



The Coerver Skill Drills

Eight skill boosters from the world's number one soccer skills teaching method

DRILL ONE

PRACTICE TIME
8-10 minutes

SET UP

15 x 15 yards square area. Three players - A, B, and C - all with a ball starting at a corner cone.

ACTION

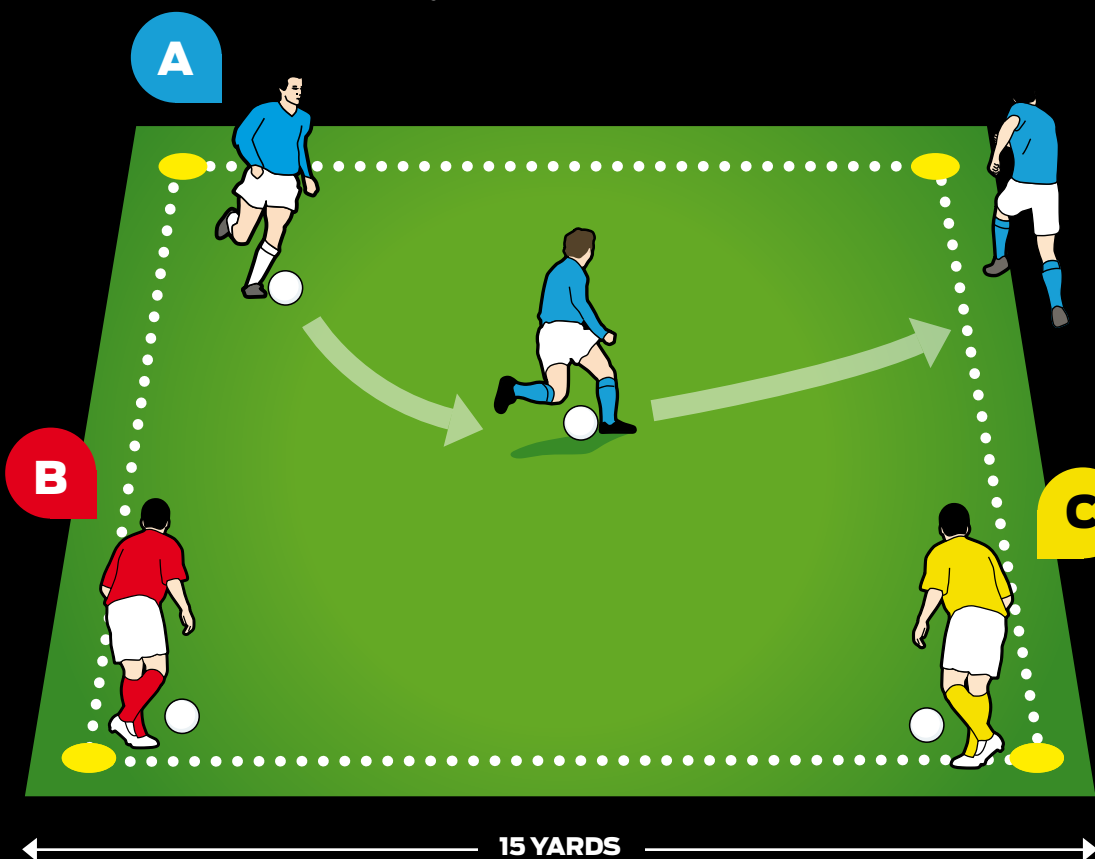
Players take turns moving toward each other and performing 'The Step Over' move. They then accelerate to the nearest point of one of the lines to either side of the teammate and await their next turn.

VARIATION

You can make this drill limited or full-pressure by adding a player in the middle of the square who challenges for the ball.

TIP FOR COACHES

Tell players to look before and after they make their move so they can see which side to accelerate to.



THE COERVER MOVES
The six manoeuvres you will be performing during the Coerver skill drills

THE STEP OVER

Step 1 Approach the ball as if you're going to pass or strike it.

Step 2 Step around the ball instead, so your foot lands on the other side of it.

Step 3 Step the opposite foot alongside the step-over foot then, with the outside of the stepover foot, push the ball in the opposite direction.

Step 4 Accelerate past your opponent.

DRILL TWO

PRACTICE TIME
10-12 minutes

SET UP

15 x 15 yards square area. Four groups of up to five players on each corner of the square. First player in each group starts with the ball.

ACTION FOR SINGLE OR DOUBLE CUT

First players in each group push the ball out and makes the Single or Double Cut (where you twist your foot round the ball and use the inside or outside of your foot to push the ball back towards you). They then pass the ball to the next player in the group and sprint to the back of the group to await their next turn.

ACTION FOR TWIST OFF

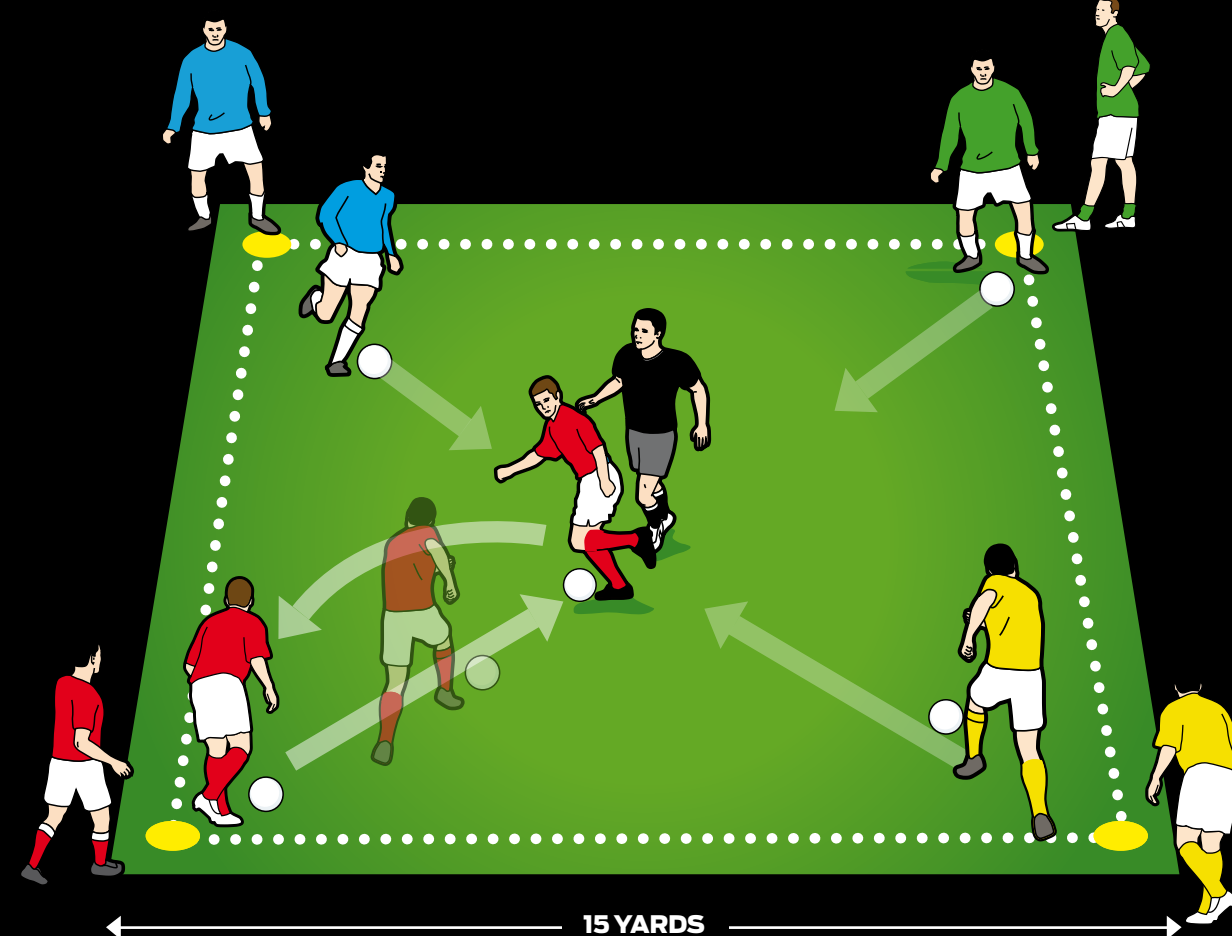
Players with the ball do toe taps (tapping the ball from foot to foot with the inside of each foot, while on the spot). On the coach's signal, one player goes towards the coach, makes the Twist Off move and passes to the next group. They then join that group and await their next turn.

VARIATION

The coach can act as a limited pressure defender by stepping in to challenge one of the players coming towards them.

TIP FOR COACHES:

To do the 'Cut moves' correctly, remind players to have the ball well in front of them and to reach with their leg to save ground and cut with the minimum number of touches whether cutting with the inside or outside of their foot.



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OUTSIDE FOOT TWIST OFF

Step 1 Fake a kick ...

Step 2 ... but instead, control the ball with the outside of the kicking foot.

Step 3 Pivot on the step-around foot and turn at the same time.

Step 4 With the outside of your pivot foot, push the ball to the side of your opponent.

Step 5 Accelerate past your opponent.

TURN OVER FOR MORE COERVER DRILLS...

DRILL THREE

PRACTICE TIME
8-10 minutes

SET UP

Four grids, each about 20 x 30 yards. Four players in each grid area. Two players with the ball are attackers; the other two are limited pressure opponents.

ACTION

Players dribble in the grid area. Players without ball jog around area. On the coach's signal, players with the ball pass to players without a ball and then act as limited pressure opponents. The receiving players make a 'move' (see any of the moves listed throughout these drills) and the sequence is repeated.

TIP FOR COACHES

Tell players to keep their heads up so they can judge the space they need to attack.

THE COERVER MOVES

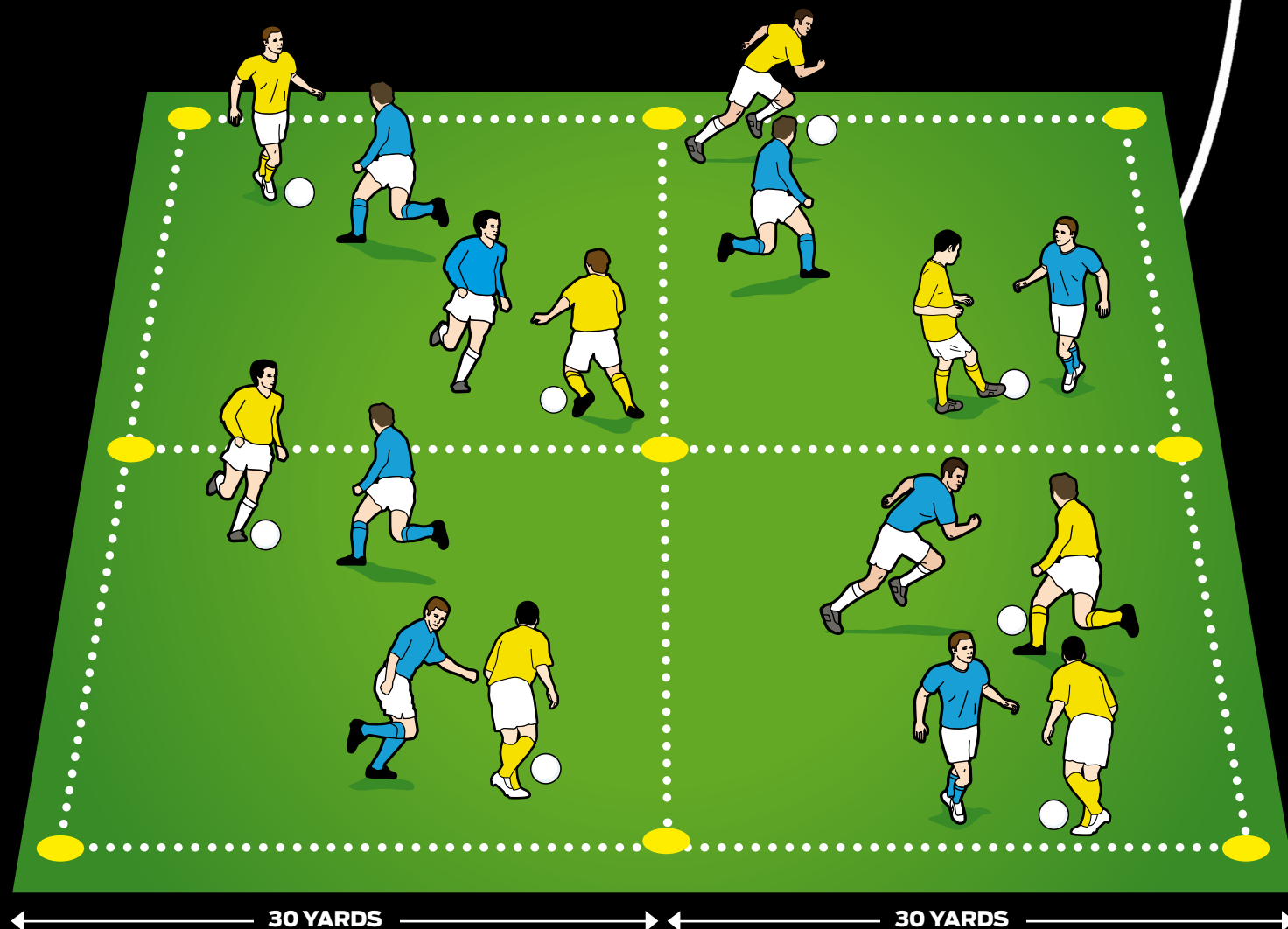
The six manoeuvres you will be performing during the Coerver skill drills

THE DRAG PUSH

Step 1 As you face your opponent, drag the ball across your body with the inside of your foot.

Step 2 Then suddenly switch and use the outside of the same foot.

Step 3 Push the ball to the outside of your opponent, and accelerate down the wing.



DRILL FOUR

PRACTICE TIME
10-12 minutes

SET UP

Players in groups of three or four facing each other about 20 yards apart.

ACTION

First player of each group starts with ball and goes into the middle, makes a move, passes to the opposite player and then sprints back to that group and awaits his next turn.

VARIATIONS

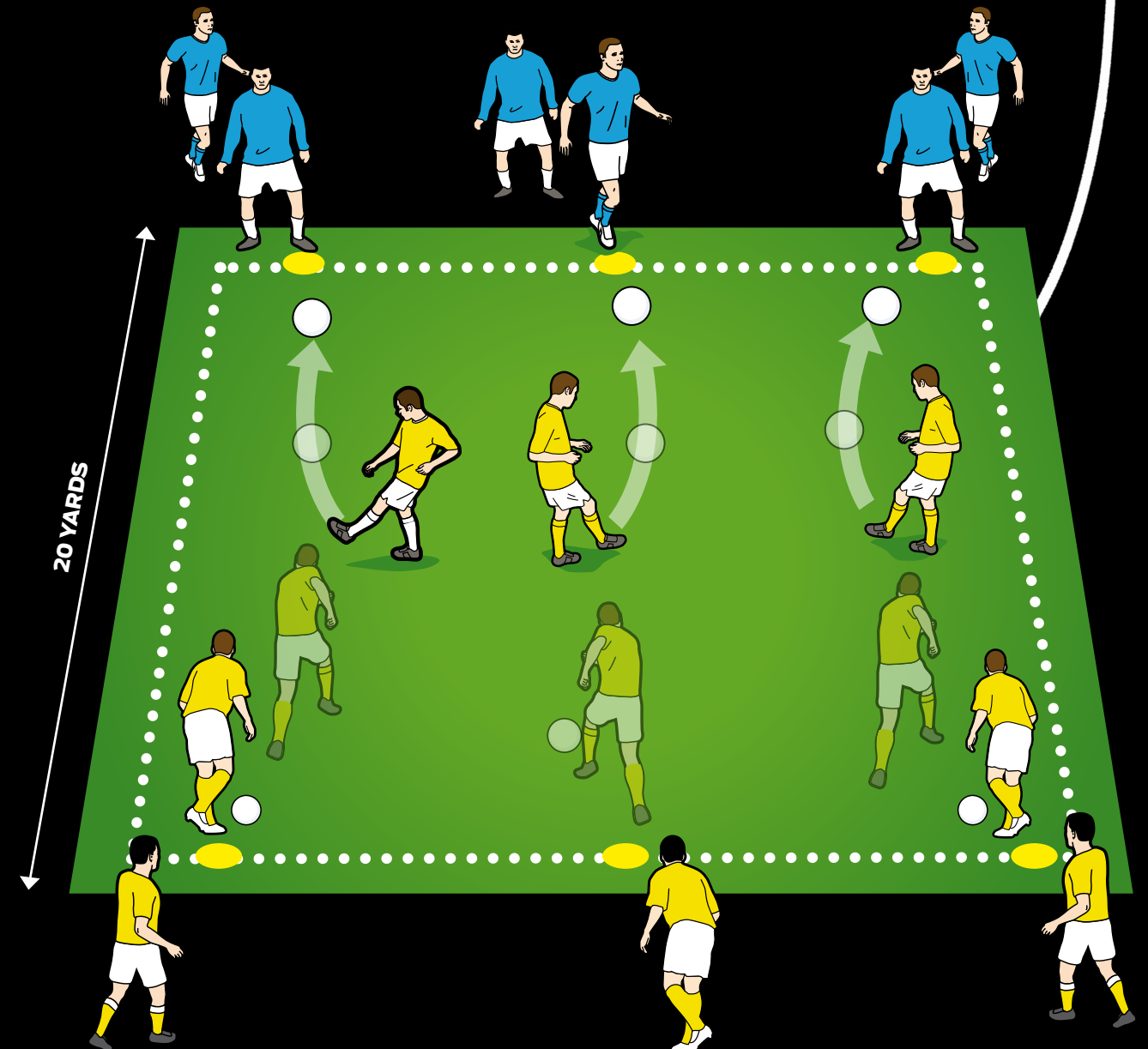
1) Do 2 single moves, then pass

2) Do 3 single moves, then pass

3) Do 4 single moves, then pass. Increase the distance between groups to 30 yards.

TIP FOR COACHES

Tell players to slow down before making the move, especially if they're beginners. When players fake right and go left, they should pass the ball with their left foot and vice-versa.



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THE DRAG SCISSORS

Step 1 Drag the ball across your body with the inside of your foot.

Step 2 As the ball's rolling....

Step 3 ... step around it with the same foot ...

Step 4 ... then take the ball with the outside of the other foot ...

Step 5 ... past your opponent and accelerate.

DRILL FIVE

PRACTICE TIME
10-12 minutes

TIP FOR COACHES

Remind players to "sneak" a look occasionally when running with the ball. Players should slow down before making any of the moves but come out of the move quickly.

SET UP

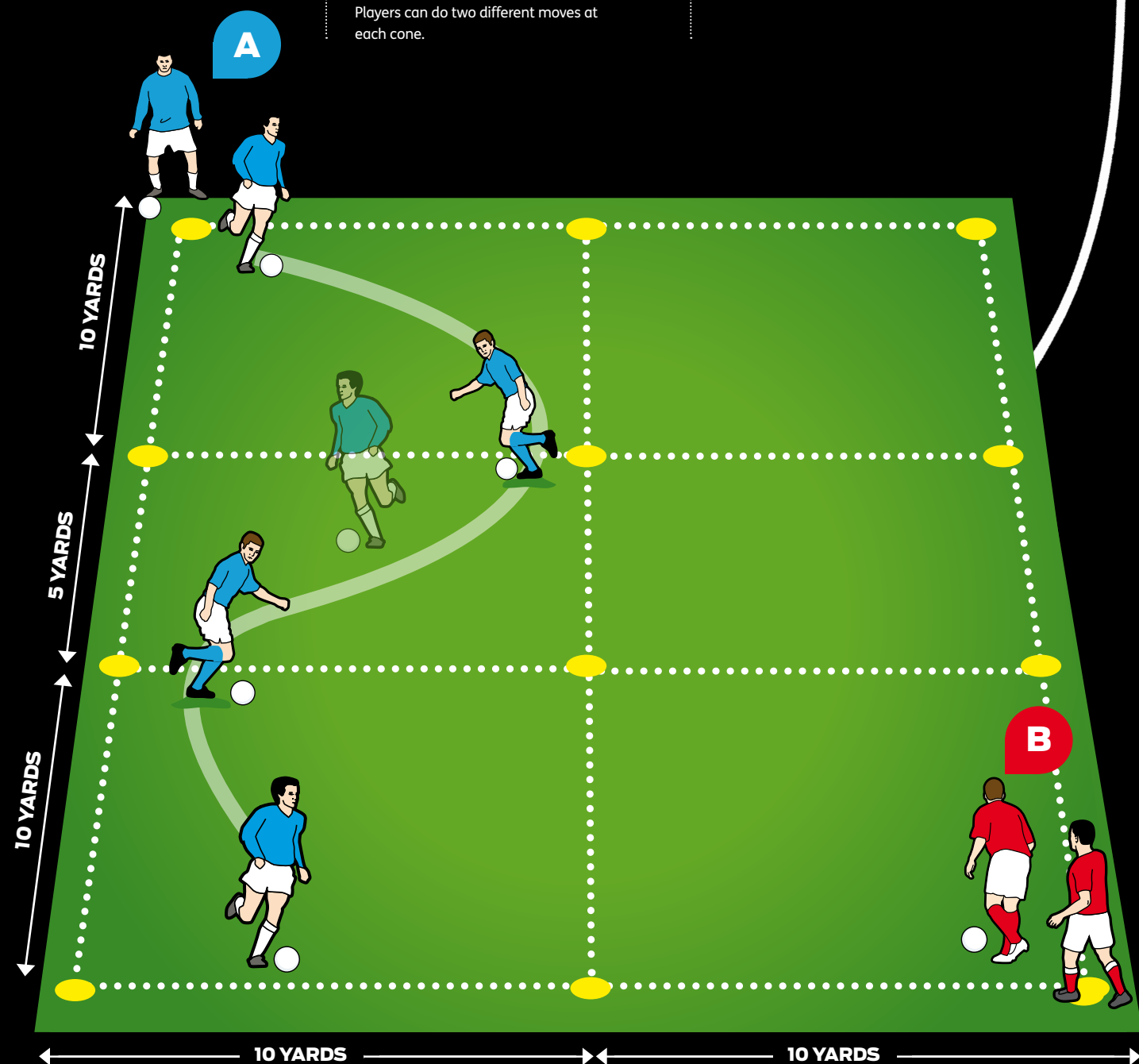
Area 25 x 20 yards. Groups of four or five players, each with a ball.

ACTION

The A players go down one lane and to the back of group B. The B players do the same down their lane and go to the back of group A. Players make any of 'the moves' in the middle of the lane.

VARIATIONS

Players can do two different moves at each cone.



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THE SHIMMY

Step 1 Lift your heel and turn your knee inward as if to kick the ball ... but stop just before you touch it.

Step 2 Turn ...

Step 3 ... and spin past your opponent using your opposite foot.

DRILL SIX

PRACTICE TIME
5-8 minutes

TIP FOR COACHES

Players must look up and know what is going on around them, otherwise they will find themselves trying to go through the same goal and collide with their teammates.

SET UP

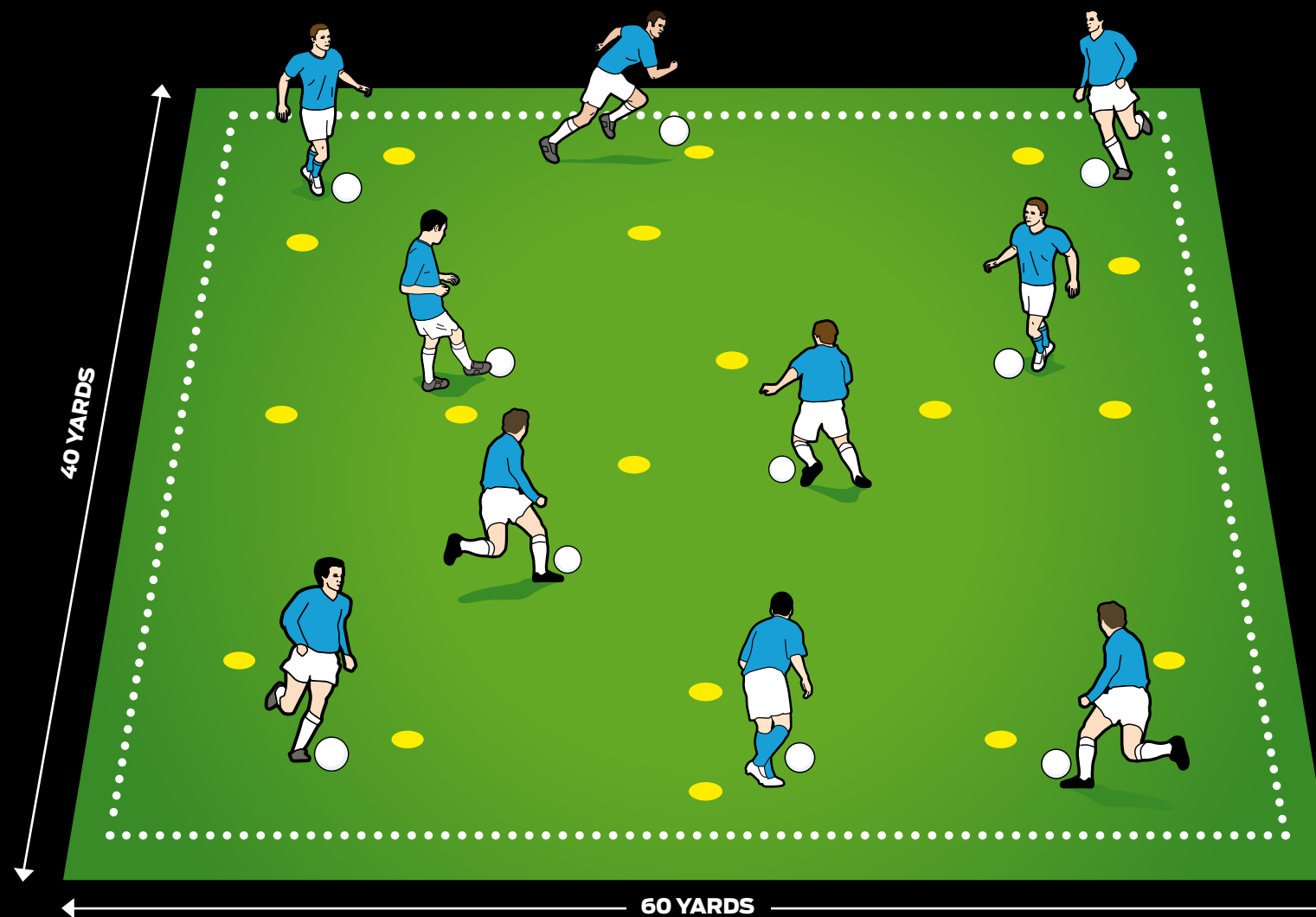
Mark off area 40 x 60 yards. Up to 12 players, each with a ball. Eight, three-yard-wide goals marked out with cones.

ACTION

On the coach's signal, players have to go through any of the eight mini goals. As they go through the goal, they must make the move specified by the coach. Players then proceed to a different goal to make the move and "score" again. Allow 45 seconds to see how many "goals" players can score.

VARIATIONS

Do without the ball as a fitness exercise.



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THE DRAG SCISSORS

Step 1 Drag the ball across your body with the inside of your foot.

Step 2 As the ball's rolling....

Step 3 ... step around it with the same foot ...

Step 4 ... then take the ball with the outside of the other foot ...

Step 5 ... past your opponent and accelerate.

DRILL SEVEN

PRACTICE TIME
8-10 minutes

SET UP

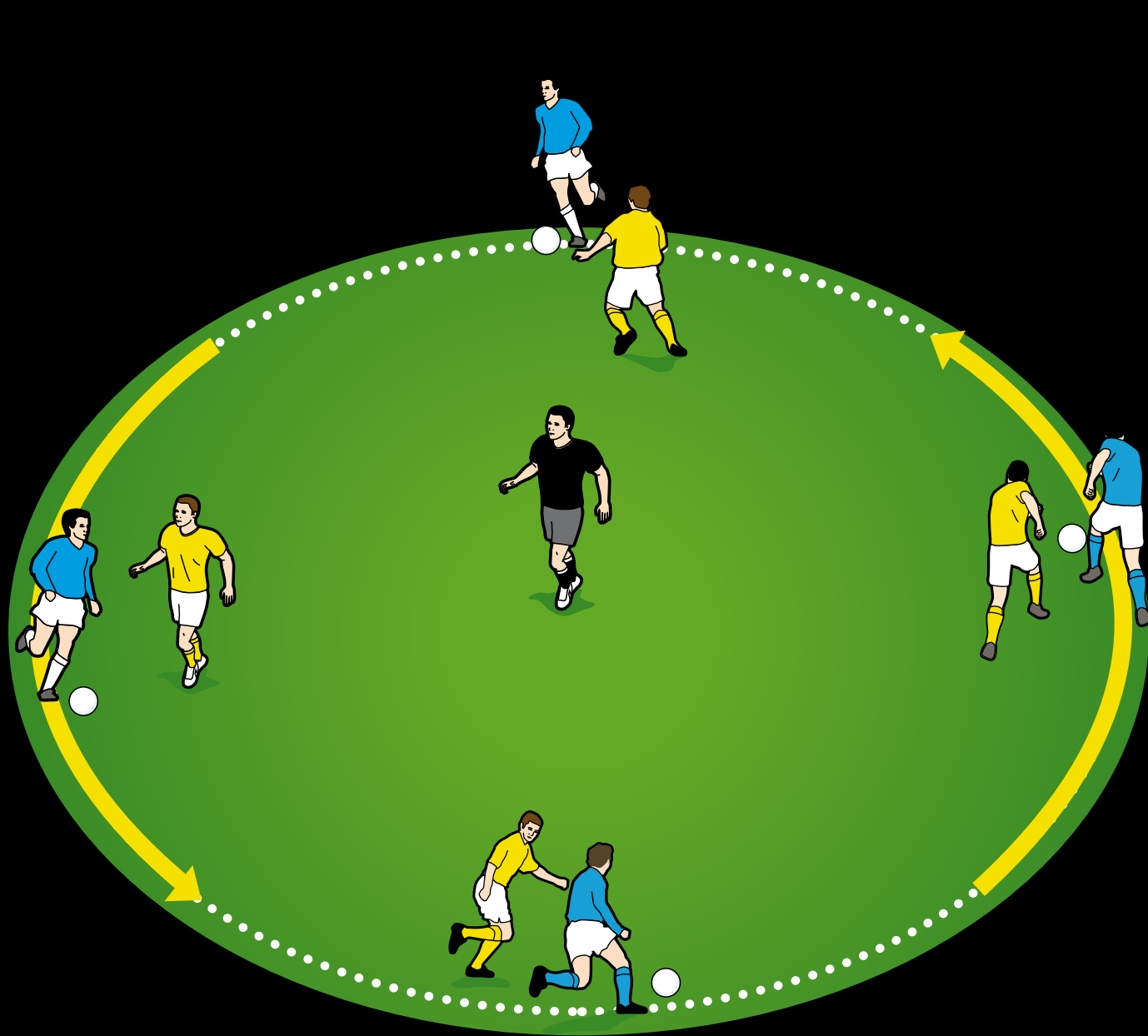
Players in pairs – give each pair one ball.

ACTION

Players jog in circle. On the coach's signal, players make move against partner who applies limited pressure. Player then passes the ball to his partner. Players jog again until coach's signal, and then repeat the action.

TIP FOR COACHES

Limited pressure defender should give the player with the ball at least one yard of space.



15 YARDS

DRILL EIGHT

PRACTICE TIME
8-10 minutes

SET UP

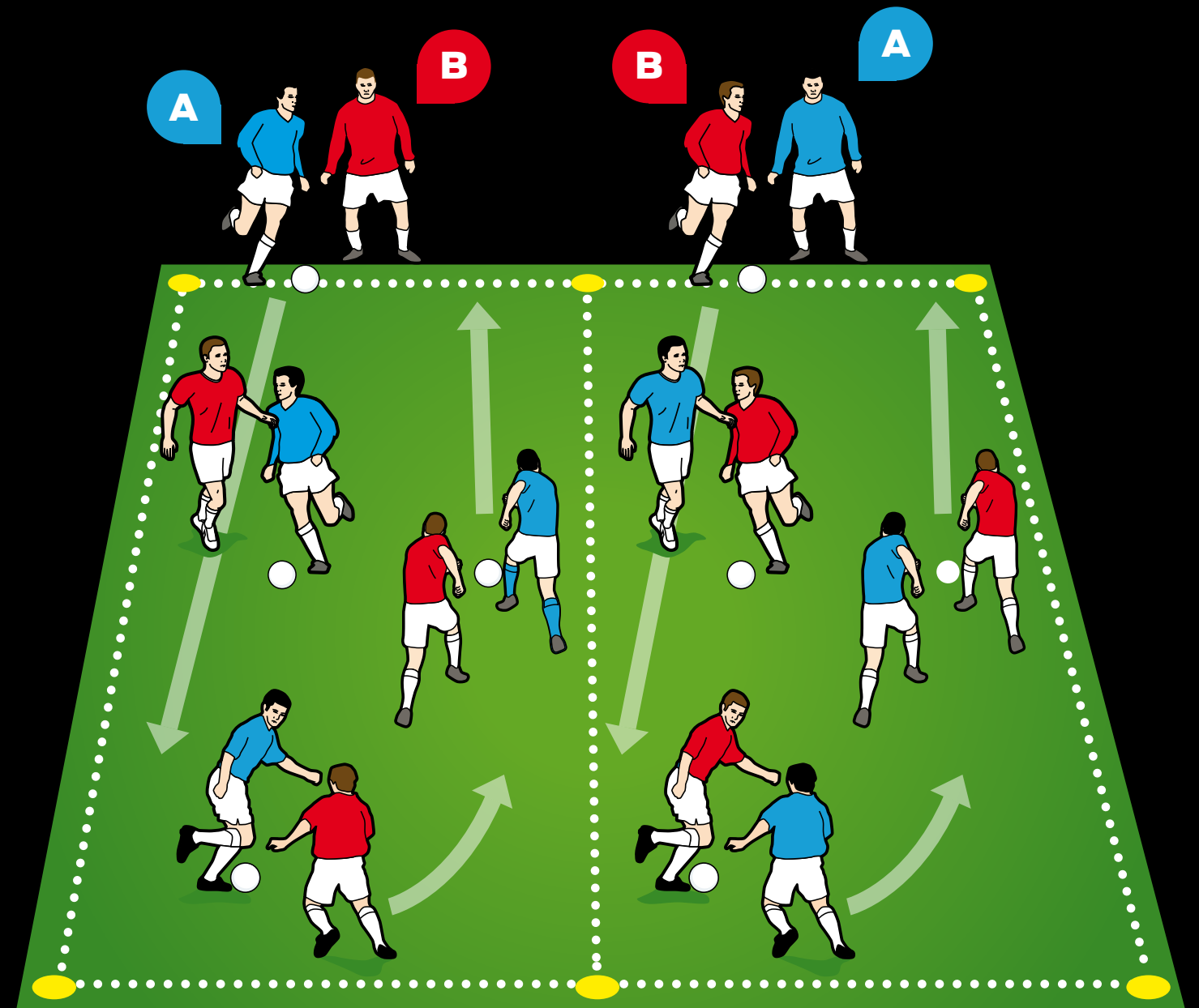
Players in pairs. Player A has ball. Player B is a limited pressure opponent (no tackling).

ACTION

One pair at a time, players race to either end line and back to the to start line. Player B, however, cannot start until A has touched the ball. A & B change roles after each contest. First player back is the winner.

TIP FOR COACHES

The player with the ball should use fakes to unbalance his opponent before he touches the ball. Remind players they are accelerating from a standing position, so the first few yards need to be as quick as possible.



10 YARDS

10 YARDS