



Diagram Key:



Player running with ball



Pass



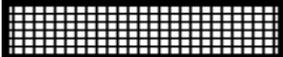
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Coerver Fundamentals 4**

**Category:** Dribbling/1v1

**Practice Segment:**

- Warm Up
- Technical Repetition-Limited/Shadow Pressure
- **Skills:**
- Dribbling/Footskills

**Players:** Groups of 4-8

**Time:** 15-20 min

### **Basic Coerver Skills 1:**

#### **Set Up:**

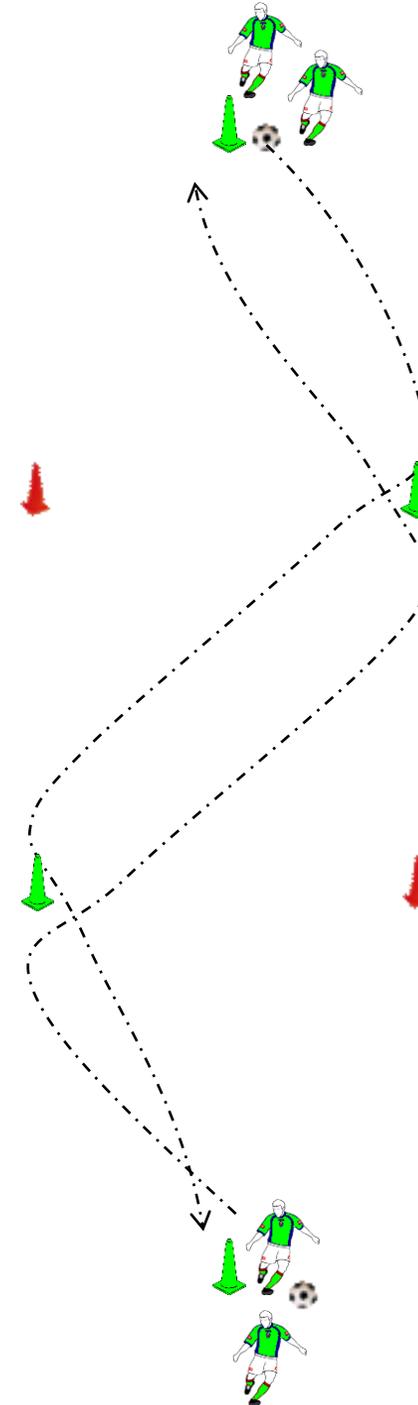
- Start points marked with cones about 12-15 yards apart
- Cones (green in diagram) offset from the line between the two start points, splitting the distance into equal 1/3's
- One ball and 2-3 players at each start point

#### **Action:**

- Players look up and make eye contact and/or share a verbal cue before simultaneously dribbling toward the first cone
- Players perform a dribbling move of the coach's choice with the appropriate foot and dribble to the second cone to do the move with the opposite foot
- Players dribble their ball to the next player at the end they are dribbling toward, and the second set of players begin with a verbal/visual cue

#### **Focus:**

- Correct technique before speed
- When players can execute the move correctly with both feet, concentration can shift to speed
- Players must "cue" each other with a signal or by speaking. Doing so will build their communication skills.



## Basic Coerver Skills w/Shadow Defenders:

### Set Up:

- Start points marked with cones about 12-15 yards apart
- Cones (green in diagram) offset from the line between the two start points, splitting the distance into equal 1/3's
- Additional cone of alt color (red) set at same distance opposite the midline from the green
- One ball per player at start point
- One "shadow" defender at each alternate color cone

### Action:

- Players look up and make eye contact and/or share a verbal cue before simultaneously dribbling toward the first cone
- Players will perform a dribbling move designated by the coach at each cone.
- "Shadow" defenders will begin at the alternate color cone and come to "pressure" the dribblers. Defenders will time their pressure to arrive at the cone when the dribbler arrives to provide the "feel" of defensive pressure.

### Focus:

- Correct technique before speed
- Dribblers must perform move leaving enough space to move past the defender without exposing the ball
- "Defenders" must close quickly, shorten their steps to remain in control and then assume a good, balanced, defensive posture

