



Description

12/12/17: Method that focuses on individual skill development and small group play.

Warmup

Coerver Warmup

Great way to teach the Coerver basics.

Organization:

- See Diagram.
- Every player with a ball.

How to Play:

- On coach's signal, players perform different Coerver skills in their designated area.
- Toe Taps, Tick Tocks, Vs, Ls, etc... different types of dribbling patterns.

Coaching Notes:

- Focus on technique, build up to speed



1v1 Skill Development

1v1 Activity

Focus on 1v1 attacking and defending.

Organization:

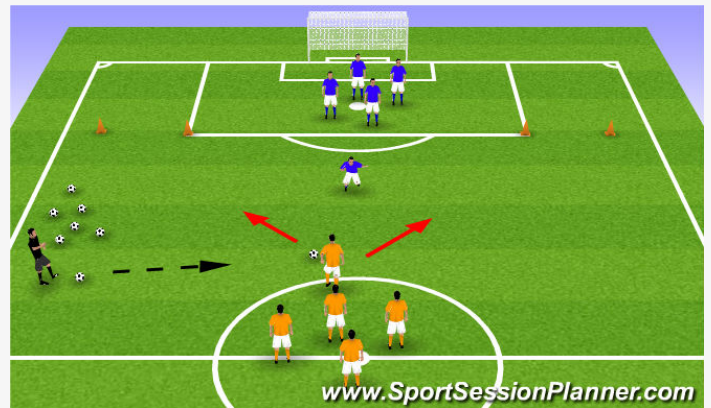
- See Diagram.
- Attacking players are in orange. Defending players are in blue.
- Coach serves balls.

How to Play:

- Attacking player scores thru one of the gates, either by dribbling or shooting.
- Defending player scores by winning possession and passing to the coach.

Coaching Notes:

- Attacking player, first touch in direction of goal they are attacking.
- Defender, anticipate which direction opposing player will go.
- Push your players to increase their fitness in this activity.



Small Group Play

4v4 SSG

Activity involving possession and 1v1 to goal.

Organization:

- See Diagram.
- 4v4 with GKs.
- Possession Zone (all players). 1v1 Zone (attacker & defender).

How to Play:

- Team keeps possession of the ball until there is a 1v1 opportunity to goal. All other players stay in the "possession zone." If defender wins the ball or GK makes a save, play the ball back into the "possession zone."

Coaching Notes:

- Encourage movement with the "possession zone"
- High work-rate in the "1v1 zone" for both players

