATTACK

Exercise 5

Setup

A 40- by 40-yards area.

3-yard-wide goals at each side as shown.

A keeper in each goal.

Two teams of three players each.

Action

This is a variation of the exercise on page 111. One team tries to score across the field and the other up and down.

Another option is that teams play normally trying to score at either end, but both teams can also score in either of the side goals.

Tips

Have goalkeepers look to start fast-break attacks as soon as they make a save or a goal is scored.

