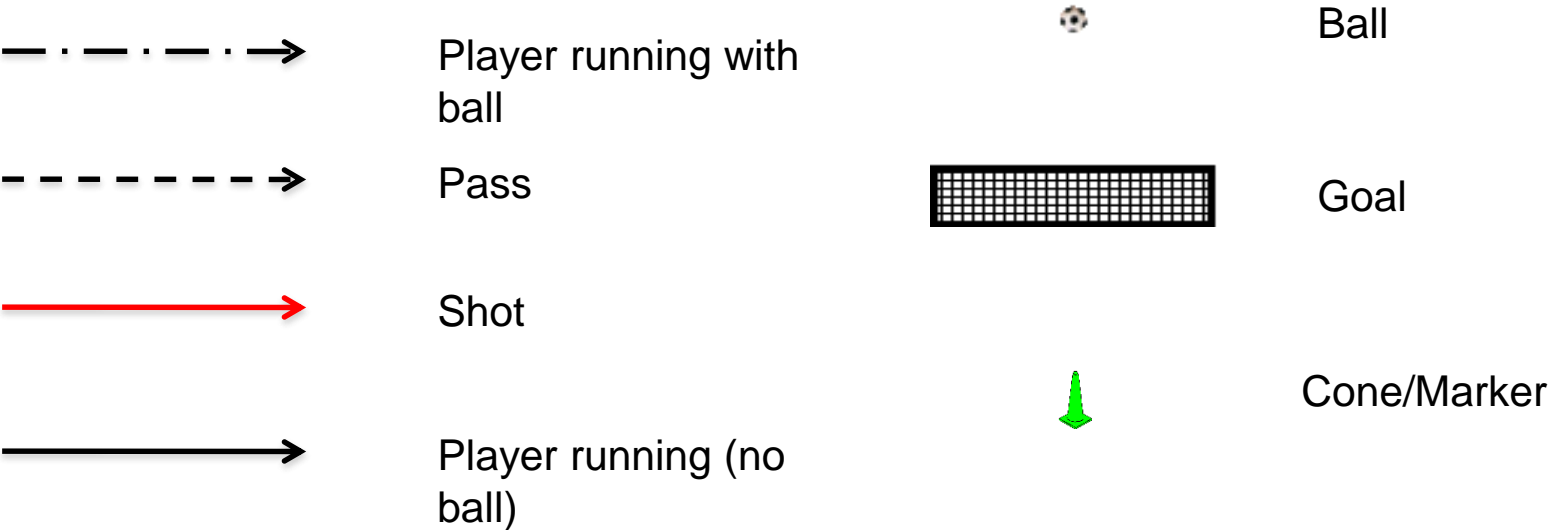




Diagram Key:



Coerver Fundamentals in Box/Defined Space

Category: Dribbling/1v1

Practice Segment: Warm Up

Skills:

- Dribbling/Footskills

Players: Full team

Time: 10-15 min

Coerver Fundamentals:

Set Up:

- 15x15 to 20x20 box depending on number and skill/coordination level of players (1-2 sq yds per player)
- Box size can be increased or decreased to increase or decrease difficulty
- All players have a ball and must remain inside the box

Phase 1, Coerver Fundamentals:

- Players dribble freely in box performing moves freely or on coaches' command
- Players perform specified moves on cue from coach. Moves are performed with BOTH feet.

Variations:

- Players must use only one foot
- Player must use specific moves
- Increase number of defenders
- Decrease the space
- Increase time intervals without a rest break

