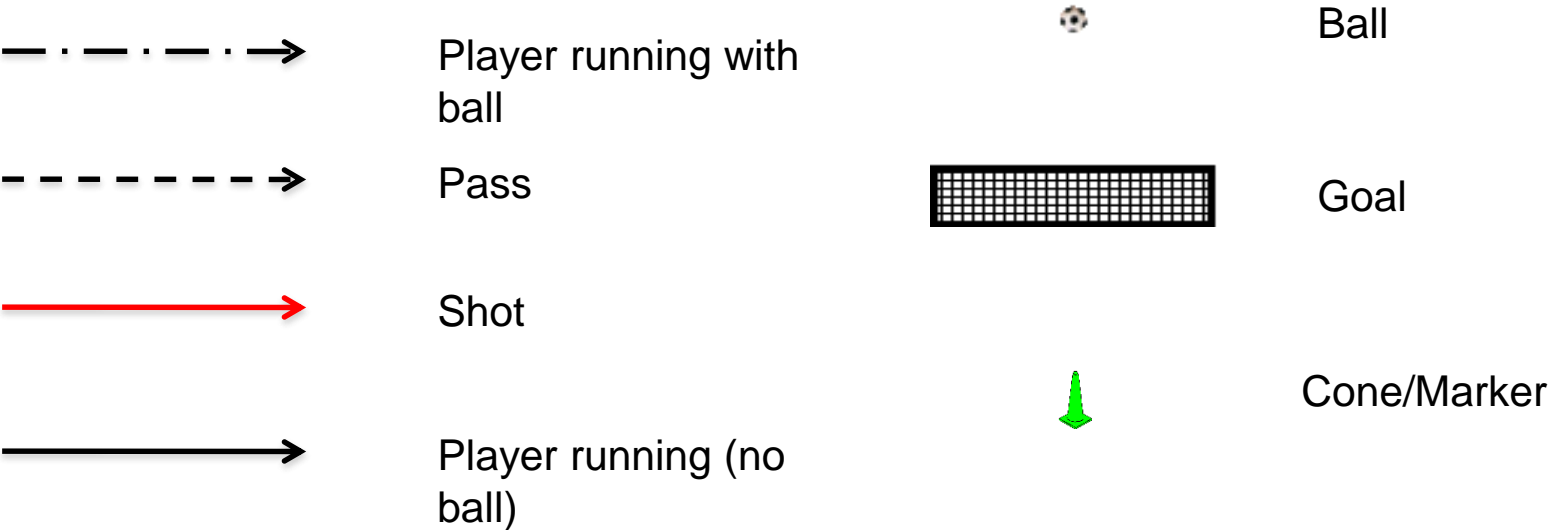




Diagram Key:



Coerver Fundamentals with Pass

Category: Dribbling/1v1; Passing

Practice Segment:

- Warm Up
- Technical Repetition-No Pressure
- **Skills:**
- Dribbling/Footskills
- Passing

Players: 8-16

Time: 15-20 min

Coerver Fundamentals w/pass

- Set up a rectangle that is 20 yds long and 10 yds wide. Mark the mid-line with 2-3 discs (red cones in diagram) at the 10 yds from each end.
- Divide players between 4 corners of rectangle with balls at one end.
- First player on each side will dribble ball to center using designated skill
- Upon reaching center, player passes to opposite corner with outside foot (right on right side, left on left side)
- Player at opposite corner receives ball and performs same task, returning ball to opposite side
- Players rotate by going to opposite starting point on same side; while rotating, players perform either dynamic flexibility or foot speed/agility exercises
- Use same skill/technique for set amount of time; train 3-4 types of touches per use of the activity
- Variation: Ladders/cones can be added outside playing space for players to perform agility exercises as they transit between lines.

Duration:

- 2-3 min per move based on success; 15-20 min max for entire exercise
- Perform correctly before worrying about speed!**

