



***STAFF WORKBOOK
AND JUNIOR ACADEMY GUIDE***

Coerver[®]
COACHING

COERVER[®] COACHING NORTHWEST





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Foreword

It's a pleasure for me to write this foreword for my good friends Alfred Galustian and Charlie Cooke, whose work I admire greatly.

Alfred and Charlie have dedicated their coaching careers to devising skill-training programmes for youth coaches and players around the world.

Teaching skills should, in my opinion, be the foundation of all soccer coaching, especially at the young formative years. I feel the Coerver Coaching Programme is the ideal way to do this.

I first studied the Coerver Coaching Programme at The Coerver Coaching Academy in Japan and since then, have been convinced it's the key value for both players and coaches.

I especially like their work in 1 v 1 training. Any player who has good 1 v 1 skills can often make a difference in a game, creating goal chances for himself or his teammates.

I wish the Coerver Coaching Programme had been available when I was a player!

Jürgen Klinsmann
German World Cup Champion



Coerver® Coaching Philosophy

The single most important aspect of soccer training for the young player is FUN. If the session is not enjoyable, then the coach will struggle to keep the attention span of his/her charges. If the players enjoy what they are doing they will be fully committed to it and therefore reap the benefits. The number 1 goal of our training over the course of one of our programs is to introduce the players to the necessary skills of soccer. We aim to do this through a series of challenges and games that will disguise the repetitions needed to acquire SKILL.

If technique is how a player physically performs a task, then skill is the application of that technique to a real life or competitive situation. Coerver training is structured to first address the proper techniques needed to dribble, pass, and receive a ball. The players will then be asked to employ these techniques in various “challenges”. The challenges will be very basic to start, and then become progressively more difficult and game-like as the players comfort level and confidence with the ball rises.

Our ultimate goal is to help the kids become creative, confident players who can handle a soccer ball. Players who can attack 1v1, pass accurately over increasingly longer distances, and receive any ball played in their direction. The game is undoubtedly more enjoyable to play if the participants are at ease with the ball. This skill development is a long-term process and should be measured in years, not days.

Once a certain level of technical proficiency has been reached, Coerver training adds in the tactical dimension, forcing players to become quick-thinking decision makers. Vision, communication, and composure will come more quickly to players who are not struggling to deal with the ball itself. The Coerver Group Attack & Defense module is designed to address the very necessary attributes of how small groups of players combine and interact on and off the ball.

Remember these are young players just beginning a long journey toward the end product described above. It should be the unified goal of all of us involved in their development to foster in them a love of the sport- to make them the future players, coaches, referees, and most importantly FANS of the world’s number 1 sport.





Coerver® Coaching Pyramid of Player Development ©



“The curriculum is based on the premise that team play is mostly a sequence of individual and small-group competitions in different parts of the field; therefore our approach to improving team performance is focused on individual and small-group development, especially in the formative years”.

-Alfred Galustian, International Director Coerver® Coaching





Coerver® Coaching Pyramid of Moves ©

When broken down moment by moment, the game of soccer is largely a series of 1 v 1 Moves. In a single professional match you can expect to find over 200 such occurrences. While the use of moves is not suitable for all 1 v 1 competitions, many opportunities are missed because players don't utilize this important skill. As such, we believe 1 v 1 moves should be a crucial part of every player's repertoire.

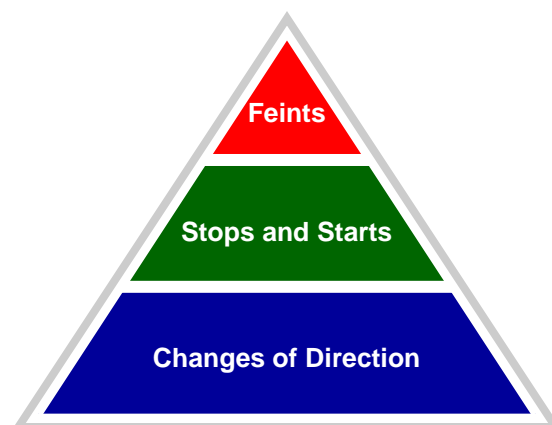
Teaching moves, however, is not a simple matter. As well as mastering *How* to execute a move, players must learn which move to make and *When* and *Where* to make it. We hope to provide key guidance on these decisions for coaches, teachers, and players.

The 1 v 1 Moves Pyramid® shows our three basic categories of moves: *Changes of Direction*, *Stops and Starts*, and *Feints*.

Changes of direction are used to shield the ball and to turn into space.

Stops and starts create space by using changes of pace.

Feints create space to either side of an opponent so that you can shoot, pass or run with the ball.



Knowing how to make all the moves is only half the battle for a player, coach or teacher. Unfortunately, it's impossible to categorically say exactly when and where players should use each 1 v 1 skill. Each situation on the field is different. In any case, the coach can have very little influence during play. It is the player who must decide which move to use, often in a split second. We will suggest when and where 1 v 1 moves can work, and enable the coach to help prepare players to make the right decisions.

While 1 v 1 is only one part of the Coerver® Coaching curriculum, it is an important topic to us for several reasons:

1. Players with good 1 v 1 skills can often make the difference in a game, creating goal scoring chances even though outnumbered by opponents.
2. 1 v 1 drills and games are great ways of improving speed, stamina and strength.
3. Players with 1 v 1 skills usually develop an inner-confidence. Confidence can be the vital factor in players reaching the highest levels of the game.

After many years of experience in teaching this area, we believe young players are best taught such skills between the ages of 7 and 15. At these ages, the coordination and fluency needed for good 1 v 1 skills are developed relatively quickly. Once these skills have been learned, many players are able to use them more spontaneously in full pressure game situations.



The warm-up serves **FOUR** crucial purposes:

1) Gradually Increase Our Players' Heart Rates

Muscles require more oxygen during exercise and thus greater blood flow to get it there. To pump this blood around their bodies, kids' hearts can operate at up to 200 beats per minute during a game or training. The heart will operate at about 70% of its maximum capacity for the majority of a game or training session.

2) Raise Our Players' Body Temperatures

Higher body temperature widens capillaries and speeds up glycolysis (the body's principal energy production mechanism) meaning our players get both more oxygen to the muscles for aerobic activity and higher levels of ATP production (hence greater energy output) during anaerobic activity such as sprints.

3) Reduce Risk of Injuries

Warming up can dramatically reduce the likelihood of our players suffering muscle, ligament and tendon injuries. Gradually increasing the temperature in the muscles and the stresses on the joints prepares them for the full exertion applied during games and training.

4) Activate Positive Mindset

Just like coaches, players live a life outside of their football – the warm up is the time to forget all about this and focus on the football they are going to be playing. Mental preparation optimizes learning in training and performance in matches. A major aspect of our philosophy concerns confidence – if we give players plenty of good touches before a match or training starts, they will make many more good touches during the game or training.

To cover each of these aspects we are going to warm up for about 15–20 minutes

Stage One: Mobility Exercises

The first stage of our warm up is designed to raise body temperatures and activate our players' energy production centers. The first 20 minutes of any exercise are predominantly fuelled by energy the body has in the bloodstream, only after this will our bodies begin converting stored glucagon and fat into usable energy sources. We want our players to be doing this by the time our game kicks off or we begin training.

Stage Two: Dynamic Stretches

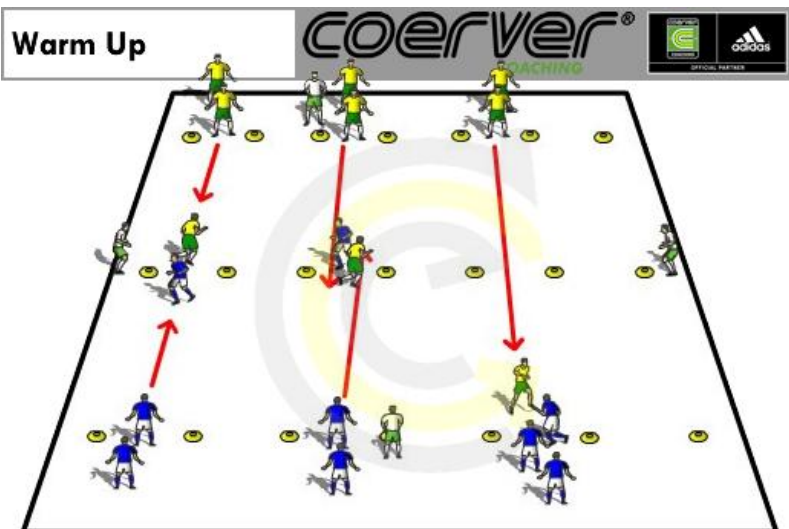
Whilst walking back ask your players to perform slow dynamic stretches. This means moving the muscles through their full range of movement. Perform 6-8 of each for each side.

Stage Three: Individual Ball Mastery

We will now take the players into their training area and once they have all found a bit of space, give each a ball. We want the players to work at their own pace and take as many no-pressure touches as they can to get used to the ball.

Stage Four: Group Ball Work

Take out half the balls and pair your players up. Ask them to two touch - one to trap the ball, one to pass. Then have them take their first touch into space and their second to pass. Get your pairs passing to each other with one-touch adding movement after passing. End with small group keep away or full keep away.



Field: 7 x 14 yd lanes with 7 yard center markers. Need 2 lanes per 12 players.

Set Up: 6 players per lane, 3 players per side.

Action: Step 1 - On coaches signal first players from each line jog at each other. Near middle, players should stop their momentum and touch both of their hands with opposing player and jog back to line. Players in line, use the visual cues (players touching hands) to start their runs.

Step 2 - Increase speed and acceleration.

Tips: *Players should stop momentum by turning sideways and sitting low, eyes should immediately turn to target. Players should watch for visual cues and be in ready position early. Players should turn opposite directions each time.*

Step 3 - First players from each line run towards opposing players right hip (left side) and turn right, around opposing player and then run back to their line. Players in line use the visual cues (players turning) to start their runs.

Step 4 - First players from each line run towards opposing players left hip (right side) and turn left, around opposing player and then run back to their line. Players in line use the visual cues (players turning) to start their runs.

Tips: *Players should continue to drive their arms while turning around opposing player. Eyes to target immediately to keep turn tight. Players in line should be in a ready position early and react to visual cues signaling them to go.*

Step 5 - First player in line sprints across the area to the opposing player which is standing with both feet together and palm of hands out. First player tags the standing players hands and they both race to first players end line where the next player in line has their feet together and hands out. The standing player that raced the first player back now tags the player in the front of the line and they race to the standing players original end line, cont.

Tips: *Players should stop their momentum before tagging the standing player. Eyes to target, not other player. Standing player needs to accelerate with a positive first step, watch for negative first step.*



Dynamic Stretching:

If you're like most of us, you were taught the importance of warm-up exercises back in grade school, and you've likely continued with pretty much the same routine ever since. Science, however, has moved on. Researchers now believe that some of the more entrenched elements of many athletes' warm-up regimens are not only a waste of time but actually bad for you. The old presumption that holding a stretch for 20 to 30 seconds — known as static stretching — primes muscles for a workout is dead wrong. It actually weakens them. In a recent study, athletes generated less force from their leg muscles after static stretching than they did after not stretching at all. Other studies have found that this stretching decreases muscle strength by as much as 30 percent. Also, stretching one leg's muscles can reduce strength in the other leg as well, probably because the central nervous system rebels against the movements.

There is a neuromuscular inhibitory response to static stretching, the straining muscle becomes less responsive and stays weakened for up to 30 minutes after stretching, which is not how an athlete wants to begin a workout.

THE RIGHT WARM-UP should do two things: loosen muscles and tendons to increase the range of motion of various joints, and literally warm up the body. When you're at rest, there's less blood flow to muscles and tendons, and they stiffen. You need to make tissues and tendons compliant before beginning exercise.

A well-designed warm-up starts by increasing body heat and blood flow. Warm muscles and dilated blood vessels pull oxygen from the bloodstream more efficiently and use stored muscle fuel more effectively. They also withstand loads better. One significant if gruesome study found that the leg-muscle tissue of laboratory rabbits could be stretched farther before ripping if it had been electronically stimulated - that is, warmed up.

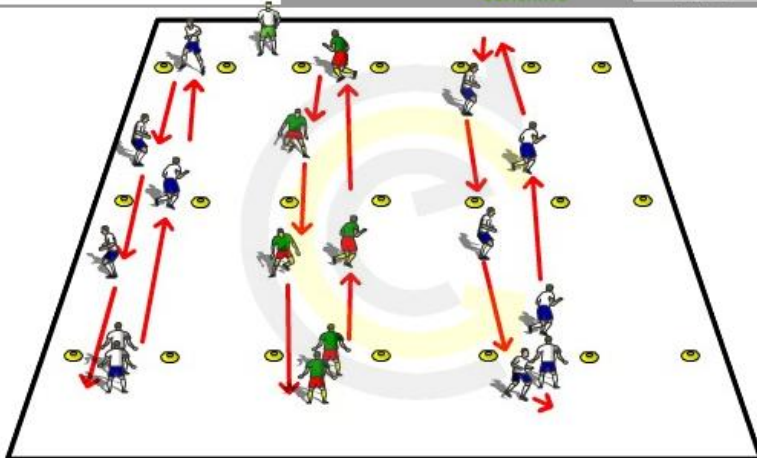
To raise the body's temperature, a warm-up must begin with aerobic activity, usually light jogging. Most coaches and athletes have known this for years. But many athletes do this portion of their warm-up too intensely or too early. A number of recent studies have demonstrated that an overly vigorous aerobic warm-up simply makes you tired. Most experts advise starting your warm-up jog at about 40 percent of your maximum heart rate (a very easy pace) and progressing to about 60 percent. The aerobic warm-up should take only 5 to 10 minutes, with a 5-minute recovery. (Sprinters require longer warm-ups, because the loads exerted on their muscles are so extreme.)

While static stretching is still almost universally practiced among amateur athletes - watch a youth soccer team next weekend - it doesn't improve the muscles' ability to perform with more power, physiologists now agree. You may feel as if you're able to stretch farther after holding a stretch for 30 seconds, so you think you've increased that muscle's readiness. But typically you've increased only your mental tolerance for the discomfort of the stretch. The muscle is actually weaker.

Stretching muscles while moving, on the other hand, a technique known as dynamic stretching or dynamic warm-ups, increases power, flexibility and range of motion. Muscles in motion don't experience that insidious inhibitory response. They instead get an excitatory message to perform.

Dynamic stretching is at its most effective when it's relatively sports specific. You need range-of-motion exercises that activate all of the joints and connective tissue that will be needed for the task ahead. Athletes who need to move rapidly in different directions, like soccer players, should do dynamic stretches that involve many parts of the body.

Warm Up



Field: 7 x 14 yd lanes with 7 yard center markers. Need 2 lanes per 12 players.

Set Up: 6 players per lane, all players on one side.

Action:

Step 1 - On coaches first signal, first players from each line sprint in place, on coaches second signal players sprint to first set of cones and run to the end of the zone. Once players hit the end of the zone, they perform dynamic stretches back to their line. Players should perform at least 6 stretches per exercise.

Step 2 - Have the players start by facing left.

Step 3 - Have the players start by facing right.

Tips: Players should focus on technique, short steps = short arm swings. Arm swings from the shoulder not the elbow and quick twitch feet.

Dynamic Stretches:

1. Toe Grab
2. Leg Kicks
3. Knee raises
4. Side shuffle
5. Inside Hurdler
6. Outside Hurdler
7. Karaoke
8. Arm Circles - Forward and Backward
9. Arm Swings - Front to back
10. Lunges
11. High Knees
12. Butt Kickers
13. Inside foot raise
14. Outside foot raise
15. Inside/Outside foot raise
16. Quad grab



Team/Group _____ Session No. _____ Date _____

WARM UP

SPEED

JUGGLING

BALL MASTERY

FAST FOOTWORK

TOPIC

EXERCISE

DRILL

GAME



Ball Mastery and Fast Footwork



We typically use these three setups for ball mastery and fast footwork. Once the players have learnt the techniques, we can then have them work in groups of 2, 3, and 4's.

- Shuffle
- Pull push laces
- Pull push inside
- Pull push outside
- Shuffle pull push
- Shuffle step-over pull push alternate
- R-foot inside outside cuts
- L-foot inside outside cuts
- R-foot inside/outside cuts double inside/outside
- L-foot inside/outside cuts doubled inside/outside
- Dribble cuts
- Dribble cut 2 touches with outside
- Dribble cut 2 touches with lunge
- Dribble cut with lunge
- Dribble cut 2 touches with scissor
- Dribble cut with scissor
- Dribble cut with double lunge then scissor
- Dribble cut 2 touches double lunge scissor
- Dribble cut 2 touches with step-over
- Dribble cut with step-over
- R-foot scissor then step-over
- L-foot scissor then step-over
- Puskas take with inside
- Puskas take with outside
- R-foot Puskas with L-foot step-over alternate take
- L-foot Puskas with R-foot step-over alternate take
- Dribble cut stops 2 touches
- Dribble cut stops
- Dribble cut with Conti 2 touches
- Dribble cut with Conti
- Dribble cut with Conti behind 2 touches
- Dribble cut with Conti behind
- Dribble cut with pull behind 2 touches
- Dribble cut with pull behind
- R-foot Conti then step-over
- L-foot Conti then step-over
- Matthews alternate
- Matthews 2 touches
- R-foot Mathews L-foot step-over
- L-foot Mathews R-foot step-over
- Matthews scissor alternate
- Matthews lunge alternate
- Shuffle with reverse Matthews
- R-foot reverse Matthews and Matthews
- L-foot reverse Matthews and Matthews
- Stop on step-over alternate
- Stop on step-over double scissor alternate
- Stop on step-over double scissor double lunge
- Walk ball
- Roll ups
- R-foot roll up drag behind
- L-foot roll up drag behind
- Dribble cut roll up drag behind
- Dribble cut 2 touches with twist-off
- Dribble cut 2 touches with spin-turn
- Dribble cut 2 touches with step-over spin-turn
- Dribble cut 2 touches with fake pass
- Roll step over drag alternate
- Drag behind pull through alternate
- Pull lift across alternate

COERVER® CLUB ACADEMY



The most successful youth teams in the United States—and indeed, throughout the world—share one common trait: they all receive regular, well-planned training sessions that follow a uniform philosophy, as the clubs strive to develop individual players as well as teams.

Through structured session plans and consistency of coaching methodology, each athlete is empowered to reach the next level of play, fulfilling his or her soccer potential while contributing to and sharing in the team's successes.

Coerver® Club Academy is:

- A program designed to foster proper technical development at the ages of U8 thru U14.
- A comprehensive soccer education for young players looking to acquire the skills necessary to elevate their game to the top-flight level.
- A challenging environment that demands good training habits.
- A program that promotes club pride and club loyalty.

The Club Academy offering is only intended as a supplement to the players' regular training and not as a replacement. By working closely with the specific age-group head coaches, Academy trainers can tailor lesson plans to focus on individual development needs and assist in providing players with the kind of technical foundation, tactical acumen and overall motivation that will enable them to encounter success each time they take the field.

All three levels of the Club Academy have an emphasis on individual technique and skill development, and focuses primarily on the following topics:

- Ball Mastery
- Speed and Agility
- 1v1 Attacking and Defending
- Shooting and Finishing
- Passing and Receiving
- Small Group Play
- Goalkeeping

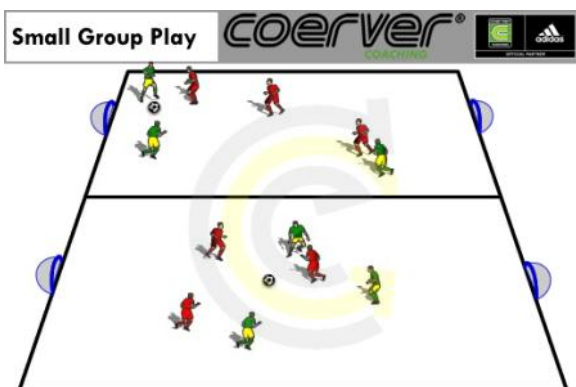
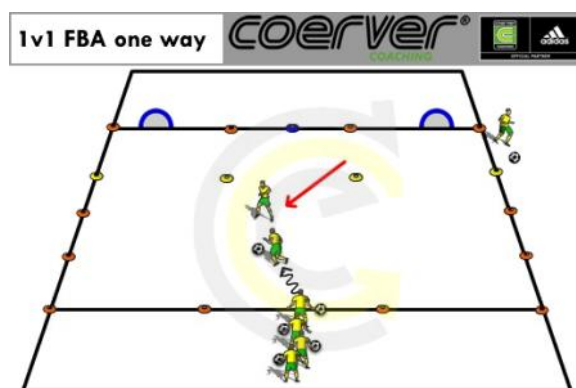
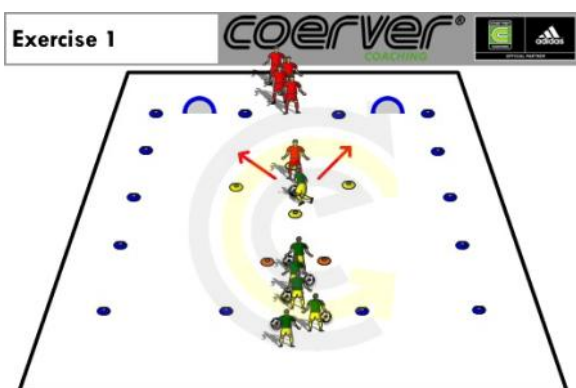


JUNIOR ACADEMY - Week 1

Duration: 60 minutes

Topic: Lunges, takes, using left foot to go left and right foot to go right, explosive, feints

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- 1v1 limited pressure, 2 goal reaction exercise
- 1v1 gradual to full pressure, 1 way fast break attack
- Water break
- Small side game, 4v4



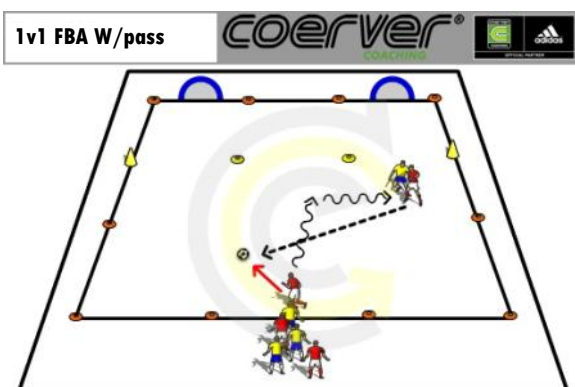
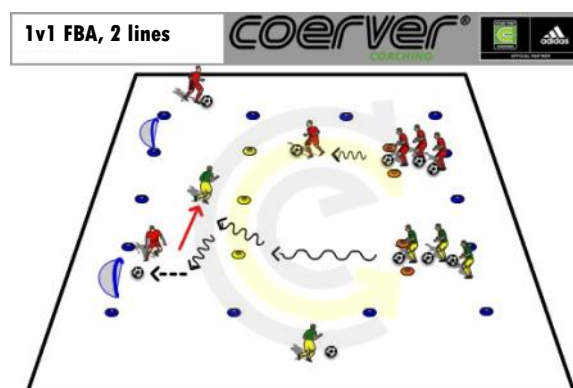


JUNIOR ACADEMY - Week 2

Duration: 60 minutes

Topic: Scissor, Pull behind, turning ball back and playing to teammate quickly

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- Limited pressure drill, with teammates
- 1v1 side to side game
- Water break
- 1v1+1 one way fast break attack



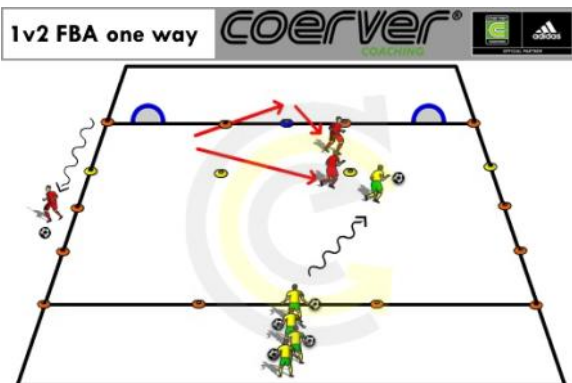
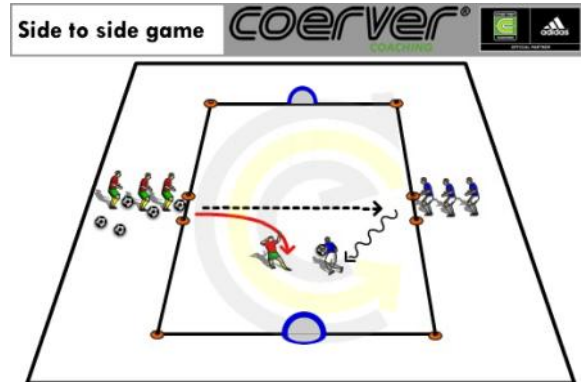


JUNIOR ACADEMY - Week 3

Duration: 60 minutes

Topic: Puskas (v), change of direction, keeping your body in attacking position

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- 1v1 limited pressure, with partner
- 1v1 gradual to full pressure
- Water break
- 1v2, one way fast break attack,



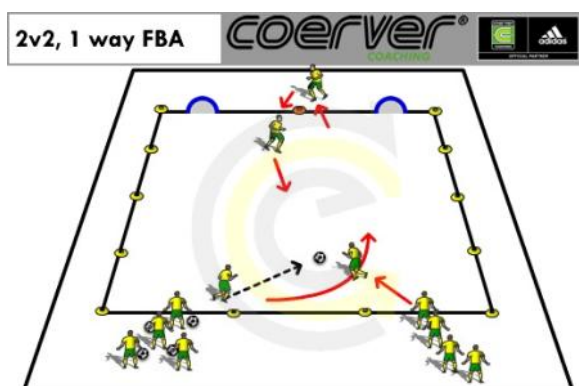
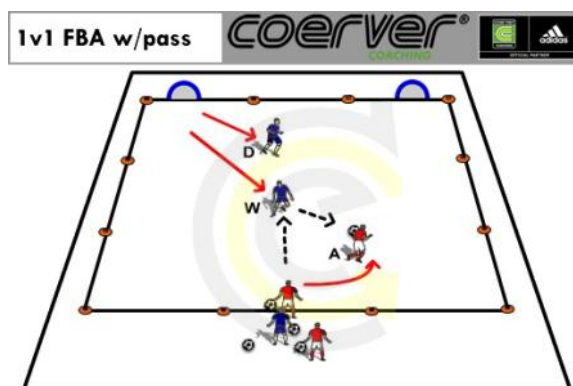
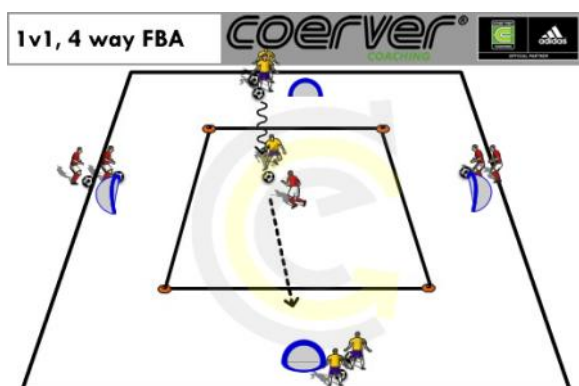


JUNIOR ACADEMY - Week 4

Duration: 60 minutes

Topic: Stepover, combination moves, combining with teammates

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- 4 way fast break attack
- 1v1 with a wall pass
- Water break
- 2v2 fast break attack, one way
- 3v3 small group game with takeover players



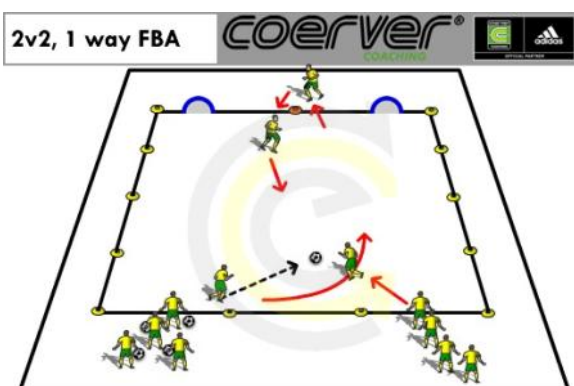


JUNIOR ACADEMY - Week 5

Duration: 60 minutes

Topic: Overlap, using second player as decoy, early passing, moves with a purpose

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- Overlap passing exercise
- 2v2 with a pass and overlap
- Water break
- 2v2 fast break attack, one way
- 3v3 small group game with takeover players



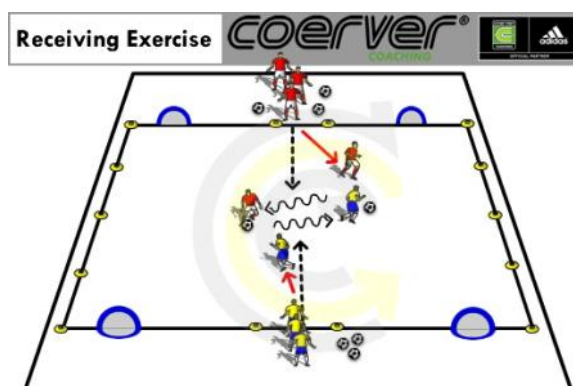
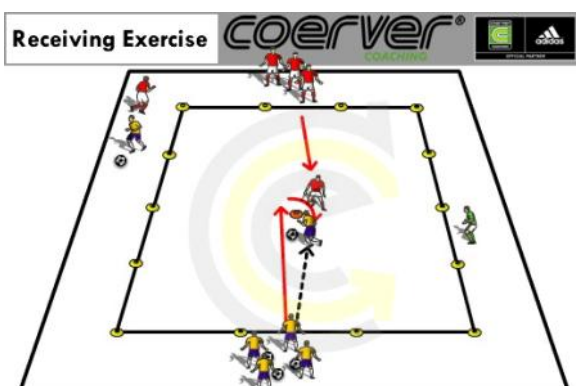
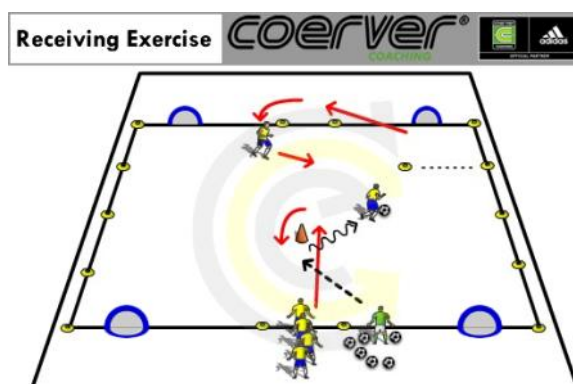


JUNIOR ACADEMY - Week 6

Duration: 60 minutes

Topic: Preparing first touch, passing, turning, attacking at angles

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- Passing exercise
- 1v1 turning exercise
- Water break
- 1v1 turning game
- 1v1 + 1v1 turning game



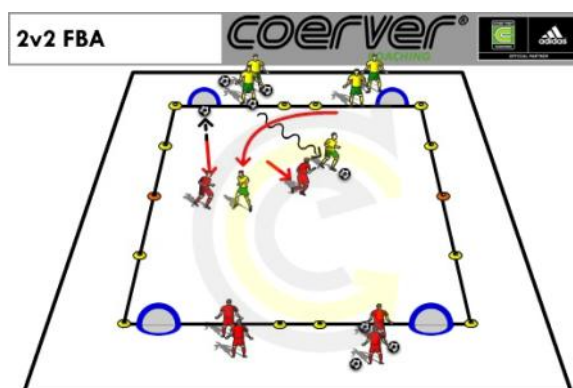
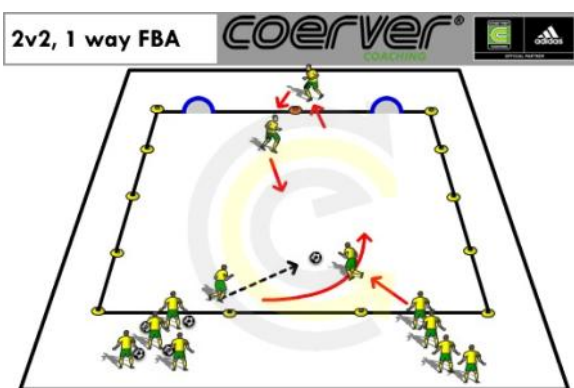
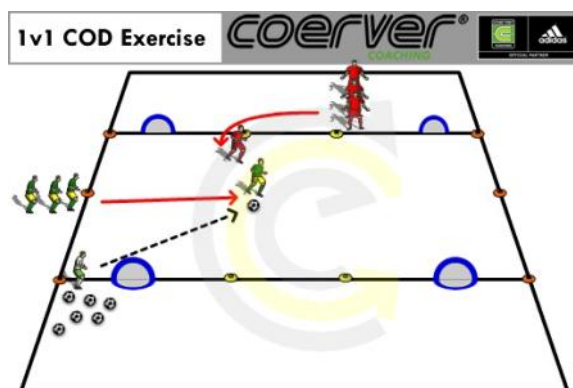
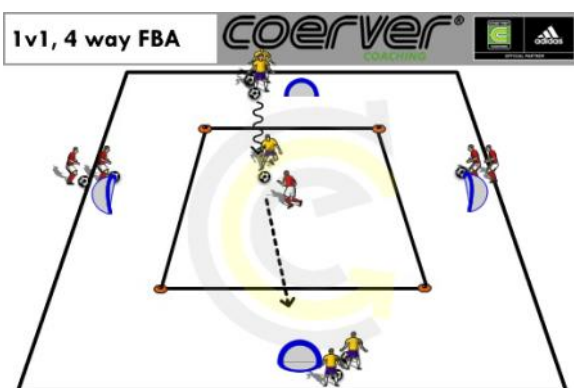


JUNIOR ACADEMY - Week 6

Duration: 60 minutes

Topic: Use your skills

- Introduction
- Warm up
- Water break
- Ball mastery
- Water break
- 4 way fast break attack
- 1v1 speed, change of direction exercise
- Water break
- 2v2 fast break attack, one way
- 2v2 fast break attack





General Advice for Coaches and Players

While the skills covered in this book are being taught and learnt, it is important for the coach and the player to bear in mind the following general advice.



Goals for Coaches

Plan ahead - Make sure the content of your practice is appropriate to the age and level of your players. Vary the sessions, as variation often keeps players focused. Be careful you don't try to do too much in one training session.

Make it fun - Make sure your session is fun, especially for young players. Keep a record of what works well for future use.

Communicate effectively - Be simple, clear and calm with your instructions. Don't shout. Smile, praise and encourage a lot.

Make it truly a team effort - Encourage your players to ask questions and think for themselves, and to be unafraid of making mistakes. This is how they will learn and grow. Listen to them and be patient.

Demonstrate the skills - Demonstrating is better than talking. If you are not comfortable with demonstrating skills, however, choose one of your better players to demonstrate. Be careful not to demonstrate too quickly, especially if the players are new to the skills. Always demonstrate what to do, rather than what not to do.



Goals for Players

Skill - You can never practice your skills too much. Soccer is a technical game and, as such, you need to constantly work on improving your individual skills. Remember though, that skills need to be used effectively in games to add to your team's performance and capabilities.

Speed - It is important to improve both your mental and physical speed in order to use your skills effectively in the game. Work on your mental speed, often called decision-making, by playing in small-sided games of 3 v 3 or 4 v 4. Build your physical speed by running with the ball and remember that changing speeds when you are running with the ball can often deceive your opponents.

Stamina (fitness) - A good motto to follow is respect your body. Watch what you eat and drink, and keep as fit as you can by training (although be careful, and don't overdo it).

Sense - We use this word to mean game understanding. Here again, you need to play as much soccer as possible; especially small-sided games. Soccer is a wonderful game because each situation and moment in the game can be different, but the more you play the more you will be involved in the various problem-solving situations that occur in the games.

Spirit - Here, the key words are always do your best. You can't win every game, so it's important that your attitude and resolve are always upbeat. Whether you are winning or losing, give it your all.

Self-discipline - If you want to be a really good player you have to make time to practice often. This means sometimes you may have to give up social activities, for instance.

Self-confidence - This is most important. Sometimes it is the difference between being a very good player or not. You gain self-confidence by taking responsibility for your practice habits and experiencing improvement and success. To be successful you not only need good skills, but also a good attitude.

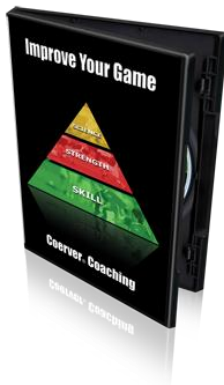
Sportsmanship - All players have an obligation to play the game fairly. Here, the key word is respect, for your teammates, your opponents, the referee and the game.

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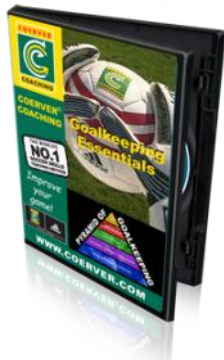


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