



# Coerver Ball Mastery

Category: Technical: Coerver/Individual Skills  
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America  
Individual-Adult Member

## Description

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### Ball Mastery Warmup

"1 player. 1 ball. Repetition ball control exercises with both feet." - Coerver website

#### Warmup

We will maximize the amount of touches for every player with different moves and patterns.

Organization:

Every player with a ball. Every player sets up their own cone.

How to Play:

On coach's signal, perform different moves and dribbling patterns.

Examples - foundations, rolls, toe touches, L's, V's, Sole Drag, Scissors

Coaching Points:

- Keep ball close to feet
- Stay balanced, body over ball

Progression:

Form groups of 2 or 3. Perform same skills using 2 cones with a bigger area.



### Coerver Box

Working on similar skills from our warmup with more space.

Organization:

Set up a 10x10 grid or appropriate size. Every player with a ball.

How to Play:

Continuous free flowing dribbling activity. Performing similar skills from the warmup in a much bigger area. Allowing players to take bigger touches and dribble with pace.

Coaching Points:

- Keep head up as much as possible to scan the field
- Keep ball close to feet. Take a touch every step.

Progression: Add passive defenders



### SSGs

Small-Sided Games: 1v1, 2v1, 2v2

Continuous Rapid Fire SSGs. Set up 1 or 2 fields, depending on number of players.

Organization:

Separate group into 2 teams, setting up on opposite sides of the field.

All balls to the coach at midfield.

How to Play:

Coach serves balls. Start with 1v1 and progress to more numbers.

If defender gains possession, they try to score a goal, which encourages transitional play.

Coaching Points:

- Attacking player, focus on take-on moves we worked on
- Keep ball away from defender
- Defender, keep attacking player in front of you and force to the outside

