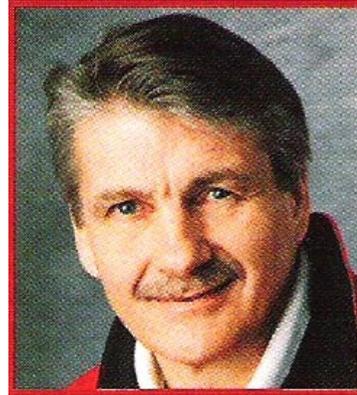


A COERVER COACHING MASTERCLASS SERIES

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ALFRED GALUSTIAN CHARLIE COOKE

International Director Of Coerver Coaching

Alfred Galustian has been responsible for establishing the Coerver Coaching programs in Europe, North America, Australia, Africa and Asia.

Galustian began his soccer career as a player with Wimbledon. Today, he works as a technical coach and instructor with several National Associations including The French National Federation and has also been involved as a technical instructor with the youth development programs of many professional clubs around the world, including Bayern Munich (Germany), Arsenal and Newcastle United (England), Auxerre and Olympique Marseille (France) indoor and professional clubs in Japan and Korea. Soccer League.

In addition, Galustian has worked with the American, Irish World Cup team, the U.S. Women's National Team and the Chinese Football Soccer Association, as well as in Brazil and Africa. He is an international representative for Special Olympics.

Director of Coerver Coaching (North America)

Charlie Cooke made 360 league and cup appearances for England's Premier League club, Chelsea FC. He played in three F.A. Cup finals and was on the team that beat Real Madrid to win the European Cup Winner's Cup in 1971.

Cooke represented Scotland in international matches 16 times and in 1969 was selected as one of the best players in the world for the World All-Star Team. He also played for the Los Angeles Aztecs, Memphis Rogues and California Surf of the North American Soccer League and was head coach of the Wichita Wings of the Major

Cooke has written for Soccer Soccer Jr. and Shoot magazines, produced the video Play Like A

Legend and appeared as a TV analyst. Cooke heads a U.S. nationwide Network of Coerver Coaching Soccer Schools and camps that he has established in 21 states.

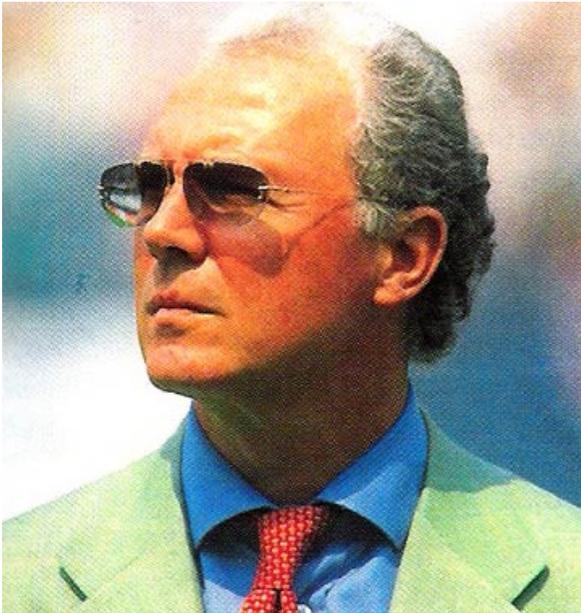
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FOREWORD

There are two important things that coaches, players and their parents must remember. First, good soccer teaching is essential at all times but especially when players are in their formative years between 8 and 15. Second, all players – regardless of their ability – can always improve with good practice.



I think COERVER COACHING provides superb programs for improving young players. The better the individuals on a team become, the more the team can achieve.

COERVER COACHING is not only effective – it makes practice fun, too. Enjoyment is, of course, a key element in training youth players. I recommend this program to all young players and their coaches.

— **Franz Beckenbauer**

Franz Beckenbauer is president of Bayern Munich. He is one of the greatest players of all time. He is the only man to captain and coach his country (Germany) to World Cup victories (1972 as captain and 1990 as head coach).

“I think COERVER COACHING

Provides Superb programs

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WHAT IS COERVER COACHING?

Wiel Coerver, the great Dutch coach, is a soccer visionary. His ideas have had a profound influence on how soccer is taught around the world. In the 1970s he pioneered innovative skill-development programs for young players and devised new ways to teach soccer skills. Coerver's early focus on teaching ball mastery and 1 v 1 skills by having players emulate the moves of great players has been expanded to a program encompassing all aspects of individual and group attacking play.

In 1985 Coerver was joined by Alfred Galustian, who now heads Coerver Coaching internationally, and former Scottish international star Charlie Cooke, director of Coerver Coaching for North and South America. Galustian has carefully selected regional directors to supervise the demand for Coerver Coaching programs around the world.

As a result, Coerver Coaching and its global network of soccer schools, camps and educational products has become one of most respected soccer teaching programs in the world.

Coerver Coaching's curriculum concentrates on improving individual skills and small-group play, especially in the formative years. It is based on the premise that team play consists of sequences of interaction between two, three or four players in various parts of the field. When linked together (or, just as often, broken up), these small-group sequences make up the game.

Coerver Coaching is based on the fundamental belief that any system or team is only as good as the individuals that form it. The essence of the Coerver method is ball mastery. All other aspects of the game __ from receiving and passing to group play __ flow from that basic building block.



**Back (l to r): Alfred Galustian, Wiel Coerver, Tom Byer (Regional Director, Asia).
Front (l to r): Charlie Cooke, Martin Clark (Regional Director, Europe).**

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PYRAMID OF PLAYER DEVELOPMENT

The Building Blocks

BALL MASTERY:

Exercises where each player works alone with a ball at repetitions using both feet.

RECEIVING & PASSING:

Exercise to improve a player's first touch, so important at all levels, and to encourage and teach accurate and creative passing.

MOVES (1 V 1): Exercises and games that teach game winning individual moves that can create space against the most packed of defenses.

SPEED: Exercises and games that improve acceleration, running with and without the ball and change of pace.

FINISHING: Exercises and games that teach technique and encourage instinctive play.

GROUP ATTACK:

Exercises and games that improve small-group combination play with emphasis on fast break attacks.

Our new curriculum is represented by the Pyramid of Player Development. It consists of six building blocks. Each block has dozens of exercises and games associated with it, many of which have been selected for this book and the companion Coerver Coaching "A New Era" video series. The exercises and games can be used by coaches to plan their team practices (see our Practice Planner on page 9) or by players who are trying to improve on their own.

Ball mastery is the foundation of player development and is essential for progress in the other building blocks. But don't think of the Pyramid as a ladder where one level must be mastered before proceeding to the next rung. Instead, each building block is integral to the others. Overall player progress is achieved as the skills and techniques described within each building block become stronger.



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HOW TO USE THIS BOOK

PLAYERS:

If you are a player and you want to improve your Game, select exercises and games from the book and try them. For the games that involve several players, enlist your friends or teammates.

COACHES:

If you are a coach, consider our **Coerver Coaching Practice Planner** (opposite page) when planning your practices. The pie chart is an easy way to structure your youth practices.

The chart shown is based on a 75-minute session for youth players (8-15 years old). If you run longer or shorter practice sessions, you can apply roughly the same ratios for each section. You may also adjust the contents of your practice to the abilities and fitness level of your players by graduating competition, intensity, speed and distances. For players less than 8 years old, the majority of your practice sessions should be spent in fun, small-sided games that reinforce one of the building blocks.

Select exercises from sections of the pie chart for your practice session. For example, use the ball mastery exercises in the warm-up section. Each exercise will show you the setup, necessary equipment, instructions, rules and tips ___ and each can be varied according to your needs. We have given some examples of possible variations.

The **Video Links** provided with each of the exercises will give you the video volume number, building block section and exercise number where you can see this book's exercises on video. We have included variations to some of the Video exercises to give you more options.

In addition, we have selected 13 international stars as great exponents of the building blocks of our curriculum. We believe that young players are inspired by their heroes and will be encouraged to emulate their actions. These players are wonderfully gifted but still continue to practice and improve their skills; they have the qualities and attitudes that we wish all our young players to aspire to.

Key to Symbols

Throughout this book, you will find exercises and games around which you can plan your team practice sessions.

The symbols, shown below, will help you understand the actions that are required. For a better understanding, refer to the appropriate Coerver Coaching video (see "Video Links" to make finding the drill easier).



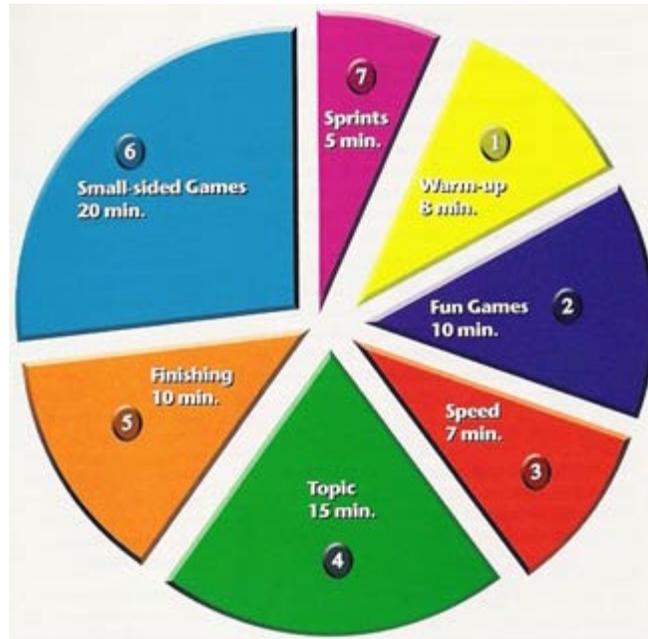
The brand-new Coerver Coaching video series: "A New Era".

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COERVER PRACTICE PLANNER



USING THE PRACTICE PLANNER:

Begin practices with a brief summary of current team status (injuries, previous game performance, league position, last practice, special announcements, etc.). Let your enthusiasm spill over to your players. Then include the following sections:

Section 1: Warm-up and individual ball work

Warm up with gentle stretching. Then use the exercises that are featured in the ball mastery section of the book and /or video series.

s

Section 2: Play a game

Follow the warm-up with a game to create a positive working atmosphere and attitude for the duration of the session. The games can be 4 v 4, 5 v 5, 5 v 2 or any fun game that you want to introduce.

Section 3: Train for Speed

You can use any of the exercises in the speed section of this book and/or video series.

Coaches' Checklist

Keep your goals in mind as you approach each practice. The Coerver philosophy is to keep the enjoyment and improvement of all the players as the first priority, regardless of their individual abilities. Strive to improve skills, encourage creativity and establish an attacking mentality.

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Section 4: Feature a skill (Topic)

Select one or more exercises from the Receiving & Passing or Moves (1 v 1) building blocks of the Pyramid. Introduce the skill in a no-pressure context. Gradually increase pressure until you have reached a full-pressure situation. Don't get stuck on no-pressure practice for long.

Note: We have not included heading exercises. In our programs we do not start with heading until the players are at least 10 years old. And up to 13 years of age, we only spend a small amount of time on basic heading techniques. While heading is an important part of the game, it has as much to do with timing, confidence, courage and experience as it does with technique. If you include heading do not make exercises long.

Nor have we included special drills on defending ___ although it can also be made into a practice topic. At our camps, schools, and clinics we cover defense during our small-sided games. Many of the individual qualities needed for good defending are byproducts of some of our technical skills. Learning the moves, for example, will improve a player's coordination, flexibility and quickness and will, above all, provide valuable practice in 1 v 1 duels. All of these will improve individual defending skills.

Section 5: Focus on individual and group finishing

You can use any of the exercises featured in the finishing, group combinations or fast break attack chapter. Everyone enjoys shooting ___ and it's an invaluable team skill ___ so Coerver Coaching includes shooting in every session it runs. You can also combine this portion of your practice with other skills, such as incorporating a 1 v 1 move with the finishing exercise you have selected.

Section 6: Play a small-sided game

Small-sided (e.g. 3 v 3, 4 v 4 and 5 v 5) games are crucial to encourage players to use their skills quickly

Think safety first. Always be sure your planned activities, field, equipment and weather conditions are safe. Goals need to be secured firmly to the ground. Alternatively, use cones or corner flags. Always have a first-aid kit with you and be sure players have constant access to drinking water.

Prepare your session before you get on the field. Make a written plan that can include basic diagrams of the exercises you want to cover and the main coaching points you feel will help your players. Don't be embarrassed to make reference to your notes during the session.

Ensure that your players are properly equipped. Recommended ball sizes are No.3 for ages 5-7; No.4 for ages 8-10 and No.5 for ages 11 and older. Advise players to wear cleated (studded) soccer shoes when the ground is soft, turf-style shoes on hard ground and soccer training shoes when playing indoors. In addition, make sure all players wear shinguards during practices and matches.

Your gear bag should include cones or other safe markers, and pinneys (bibs) in at least two colors.

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Making Your Own Practice Log

To help you prepare for each practice and keep a record of your season, use a notebook. At the top of each page, write down the date, time, temperature and field conditions. Then include the following information:

Practice outline

Duration of each section

Equipment needed

After the practice is complete, make notes on what was successful and what wasn't, effort by individual players, players' attitudes. Use the notes when speaking to the team at the start of the next practice or match.

And spontaneously under pressure. Our goal is for players to execute skills without hesitation or thought. You can design your small-sided games to reinforce one of the building blocks of the Pyramid, but the majority of these games should be free, fun and played at full pressure.

As we have stated, the Coerver Coaching program is an attack-oriented approach to soccer. Nevertheless, small-sided games give you an opportunity to coach individual and team defense.

The 4 P's of Defense:

Pressure: Get close fast. Don't over-commit. One or two yards from the opponent is good. Adjust the distance according to your assessment of the opponent. Is he/she fast? Slow? Clever with the ball? Try to be close enough to poke the ball away if you get the chance. Fake tackles to keep the opponent guessing.

Position: Be aggressive. Stay low. Bend your knees to help you move in any direction. Angle your body to try to guide the opponent in the direction you would like them to go.

Patience: Contain. Be Patient. Stay on your feet. Don't slide to the ground unless you are sure you can get the ball. Sneak a look for covering defenders. If you can't be sure of getting the ball, be prepared to wait for help from teammates, or for the opponent to make an error. Remember the object is to hold up your opponent or win the ball.

Physical: Be physical and determined but always be fair. Be prepared to put out a lot of energy when you defend.

Section 7: Run competition sprints

An uplifting way to end practice is with short, 20 yard sprint competitions, with or without the ball. Try to match competing players evenly or to stagger the starts so all players are challenged.

End with a short summary of directions, time, location and special needs of the next practice/game. Thank all for attending and for their efforts.

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what the experts say

GERARD HOULLIER

Former Technical Director and Head Coach of France and current coach of Liverpool F.C.

“Coerver Coaching helps us produce the kind of technical players that can give our teams a winning edge. I first brought Alfred to work with the French Federation regional coaches four years ago, and the results and reaction since have been excellent.”



ROBERTO RIVELINO

Brazilian World Cup champion

“Every young player from 8 years old on should be exposed to Coerver Coaching. I am convinced of the value of this program.”



KENNY DALGLISH

Former Liverpool and Scotland Legend

“The Coerver Coaching program brings enjoyment and satisfaction to young players and is helpful with the development of their skills.”



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ARSENE WENGER

Head Coach and Manager of Arsenal

“It is essential that players 15 and under get the best teaching available so we can develop higher standard players for the future. In this regard I admire the Coerver Coaching program very much. It’s original and its emphasis on individual skill improvement as the foundation for teaching young players is, in my view, correct. It is an important part of our youth development at Arsenal.”



CARLOS PARREIRA

Coach of 1994 Brazil World Cup Champions

“The Coerver Coaching program teaches a variety of skills, techniques and drills which can be used effectively in match situations, especially to create more goal chances. I recommend the new Coerver Coaching Video Series and book to all youth coaches around the world, as a fundamental guide to improve and develop young players/ ”



ROY HODGSON

Head Coach and Manager
Of Blackburn Rovers

“ It gives me much pleasure to recommend this new book by Alfred Galustian and Charlie Cooke, which I am sure will fill an important gap for coaches who are seeking to improve the skill levels of young players.”

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<http://www.playgreatsoccer.com>