



Diagram Key:



Player running with ball



Pass



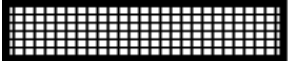
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Coerver Fundamentals 3**

**Category:** Dribbling/1v1

**Practice Segment:**

- Warm Up
- Technical Repetition-No Pressure

**Skills:**

- Dribbling/Footskills

**Players:** Full team

**Time:** 10-15 min

### Basic Ball Control/Coerver Technique:

Each player has a ball

- Players move from starting point to opposite end of a pre-defined space by dribbling the ball using specific techniques identified by the coach.
- Techniques include, but not limited, to:
  - Alternate touches with inside and outside of same foot; return using opposite foot
  - Toe tap/"box" the ball from inside of one foot to inside of other foot
  - Roll ball with sole of foot; return using opposite foot
  - Cut with inside of one foot, take away with outside of opposite foot
  - Other basic ball mastery techniques/dribbling moves as desired to challenge players

*These basic ball skills and/or variations of them should be repeated as often as possible to develop coordination and comfort on the ball. They will improve coordination and confidence of the players reasonably quickly.*

