



Diagram Key:



Player running with ball



Pass



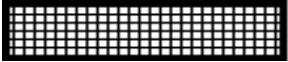
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Coerver Fundamentals Box 2**

**Category:** Dribbling/1v1

**Practice Segment:**

- Warm Up
- Technical Repetition-No Pressure

**Skills:**

- Dribbling/Footskills

**Players:** Full team

**Time:** 10-15 min

## Basic Coerver Box:

- 10x10 box
- 2-3 players at each corner
- 1 ball per corner or 1 ball per player
  
- Players dribble from each corner to center marker and perform move, turning to left or right and dribbling to next corner.
- Players continue without changing for specified time OR take turns each time a ball reaches the next corner
- Repeat in opposite direction w/opposite foot!!!

### Focus:

- Quality of technique!
- Speed of execution!
- Be smooth and relaxed with ball!

