



Diagram Key:



Player running with ball



Pass



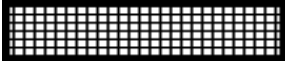
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Coerver Fundamentals Box with Ladders**

**Category:** Dribbling/1v1

**Practice Segment:**

- Warm Up
- Technical Repetition-No Pressure

**Skills:**

- Dribbling/Footskills

**Players:** Full team

**Time:** 10-15 min

### **Basic Coerver Box with Agility:**

#### **Set Up:**

- 10x10 box
- 3 players at each corner
- 1 ball per corner or 1 ball per player

#### **Action:**

- Players dribble from each corner to center marker and perform move, turning to left or right and continuing to next corner in appropriate direction.
- After reaching next corner, players must turn back to starting point and pass ball there
- Players then return to start point through “ladder” or cones by performing designated footwork pattern.
- Repeat in opposite direction w/opposite foot!!!

#### **Focus:**

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

