

PERFORMANCE
academy
CURRICULUM
LEVEL 1





If youth players are trained using the most effective soccer training methods in the world starting at the age of 7 years old, they will develop the sound technical foundation necessary to

become exceptional players.

Coerver® Performance Academy is a structured player development program designed to foster a competitive environment for talented players. This program will stimulate young players to develop at an accelerated rate while allowing them (and their families) to enjoy the benefits of continuing to play with their friends on existing teams. The more proficient our students become, the more fun they will have playing the world's most popular sport.

Our Advanced Youth Development Training Programs have been adopted by many of the world's top professional clubs and national federations over the

past 30 years. Clubs like AC Milan, Real Madrid, Arsenal, Manchester United, Liverpool, Bayern Munich and Newcastle are just a few of the clubs that have partnered with Coerver Coaching to develop their next generation of talented and exciting young players.

Team systems and tactics are important, but they cannot fully compensate for poor control, inaccurate passing or other technical weaknesses. Ultimately, team organization is only as effective as the individual players in it. Our philosophy is based on the premise that the game consists of play between 2, 3 and sometimes 4 players, in various parts of the field and that team's success is determined by player performances in these exchanges. Consequently, we focus on improving the individual and small group play in these sequences especially in the formative years.



Coerver® Coaching's Goals:

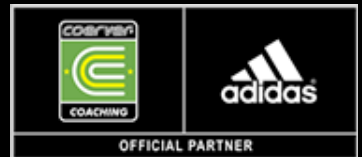
- Develop skilled, confident and creative players
- Make the game fun to practice & play
- Teach good sportsmanship and respect for all
- Value winning but not above character development & performance
- Provide Coerver Coaching to as many boys & girls and their coaches as possible

Coerver® Performance Academy:

- Session runs in 12 week blocks, year round. Each block is divided into (3) progressions, each lasting 4 weeks:
 - Change of Direction Moves
 - Moves to Beat Players
 - Start and Stop Moves
- All training session include Juggling, Ball Mastery, Block Topic, Fast Break Attack, Speed & Agility, and Finishing.
- Sessions are progressed to challenge each player while striving for individual success.
- Player evaluation and testing is performed during each block and an online progress report is issued.

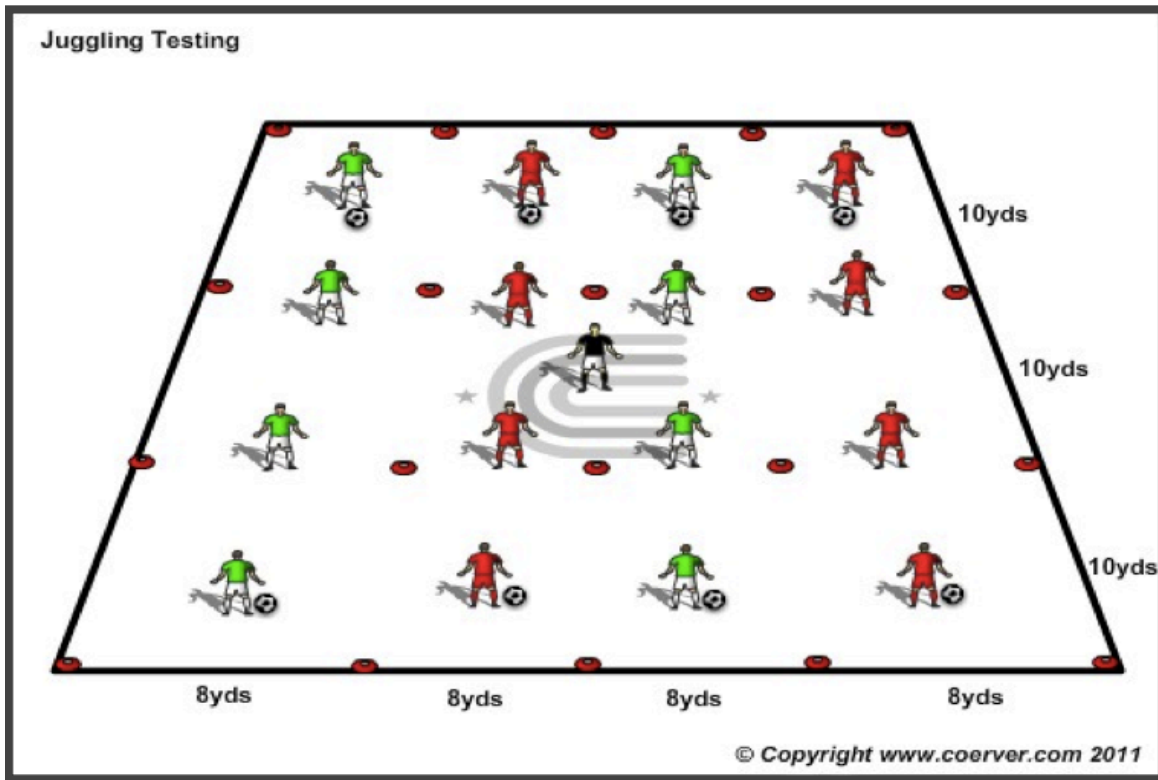
JUGGLING & WARM UP

LEVEL 1

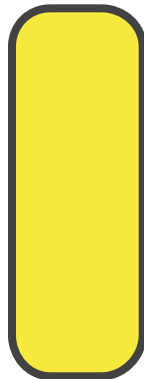




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JUGGLING

LEVEL 1

SET UP

- ✓ **5yd X 5yd PLAYER GRID**
- ✓ **BEGIN WITH JUGGLING AS PART OF YOUR WARM UP**
- ✓ **5 TO 10 MIN PER SESSION**
- ✓ **HAVE PLAYERS KEEP COUNT OF CONSECUTIVE JUGGLES**
- ✓ **ASSIGN WEEKLY HOMEWORK**

SKILLS

1. **RIGHT THIGH ONLY**
2. **LEFT THIGH ONLY**
3. **RIGHT FOOT ONLY**
4. **LEFT FOOT ONLY**
5. **ALTERNATING FEET**
6. **RIGHT / LEFT FOOT & RIGHT / LEFT THIGH**

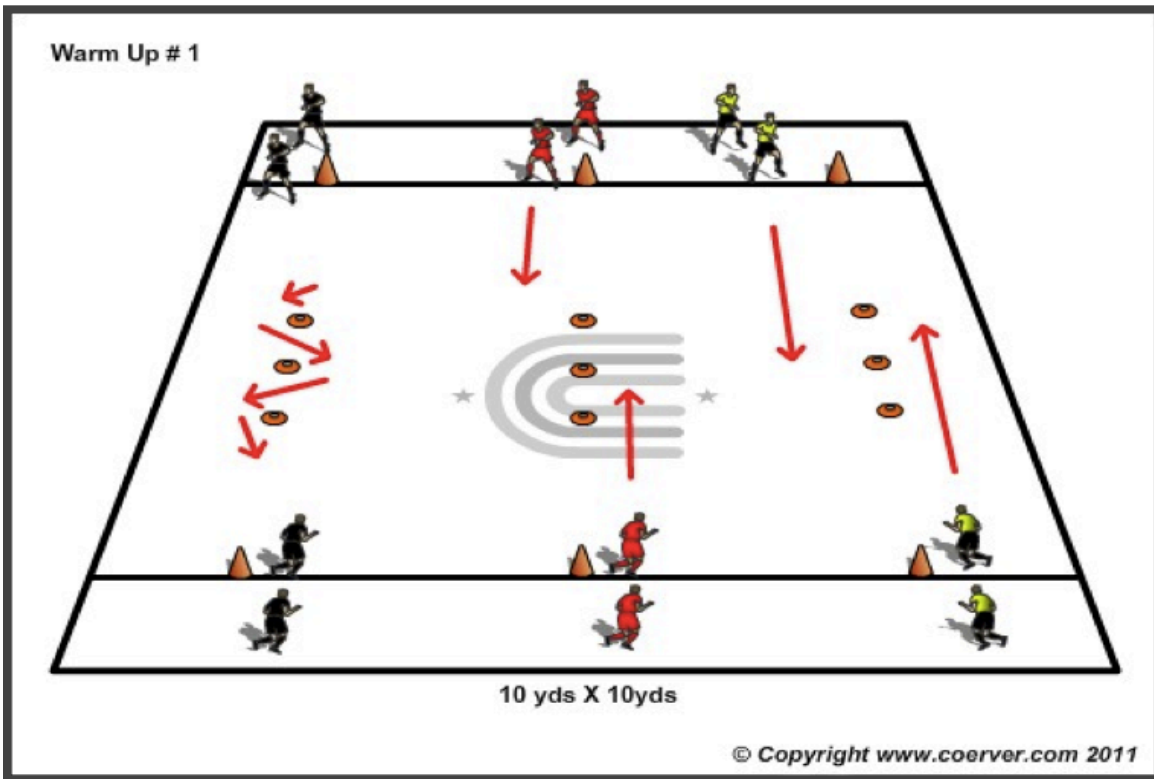
COACHING POINTS

- ◆ **START WITH BASIC JUGGLING**
- ◆ **PROGRESS TO MORE COMPLEX**
- ◆ **ENCOURAGE PROPER TECHNIQUE**
- ◆ **ENCOURAGE PROPER BALL CONTROL**

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WARM UP #1

LEVEL 1

SET UP

- ✓ 10yd X 10yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS FROM EACH END WORK THEIR WAY ACROSS THE AREA TO THE OPPOSITE END FOLLOWING COACHES INSTRUCTIONS

SKILLS

1. JOG
2. SIDE SHUFFLE TURNING 180 AT MID POINT
3. HIGH KNEES TO MID POINT THEN BUTT KICKS
4. INSIDE/INSIDE - OUTSIDE/OUTSIDE (HANDS TO HEALS)
5. SHUFFLE THRU CONES
6. SPRINTS FROM VARIOUS STARTING POSITIONS (FEET TOGETHER HANDS BEHIND HEAD, ON KNEES HANDS BEHIND HEAD, ON STOMACH USING NO HANDS TO GET UP, SPRINTS)

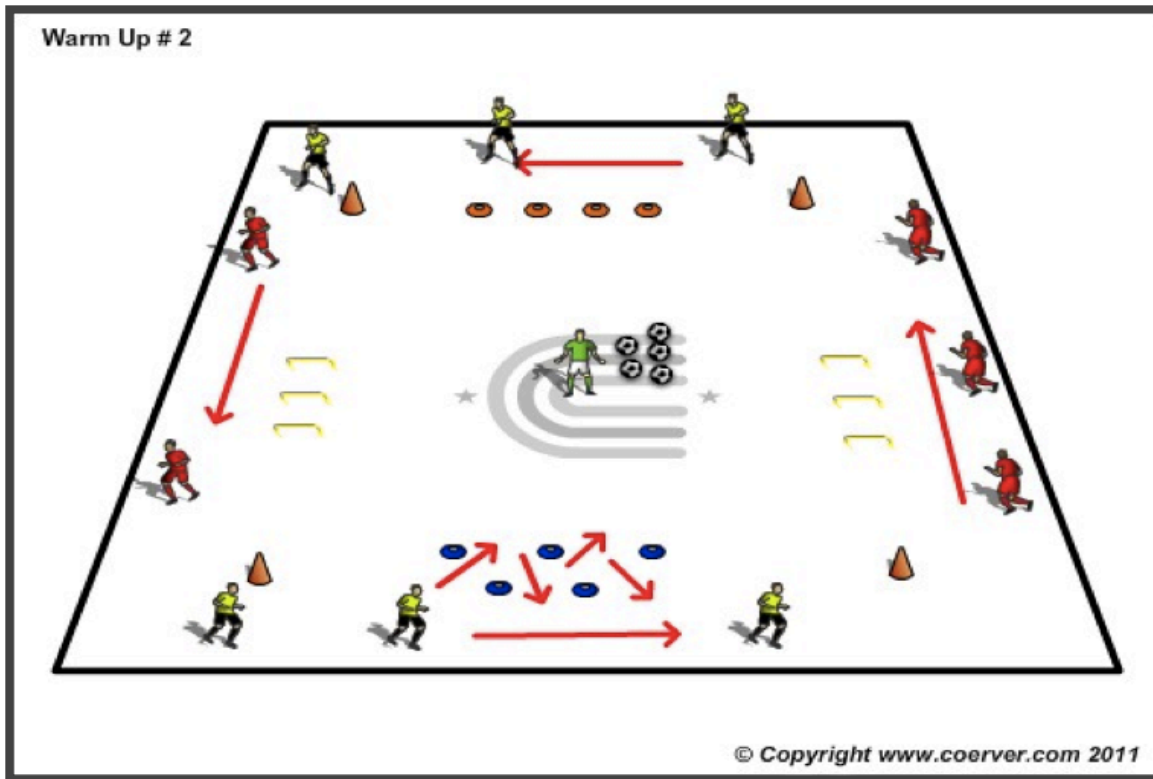
COACHING POINTS

- ◆ ON TOES FOR SHUFFLE
- ◆ NICE LIGHT FEET
- ◆ NO HEAL CLICKING
- ◆ REACTION SPEED

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WARM UP #2

LEVEL 1

SET UP

- ✓ 15yd X 15yd AREA
- ✓ PLAYERS SPREAD OUT AROUND PERIMETER
- ✓ PLAYERS JOG AROUND IN ONE DIRECTION, ON THE WHISTLE PLAYERS REVERSE DIRECTION
- ✓ STOP AND STRETCH BETWEEN EXERCISES
- ✓ WARM UP SHOULD LAST AT LEAST 10 MIN

SKILLS

1. JOG ONLY
2. HURDLES
 - SINGLE FOOT HOP
 - DOUBLE FOOT HOP
 - SIDEWAY DOUBLE FOOT HOP
3. SHUFFLE THRU CONES
4. SPRINT THEN WALK
 - PROGRESS FROM 1 SIDE TO ALL 4 SIDES

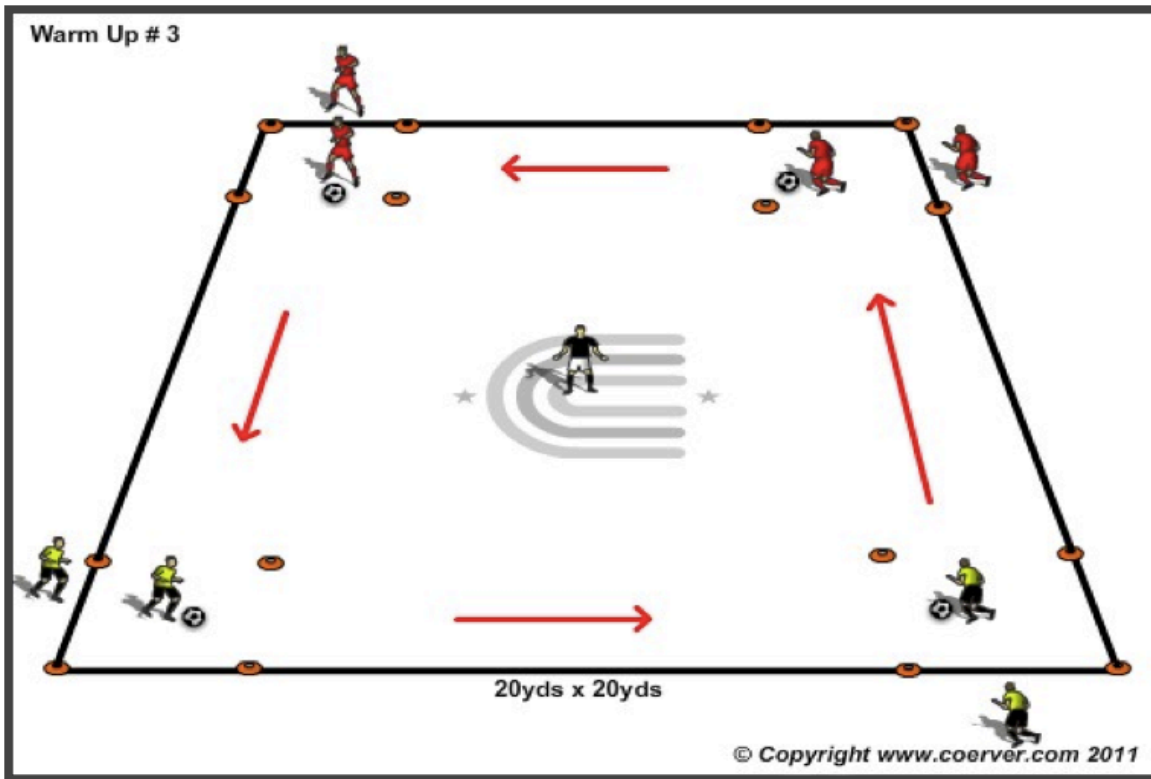
COACHING POINTS

- ◆ PROPER STRETCHING TECHNIQUE
- ◆ HIGH KNEES THRU HURDLES
- ◆ FAST FEET THRU CONES
- ◆ ACCELERATION ON SPRINTS

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WARM UP #3

LEVEL 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS IN EACH SQUARE
- ✓ PLAYER DRIBBLES BALL TO THE NEXT SQUARE AND STEPS ON BALL LEAVING IT FOR THE NEXT PLAYER
- ✓ STOP & STRETCH
- ✓ ADD START / STOP MOVES BEFORE REACHING THE NEXT SQUARE

SKILLS

1. HIGH WAVE
2. STEP KICK
3. MARADONA
4. STEP ON & STEP OVER

COACHING POINTS

- ◆ PROPER STRETCHING TECHNIQUE
- ◆ GOOD TAKE AWAY OF BALL
- ◆ BALL CONTROL
- ◆ PROPER EXECUTION OF MOVES
- ◆ SPEED

BALL MASTERY

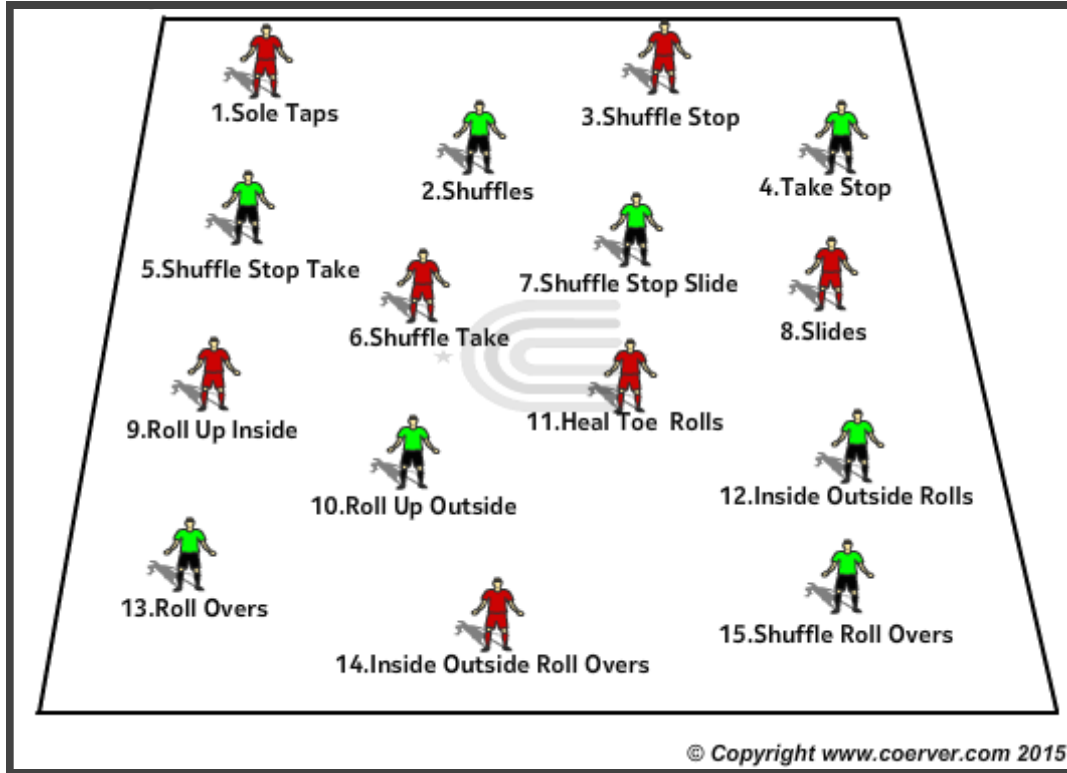
LEVEL 1





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BALL MASTERY

LEVEL 1

1 TO 15

SET UP

- ✓ *5yd X 5yd PLAYER GRID*
- ✓ *PLAYER IN EACH SQUARE*
- ✓ *PLAYERS EXECUTE FAST FOOTWORK MOVES TO COACHES INSTRUCTION*

SKILLS

1. FOLLOW COERVER[®] BALL MASTERY APP
2. ESSENTIALS 1 THROUGH 15

COACHING POINTS

- ◆ PROPER EXECUTION OF SKILLS
- ◆ KNEES FLEXIBLE
- ◆ LIGHT FEET & TOUCH ON BALL
- ◆ SPEED OF SHUFFLE
- ◆ INCREASE SPEED

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BALL MASTERY

LEVEL 1

15 TO 30

SET UP

- ✓ *5yd X 5yd PLAYER GRID*
- ✓ *PLAYER IN EACH SQUARE*
- ✓ *PLAYERS EXECUTE FAST FOOTWORK MOVES TO COACHES INSTRUCTION*

SKILLS

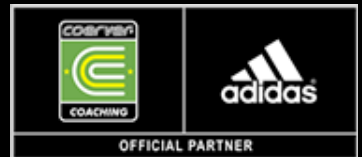
1. FOLLOW COERVER[®] BALL MASTERY APP
2. ESSENTIALS 15 THROUGH 30

COACHING POINTS

- ◆ PROPER EXECUTION OF SKILLS
- ◆ KNEES FLEXIBLE
- ◆ LIGHT FEET & TOUCH ON BALL
- ◆ SPEED OF SHUFFLE
- ◆ INCREASE SPEED

CHANGE OF DIRECTION

LEVEL 1



STEP ON

1. FIRST TOUCH OUT OF FEET
2. SPEED
3. STOP BALL DEAD
4. GLIDE OVER BALL
5. TAKE AWAY OPPOSITE FOOT
6. STAY LOW BEND KNEES

INSIDE / OUTSIDE CUT

1. REACH PAST BALL
2. CUT & TURN
3. BEND KNEES
4. PUSH AWAY
5. TAKE WITH EITHER FOOT

HOOK TURN

1. STEP AROUND BACK OF BALL
2. USE INSTEP OF FOOT TO PLAY THROUGH LEGS
3. TAKE WITH OPPOSITE FOOT

PIVOT TURN

1. USE SOLE OF FOOT
2. TAKE WITH OUTSIDE OF OPPOSITE FOOT

PULL-PUSH BEHIND

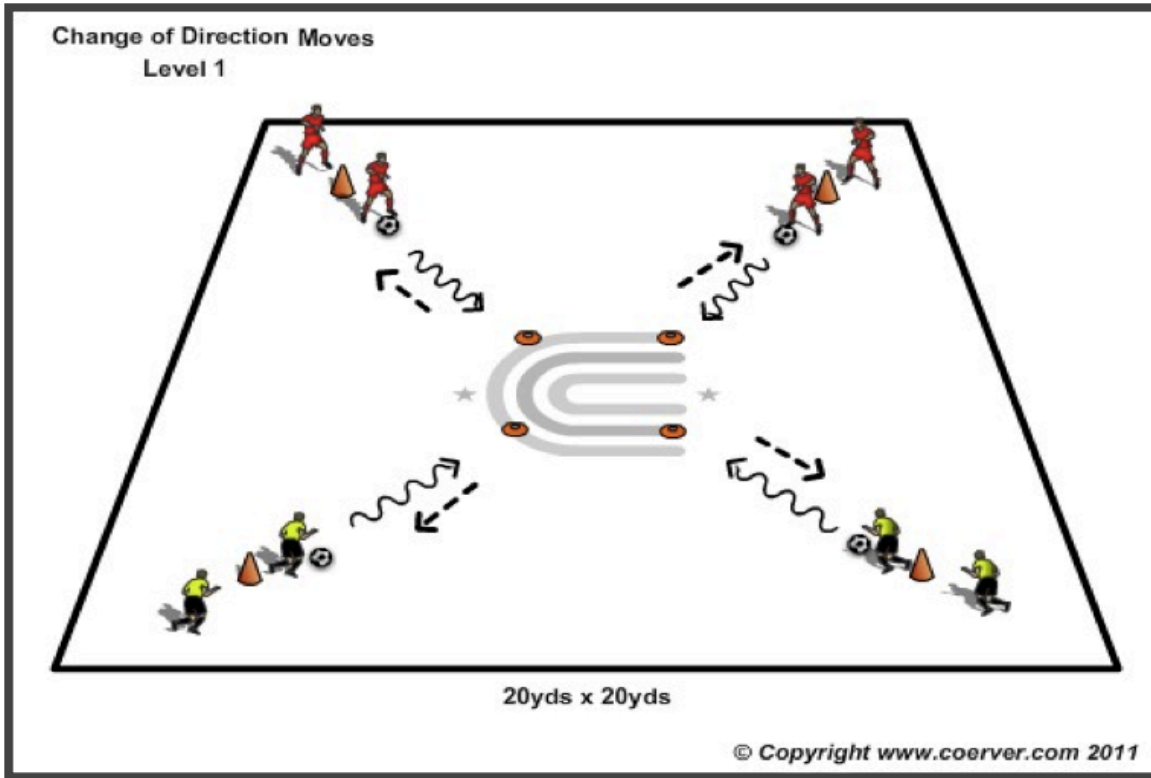
1. STEP ON WITH SOLE OF FOOT
2. PULL BALL BACK PAST STANDING FOOT
3. SQUEEZE OUT TO OPPOSITE SIDE WITH INSTEP OF FOOT
4. TURN & TAKE AWAY WITH OPPOSITE FOOT

STEP OVER

1. STEP RIGHT CUT & TAKE LEFT
2. STEP LEFT CUT & TAKE RIGHT
3. QUICK & CLEAN
4. FAST FEET
5. TWIST HIPS

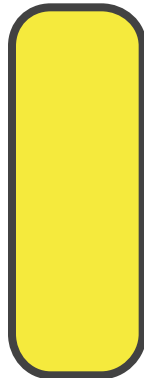
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CHANGE OF DIRECTION

LEVEL 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS DRIBBLE TO CENTER CONE, EXECUTE CHANGE OF DIRECTION MOVE AS INSTRUCTED BY COACH
- ✓ PLAYERS EITHER DRIBBLE OR PASS BACK TO NEXT PLAYER IN GROUP AS DIRECTED

MOVES

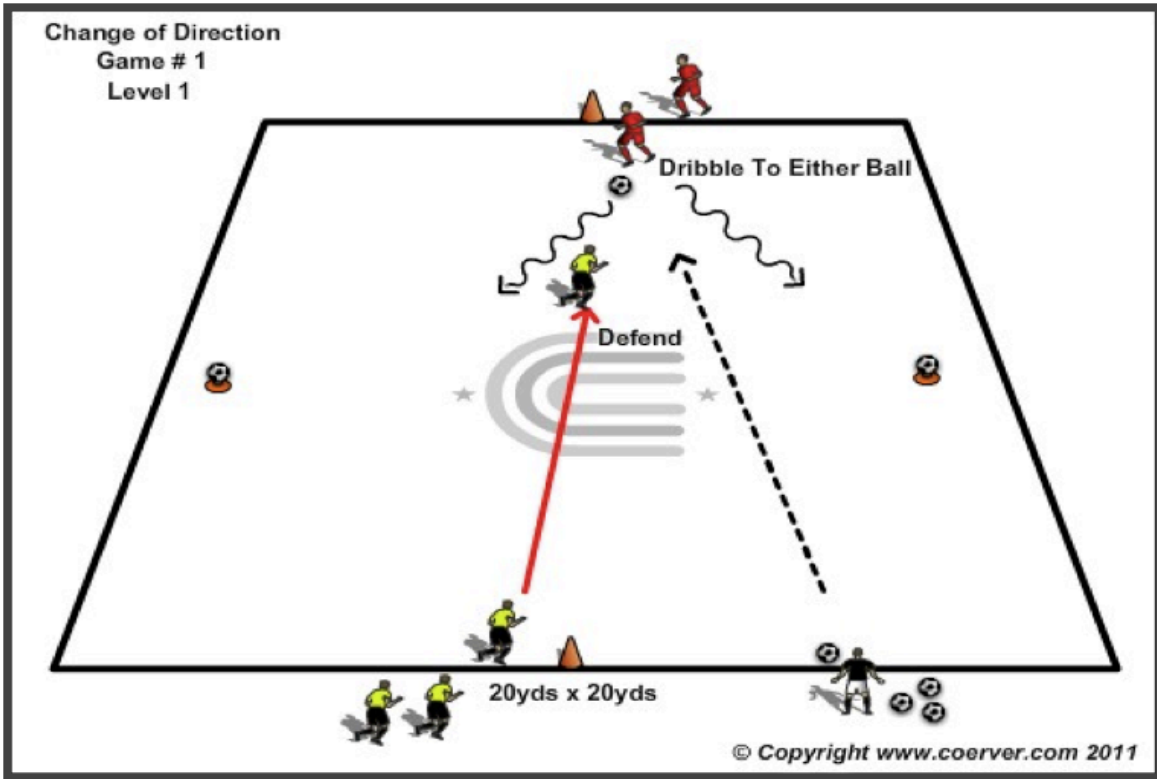
1. STEP ON
2. INSIDE CUT
3. OUTSIDE CUT
4. HOOK TURN
5. PIVOT TURN
6. PULL-PUSH BEHIND
7. STEP OVER

COACHING POINTS

- ◆ DRIBBLE USING ONE FOOT
- ◆ KEEP BALL STRAIGHT WHILE DRIBBLING
- ◆ EXECUTE CORRECT MOVE BEFORE CONE
- ◆ INCREASE SPEED

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CHANGE OF DIRECTION

LEVEL 1

GAME 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ BALL PLACED ON CONE AT 2 SIDES
- ✓ SPLIT PLAYERS INTO EQUAL GROUPS AT EACH END, ATTACKERS & DEFENDERS
- ✓ COACH PLAYS BALL INTO THE ATTACKING PLAYER, DEFENDER ENTERS AREA TO DEFEND GOALS, ATTACKER TRYS TO SCORE BY KNOCKING EITHER BALL OFF CONE
- ✓ SWITCH ROLES

VARIATIONS

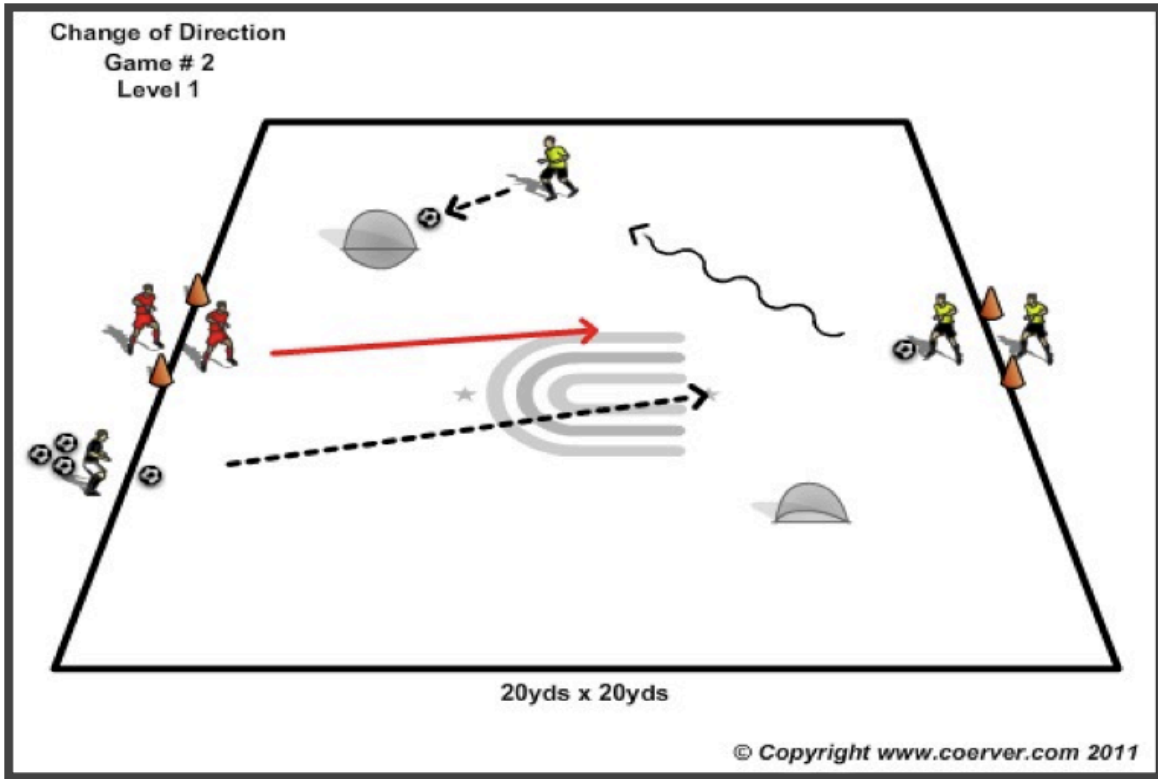
1. 2 V 2
2. 1 V 2 (1 ATTACKER VS 2 DEFENDERS)

COACHING POINTS

- ◆ ENCOURAGE & DEMONSTRATE: HOW, WHERE AND WHEN TO EXECUTE MOVES
- ◆ STAY LOW
- ◆ SHIELD BALL FROM OPPONENT
- ◆ SPEED OF PLAY

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CHANGE OF DIRECTION

LEVEL 1

GAME 2

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLACE GOALS FACING OUTWARD AT OPPOSITE ENDS OF AREA
- ✓ SPLIT PLAYERS INTO EQUAL GROUPS AT EACH SIDE, ATTACKERS & DEFENDERS
- ✓ COACH PLAYS BALL INTO THE ATTACKING PLAYER, DEFENDER ENTERS AREA TO DEFEND GOALS, ATTACKER TRIES TO SCORE IN EITHER GOAL USING COD MOVES
- ✓ SWITCH ROLES

VARIATIONS

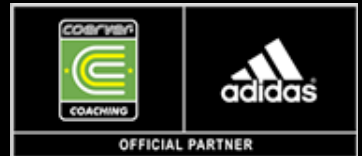
1. 2 V 2
2. 1 V 2 (1 ATTACKER VS 2 DEFENDERS)

COACHING POINTS

- ◆ ENCOURAGE & DEMONSTRATE: HOW, WHERE AND WHEN TO EXECUTE MOVES
- ◆ BALL CONTROL
- ◆ HEAD UP
- ◆ DRIBBLE QUICKLY
- ◆ SCORE AS QUICKLY AS POSSIBLE

MOVES TO BEAT PLAYERS

LEVEL 1



SIDE STEP

1. STEP TOWARDS BALL
2. DROP SHOULDER
3. BEND KNEE
4. STEP TO OUTSIDE OF BALL
5. TAKE WITH OUTSIDE OF OPPOSITE FOOT

SCISSORS

1. BRING FOOT AROUND THE BALL ON THE INSIDE FROM BACK TO FRONT
2. STRETCH AWAY FROM BALL
3. DRAG OPPOSITE FOOT IN FRONT OF BALL & PUSH WITH OUTSIDE OF FOOT
4. KNEES BENT

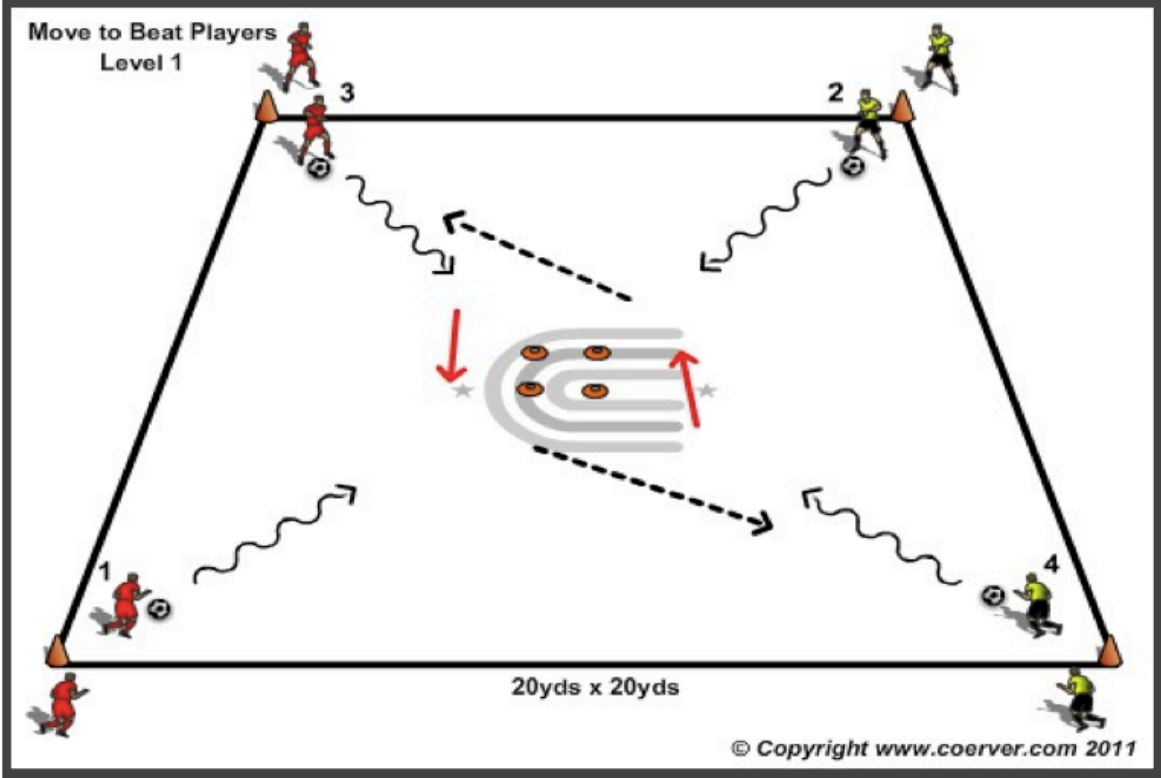
STEP OVER

1. LARGE STEP OVER THE BALL
2. TWIST HIPS
3. TOE POINTING AWAY
4. PLANT FOOT & DRAG BEHIND BALL
5. PUSH FORWARD & SIDE WAYS WITH SAME FOOT

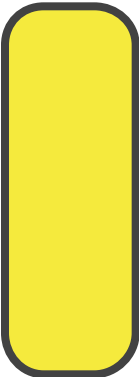
SCISSORS / STEP OVER

1. BRING FOOT AROUND THE BALL ON THE INSIDE FROM BACK TO FRONT
2. STRETCH AWAY FROM BALL
3. STEP BACK AROUND FRONT OF BALL WITH TOE POINTING AWAY
4. PLANT FOOT & DRAG BEHIND BALL
5. PUSH FORWARD & SIDE WAYS WITH SAME FOOT

MOVES
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PLAYERS



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MOVES TO BEAT PLAYERS

LEVEL 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS #1 & #2 DRIBBLE TO CENTER CONE, EXECUTE MOVE TO BEAT PLAYER AS INSTRUCTED BY COACH, ONCE PAST CONE PLAYERS EITHER DRIBBLE OR PASS FORWARD TO NEXT PLAYER IN GROUP
- ✓ PLAYERS #3 & #4 START ONCE PLAYERS #1 & #2 HAVE CLEARED THE CENTER AREA
- ✓ START WITH RIGHT FOOT THEN LEFT

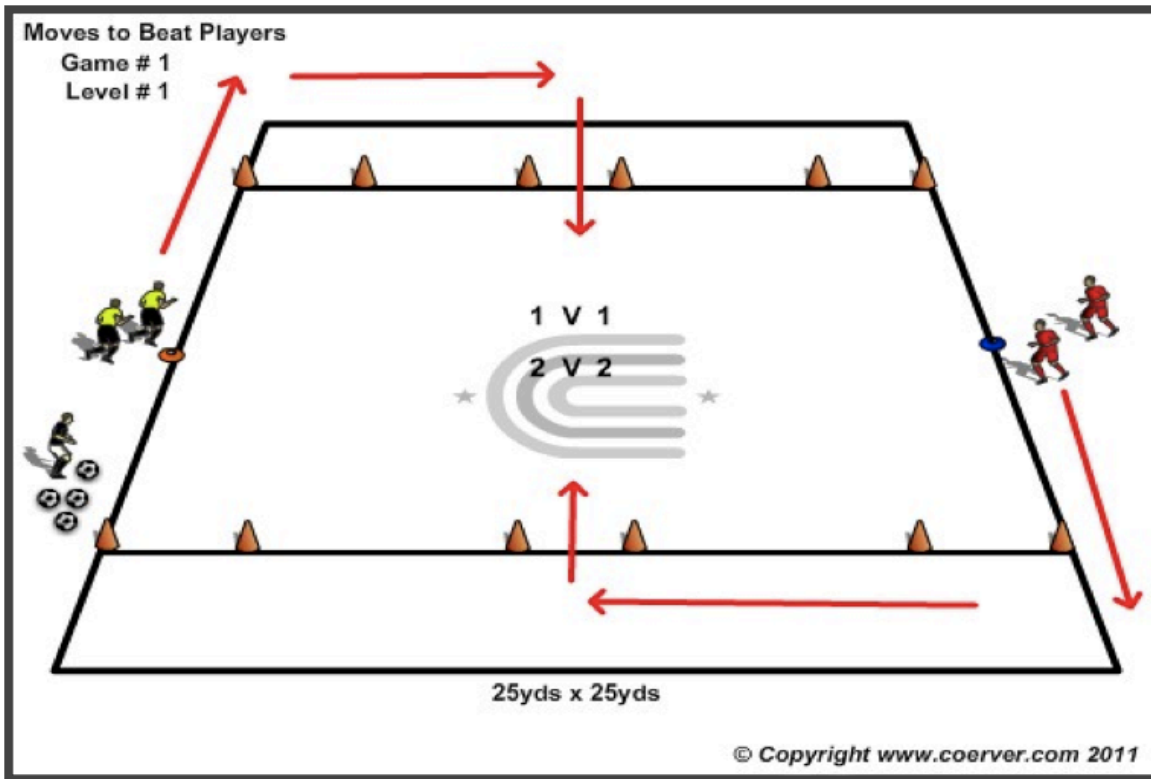
MOVES

1. SIDE STEP
2. SCISSORS
3. STEP OVER
4. SCISSOR / STEP OVER (RIGHT FOOT ONLY)

COACHING POINTS

- ◆ CLOSE DRIBBLE
- ◆ TECHNICALLY EXECUTE MOVE AS INSTRUCTED
- ◆ HEAD UP
- ◆ INCREASE SPEED OF PLAY

MOVES
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MOVES TO BEAT PLAYERS

LEVEL 1

GAME 1

SET UP

- ✓ **25yd X 25yd AREA**
- ✓ **3 GATES AT EACH END APPROX 3 yds WIDE**
- ✓ **SPLIT PLAYERS INTO EQUAL GROUPS AT EACH SIDE, ATTACKERS & DEFENDERS**
- ✓ **PLAYERS SPRINT AROUND OPPOSITE CORNERS AND ENTER AREA THRU MIDDLE GATE. DEFENDER TRIES TO TAG ATTACKER BEFORE THEY RUN THRU ANY GATE TO SCORE**
- ✓ **SWITCH ROLES**

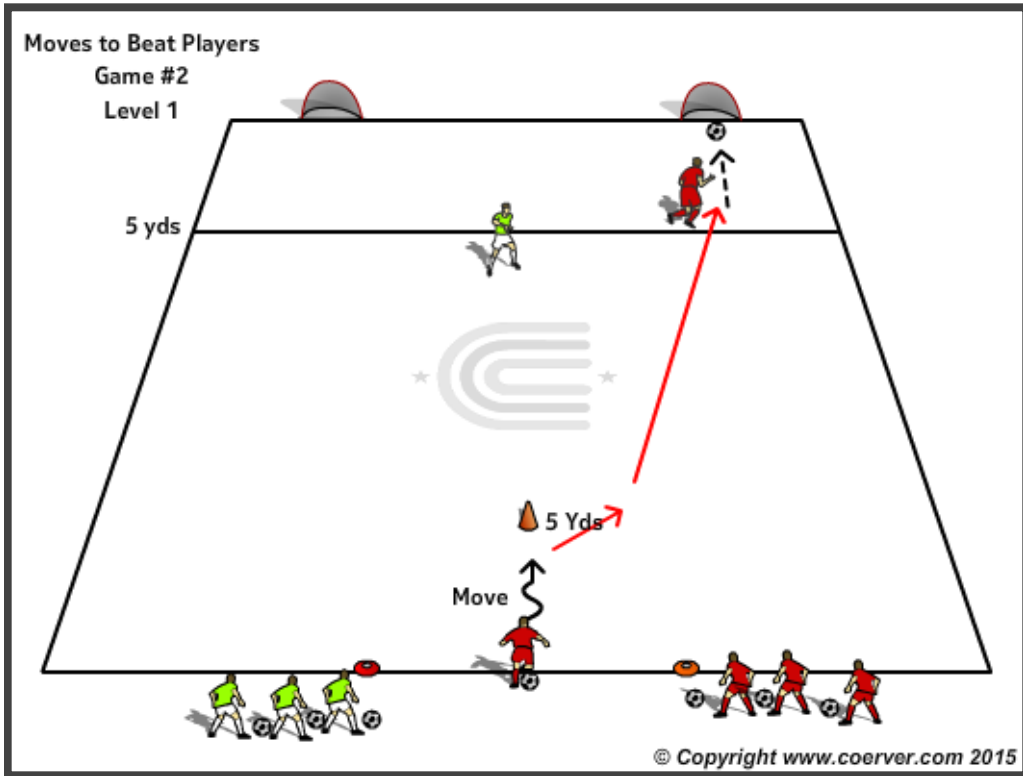
VARIATIONS

1. **START 1 V 1 AND BUILD TO 2 V 2**
2. **ADD BALL (COACH PLAYS BALL INTO FIRST PLAYER WHO CALLS FOR BALL)**

COACHING POINTS

- ◆ **ENCOURAGE USE OF MOVES**
- ◆ **SHARP CHANGES AND MOVEMENTS**
- ◆ **AWARENESS OF SITUATION**
- ◆ **PERFORM MOVE EARLY**
- ◆ **SPEED**
- ◆ **"THE PUSH BEATS THE PLAYER"**

MOVES
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MOVES TO BEAT PLAYERS

LEVEL 1

GAME 2

SET UP

- ✓ 25yd X 25yd AREA
- ✓ 2 GOALS AT ONE END
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ FAST BREAK ATTACK
- ✓ EACH PLAYER STARTS WITH A BALL AND MAKES ONE OF THE REQUIRED MOVES PRIOR TO THE CONE. PLAYER THEN ATTACKS EITHER OF THE GOALS, ONCE THEY SHOOT ON GOAL THEY MUST TURN AND DEFEND. ONCE ATTACKING PLAYER SHOOT ON GOAL A NEW ATTACKING PLAYER BREAKS OUT TO START THEIR ATTACK

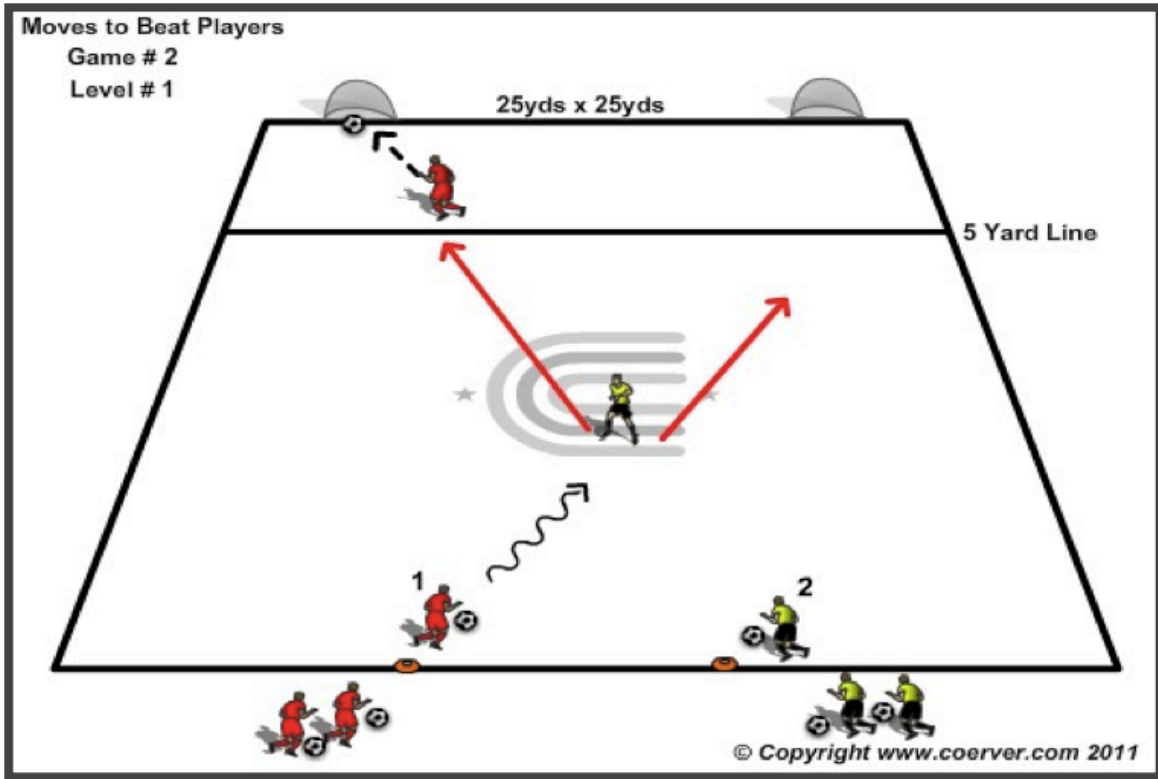
MOVES

1. SIDE STEP
2. SCISSORS
3. STEP OVER
4. SCISSOR / STEP OVER (RIGHT FOOT ONLY)

COACHING POINTS

- ◆ ENCOURAGE USE OF MOVES
- ◆ PERFORM MOVE EARLY
- ◆ SPEED OUT OF GATE
- ◆ TRANSITION TO DEFEND

MOVES
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MOVES TO BEAT PLAYERS

LEVEL 1

GAME 3

SET UP

- ✓ 25yd X 25yd AREA
- ✓ 2 GOALS AT ONE END
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ FAST BREAK ATTACK
- ✓ EACH PLAYER STARTS WITH A BALL ATTACKING EITHER OF THE GOALS, ONCE THEY SHOOT ON GOAL THEY MUST TURN AND DEFEND. ONCE ATTACKING PLAYER SHOOTS ON GOAL A NEW ATTACKING PLAYER BREAKS OUT TO START THEIR ATTACK

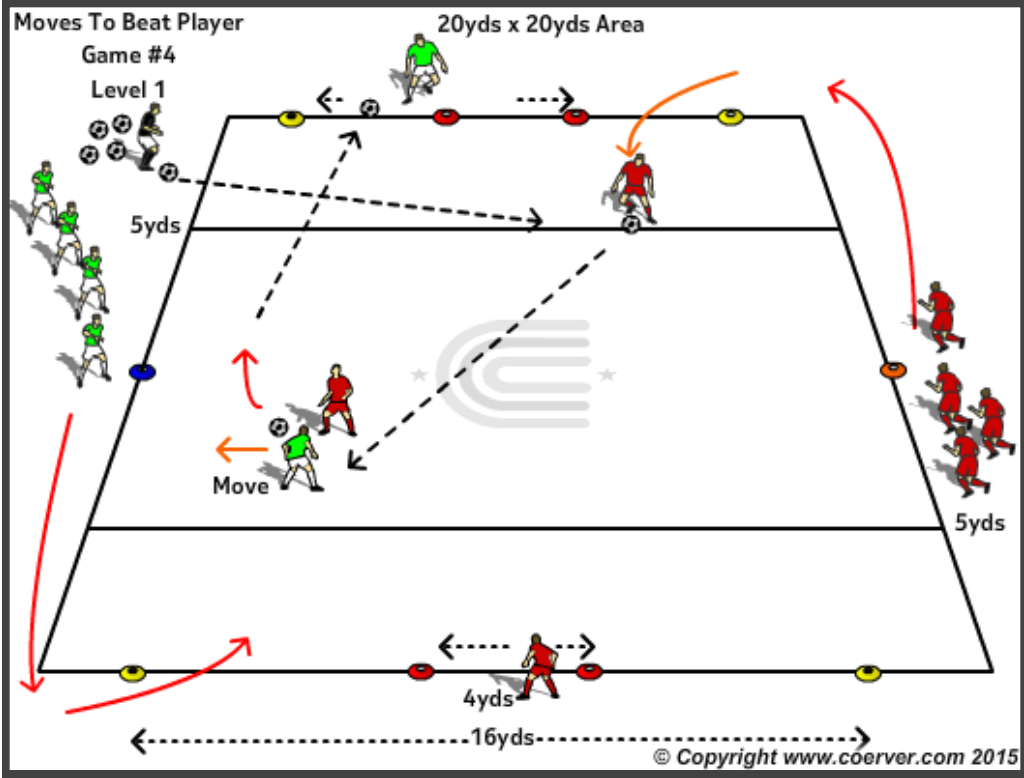
VARIATIONS

1. 2 V 2
2. REMOVE SCORING LINE

COACHING POINTS

- ◆ ENCOURAGE USE OF MOVES
- ◆ PERFORM MOVE EARLY
- ◆ SPEED OUT OF GATE
- ◆ TRANSITION TO DEFEND

MOVES
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MOVES TO BEAT PLAYERS

LEVEL 1

GAME 4

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 16yd AND 4yd GOALS AT EACH END
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ FAST BREAK ATTACK
- ✓ PLAYER FROM EACH TEAM SPRINTS AROUND CORNER AND CALLS FOR BALL
- ✓ COACH PLAYS BALL TO ONE PLAYER WHO PLAYS A PASS TO OPPONENT THEN DEFENDS
- ✓ ATTACKER TRIES TO CREATE PASSING LANE TO TARGET PLAYER ON OPPONENTS ENDLINE

VARIATIONS

1. 2 V 2
2. REMOVE 16yd GOAL AND USE 4yd GOAL

COACHING POINTS

- ◆ ENCOURAGE USE OF MOVES
- ◆ PERFORM MOVE EARLY
- ◆ TRANSITION TO DEFEND
- ◆ DO NOT LET DEFENDER TO DROP FURTHER BACK THAN 5yd LINE

STOP / START MOVES

LEVEL 1



HIGH WAVE

1. FAKE TO STEP ON TOP OF BALL
2. PULL FOOT BACK BEHIND BALL
3. PUSH BALL FORWARD
4. QUICK MOVEMENT

LOW WAVE

1. FAKE OUTSIDE CUT
2. PULL FOOT BACK BEHIND BALL
3. PUSH BALL FORWARD
4. QUICK MOVEMENT

STEP KICK

1. STEP ON BALL & STOP IT DEAD
2. TAKE FOOT OFF BALL
3. KICK THROUGH WITH TRAILING FOOT
4. SPEED IS THE KEY

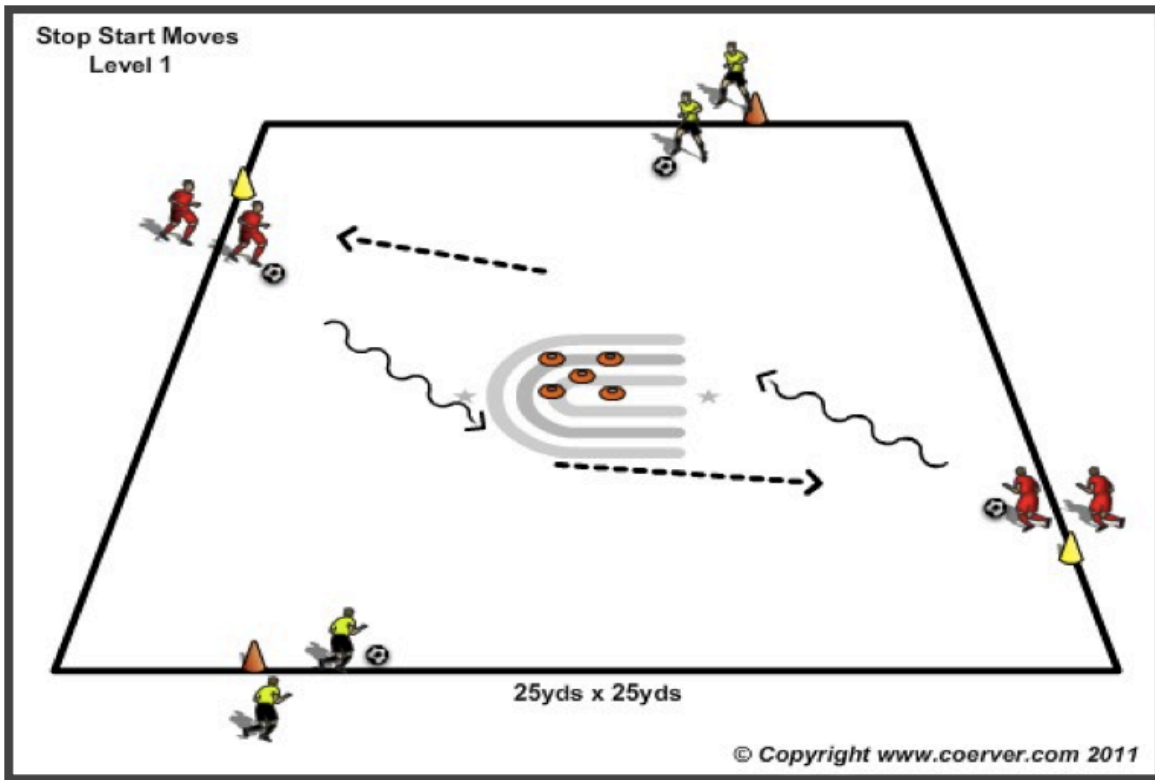
MARADONA

1. STEP ON BALL
2. STEP OVER BALL
3. PULL SPIN WITH OPPOSITE FOOT
4. TAKE AWAY WITH OPPOSITE FOOT

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START / STOP MOVES

LEVEL 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS #1 & #2 DRIBBLE ON RIGHT SIDE OF CENTER CONE, EXECUTE MOVE TO BEAT PLAYER AS INSTRUCTED BY COACH, ONCE PAST CONE PLAYERS EITHER DRIBBLE OR PASS FORWARD TO NEXT PLAYER IN GROUP
- ✓ PLAYERS #3 & #4 START ONCE PLAYERS #1 & #2 HAVE CLEARED THE CENTER AREA
- ✓ START WITH RIGHT FOOT THEN LEFT

MOVES

1. HIGH WAVE
2. LOW WAVE
3. STEP KICK
4. MARADONA

COACHING POINTS

- ◆ SPEED OF DRIBBLE
- ◆ QUICKNESS OF MOVE
- ◆ SPEED AFTER THE MOVE

START / STOP MOVES

LEVEL 1

GAME 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 2 GOALS ALONG ONE SIDE
- ✓ SPLIT PLAYERS INTO EQUAL GROUPS WITH DEFENDERS ON GOAL SIDE OF COACH AND ATTACKERS ON FAR SIDE OF COACH
- ✓ COACH PLAYS BALL TO ATTACKER WHO CAN SCORE IN EITHER GOAL, IF DEFENDER WINS BALL THEY BECOME THE ATTACKER
- ✓ SWITCH ROLES

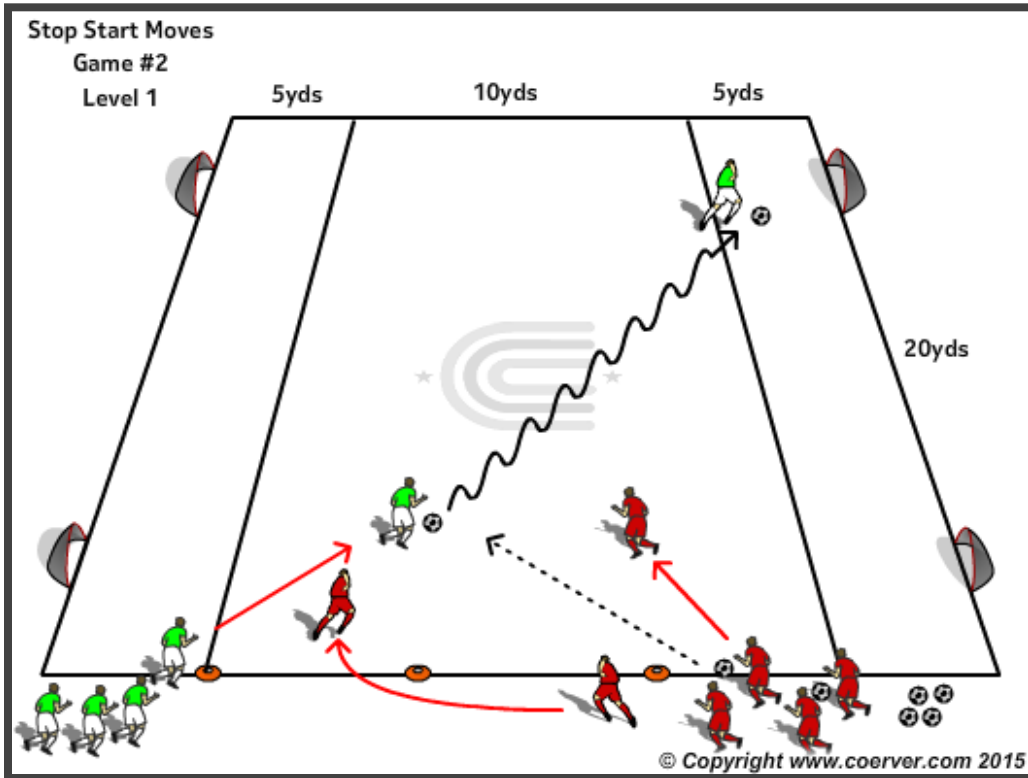
MOVES

1. HIGH WAVE
2. LOW WAVE
3. STEP KICK
4. MARADONA

COACHING POINTS

- ◆ QUICK START
- ◆ QUICK EXECUTION
- ◆ QUICK FINISH

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START / STOP MOVES

LEVEL 1

GAME 2

SET UP

- ✓ 20yd X 10yd AREA
- ✓ 4 GOALS FACING IN FROM EACH CORNER
- ✓ ESTABLISH 5yd SHOOTING LINE
- ✓ DEFENDER PASSES BALL TO SPACE IN FRONT OF ATTACKER THEN RUNS AROUND CONE TO DEFEND
- ✓ ATTACKER TRYS TO EGT WITHIN 5yd LINE TO SCORE ON ANY GOAL
- ✓ IF DEFENDER WINS THE BALL, A SECOND ATTACKER ENTERS THE FIELD TO MAKE GAME 2V2
- ✓ PLAY FIRST TEAM TO 10 THEN SWITCH

VARIATIONS

1. ADJUST CONE TRAILING DEFENDER RUNS AROUND TO INCREASE OR DECREASE TIME

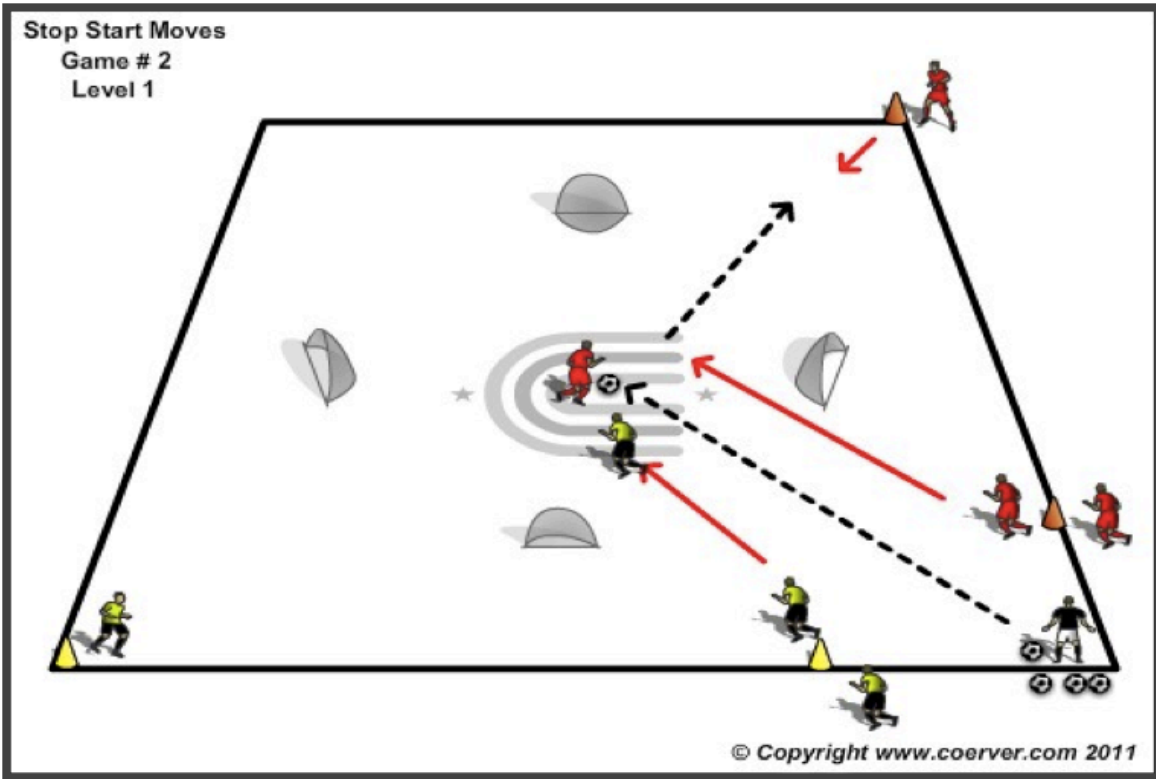
COACHING POINTS

- ◆ HEAD UP
- ◆ LOOK FOR OPPORTUNITIES
- ◆ ENCOURAGE USE OF MOVES
- ◆ QUICK FINISH

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START / STOP MOVES

LEVEL 1

GAME 3

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 4 GOALS FACING IN FROM EACH CORNER
- ✓ SPLIT PLAYERS INTO EQUAL GROUPS ON EACH SIDE OF COACH
- ✓ COACH PLAYS BALL INTO MIDDLE
- ✓ FIRST PLAYER TO BALL BECOME ATTACKER AND THEY CAN SCORE IN ANY GOAL
- ✓ PLAY GAME FIRST TEAM TO 10 WINS
- ✓ PLAYERS RETURN TO SAME LINE

VARIATIONS

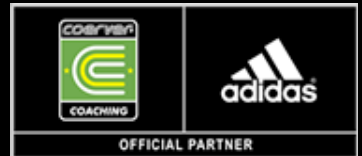
1. 2 V 1 (1ST PLAYER TO BALL GETS 2ND ATTACKER)
2. 2 V 2 (BUILD TO 2 V 2 FOR FINAL VERSION OF GAME)

COACHING POINTS

- ◆ HEAD UP
- ◆ LOOK FOR OPPORTUNITIES
- ◆ QUICK FINISH

FAST BREAK ATTACK

LEVEL 1

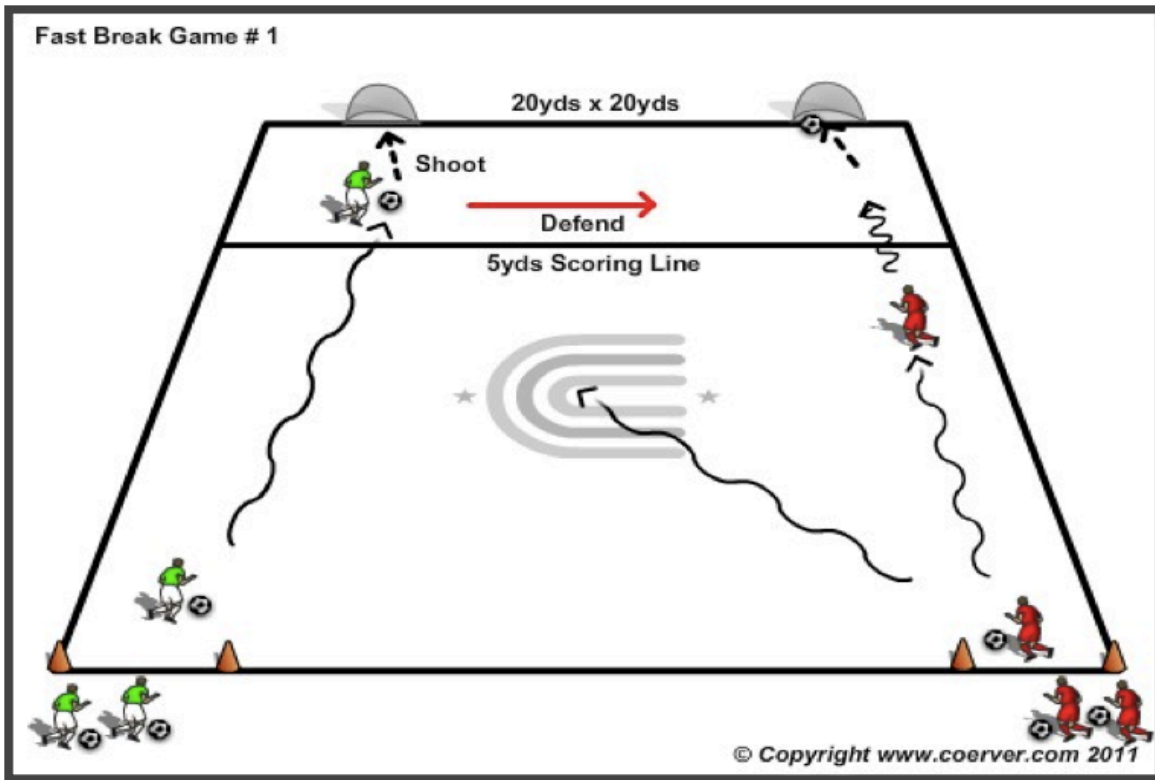




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FAST BREAK ATTACK

LEVEL 1

GAME 1

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 2 GOALS AT ONE END IN CORNERS
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ SPLIT PLAYERS INTO (2) TEAMS OPPOSITE THE GOALS
- ✓ EACH PLAYER STARTS WITH A BALL ATTACKING EITHER OF THE GOALS, ONCE THEY SHOOT ON GOAL THEY MUST TURN AND DEFEND. ONCE ATTACKING PLAYER SHOOTS ON GOAL A NEW ATTACKING PLAYER BREAKS OUT TO START THEIR ATTACK
- ✓ FIRST TEAM TO 10 GOALS WINS

VARIATIONS

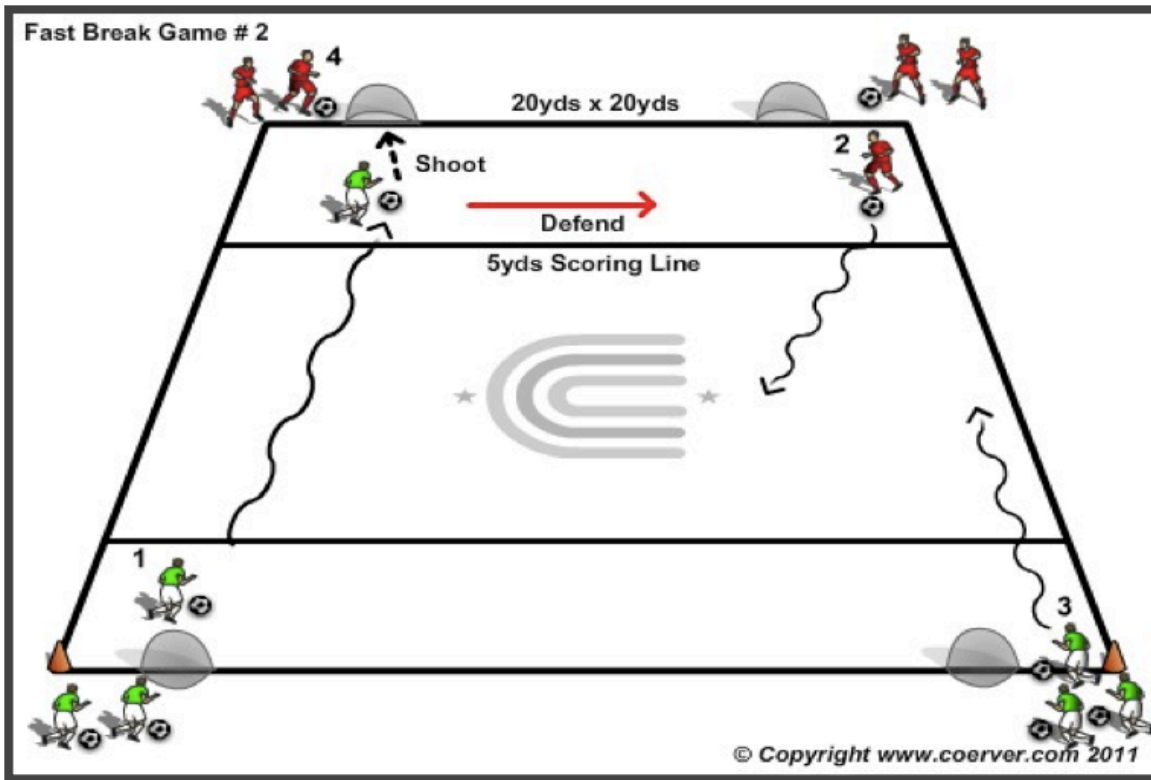
COACHING POINTS

- ◆ ENCOURAGE USE OF MOVES
- ◆ PERFORM MOVE EARLY
- ◆ SPEED OUT OF GATE
- ◆ "THE PUSH BEATS THE PLAYER"
- ◆ FINISH QUICKLY
- ◆ TRANSITION TO DEFEND

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FAST BREAK ATTACK

LEVEL 1

GAME 2

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 4 GOALS (1) IN EACH CORNER
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ SPLIT PLAYERS INTO (2) TEAMS ONE AT EACH END THEN SPLIT TEAM BETWEEN EACH GOAL
- ✓ PLAYERS PLAY AGAINST OPPOSITE CORNER PLAYER, ONCE THEY SHOOT THEY MUST DEFEND AGAINST BREAKING OUT PLAYER, IE #1 VS #2, #2 VS #3, #3 VS #4
- ✓ IF DEFENDING PLAYER WINS BALL THEY REMAIN ON FIELD UNTIL SCORED ON
- ✓ FIRST TEAM TO 10 GOALS WINS

VARIATIONS

1. 2 V 2

PLAYER WHO SHOOTS MUST RUN AROUND GOAL BEFORE DEFENDING, THIS CREATES A TEMPORARY 2 V 1 FOR THE NEW PLAYERS BREAKING OUT

COACHING POINTS

- ◆ ENCOURAGE USE OF MOVES
- ◆ PERFORM MOVE EARLY
- ◆ SPEED OUT OF GATE
- ◆ "THE PUSH BEATS THE PLAYER"
- ◆ FINISH QUICKLY
- ◆ TRANSITION TO DEFEND

FAST BREAK ATTACK

LEVEL 1

GAME 3

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 2 GOALS AT ONE END IN CORNERS
- ✓ FIRST PLAYER EXECUTES MOVE AT YELLOW CONE THEN ATTACKS EITHER GOAL, PLAYER THEN BECOMES DEFENDER AS NEW PLAYER MAKES MOVE AT YELLOW CONE AND ATTACKS, PLAYERS SHOULD BE LOOKING AHEAD AT DEFENDER TO MAKE SURE THEY HAVE SELECTED CORRECT FOOT FOR MOVE AT YELLOW CONE WHICH WILL TAKE THEM IN DIRECTION AWAY FROM DEFENDER
- ✓ PLAYERS RETURN TO LINE AFTER DEFENDING

VARIATIONS

1. PLAYER DOES (2) MOVES FIRST AT BLUE CONES THEN SECOND AT YELLOW CONE. MOVES MUST BE COMBINED LOGICALLY AND SMOOTHLY

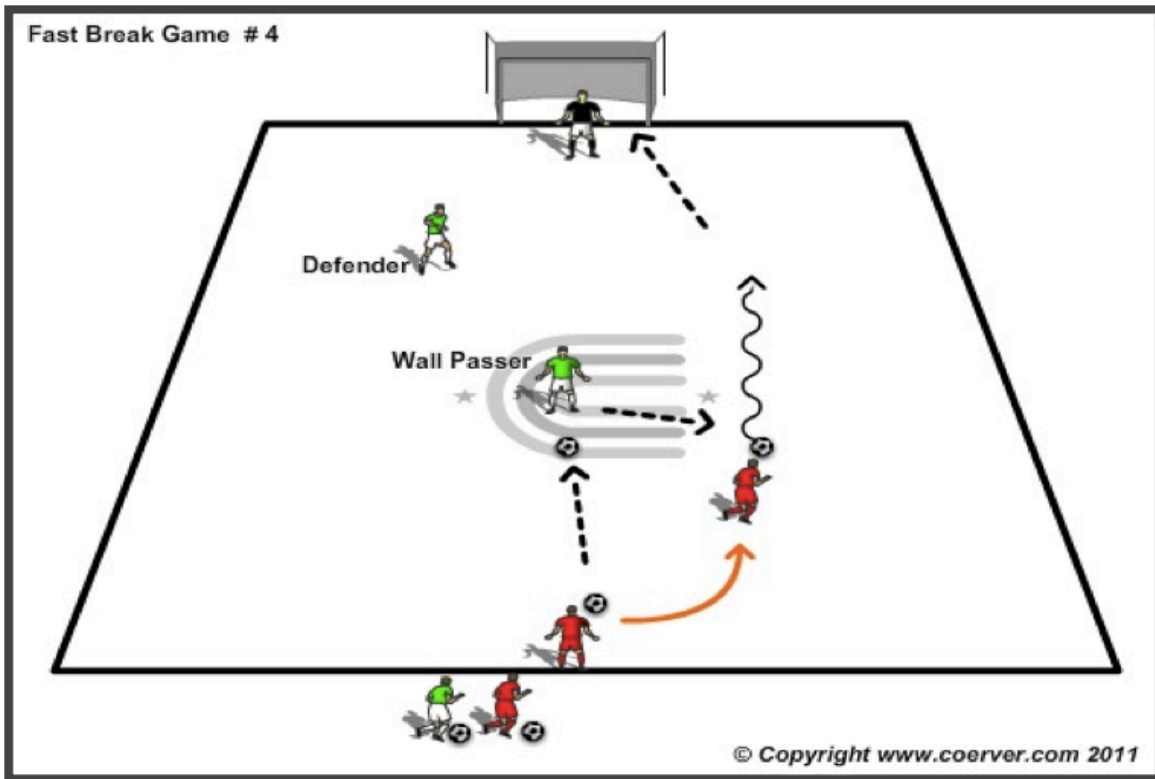
COACHING POINTS

- ◆ DRIBBLE WITH CORRECT FOOT FOR SUCCESSFUL EXECUTION OF MOVE
- ◆ MAKE SURE TRANSITION BETWEEN MOVES IS SMOOTH
- ◆ KEEP SPEED UP THRU MOVES

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FAST BREAK ATTACK

LEVEL 1

GAME 4

SET UP

- ✓ 20yd X 20yd AREA
- ✓ GOALS AT ONE END
- ✓ EACH PLAYER STARTS WITH A BALL, ATTACKER PLAYS A WALL PASS THEN ATTACKS THE GOAL USING MOVES TO BEAT DEFENDER.
- ✓ PLAYERS ROTATE TO NEXT POSITION, ATTACKER BECOME DEFENDER, DEFENDER BECOMES NEXT WALL PASSER, WALL PASSER RETURNS TO LINE AS ATTACKER

VARIATIONS

1. LIMIT NUMBER OF TOUCHES BEFORE FINISH IE TWO TOUCH, THREE TOUCH

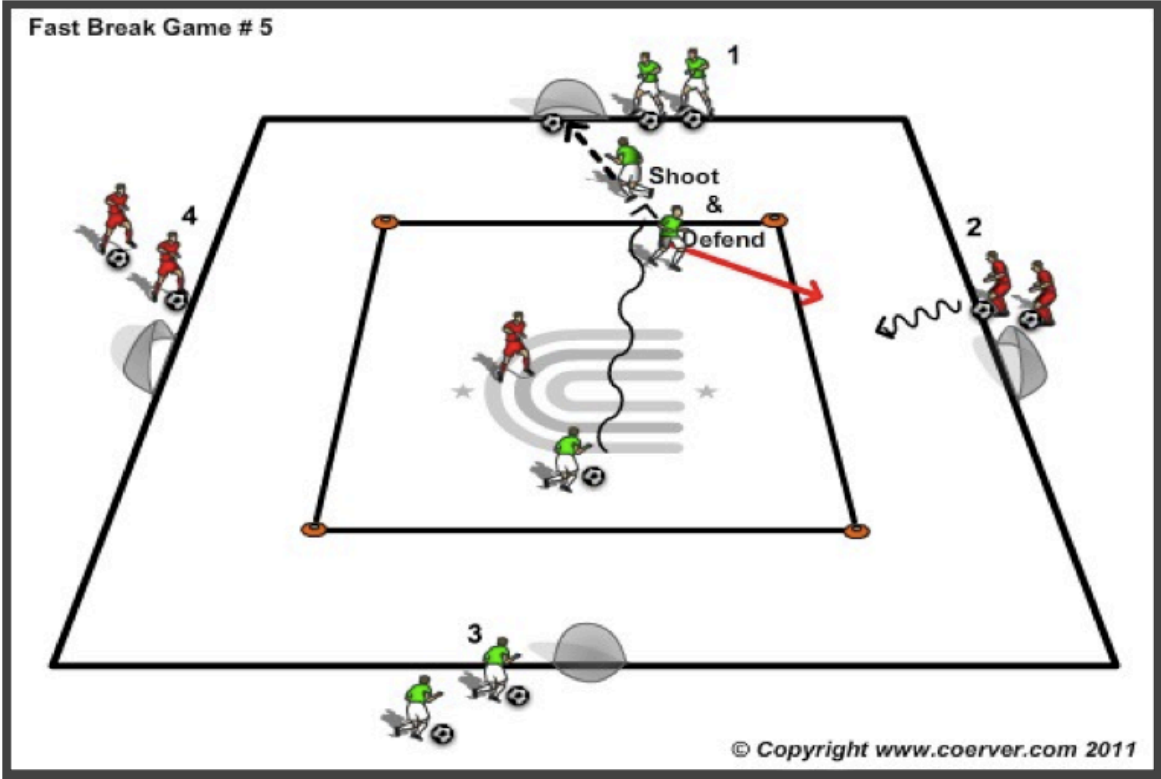
COACHING POINTS

- ◆ HEAD UP
- ◆ RUN WITH SPEED
- ◆ PASS & RECEIVE WITH APPROPRIATE FOOT
- ◆ GOOD FIRST TOUCH

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FAST BREAK ATTACK

LEVEL 1

GAME 5

SET UP

- ✓ 20yd X 20yd AREA
- ✓ 10yd X 10yd SQUARE INSIDE AREA
- ✓ GOALS ON EACH SIDE OF AREA
- ✓ PLAYERS SPLIT EVENLY AT EACH GOAL WITH BALL.
- ✓ PLAY BEGIN WITH PLAYER #3 ATTACKING & PLAYER #4 DEFENDING, ONCE PLAYER SHOOTS ON ANY GOAL, THEY BECOME DEFENDER AGAINST NEXT ATTACKING PLAYER #2 , THEN #1 ETC...
- ✓ IF DEFENDER WINS BALL THEY BECOME ATTACKER

VARIATIONS

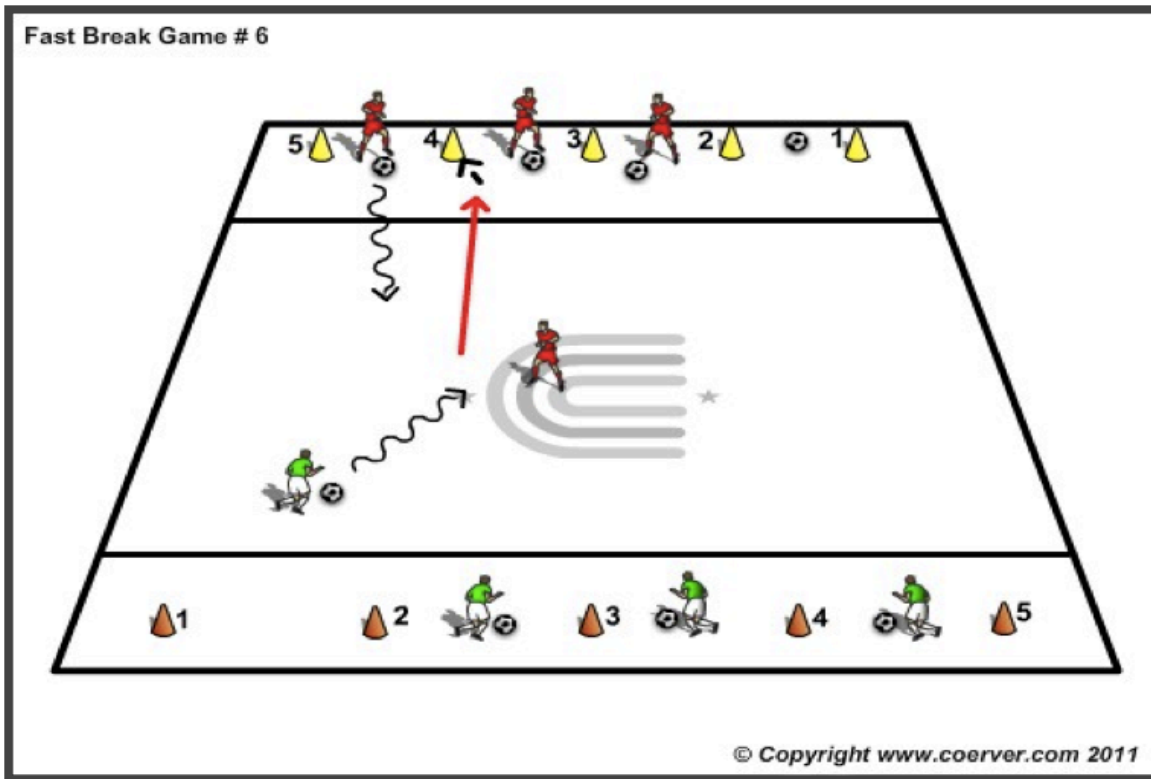
COACHING POINTS

- ◆ KEEP PACE OF PLAY FAST
- ◆ QUICKLY FINISH
- ◆ TRANSITION TO DEFEND

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FAST BREAK ATTACK

LEVEL 1

GAME 6

SET UP

- ✓ 20yd X 20yd AREA
- ✓ ESTABLISH SCORING LINE 5yds FROM GOALS
- ✓ PLACE CONES AT EACH END SPACED 3yds
- ✓ PLAYER SPLIT EVENLY INTO (2) TEAMS
- ✓ PLAY BEGIN WITH PLAYER #1 AGAINST PLAETR #1 ON THE OPPOSITE TEAM, ATTACKER SHOOTS ON ANY CONE AND THEN BECOMES DEFENDER AGAINST PLAYER #5 WHO BREAKS OUT. SEQUENCE IS REPEATED UNIL ONE TEAM KNOCK OVER ALL CONES
- ✓ PLAYERS RETURN TO THEIR ORIGINAL SPOT ONCE THEY HAVE DEFENDED

VARIATIONS

COACHING POINTS

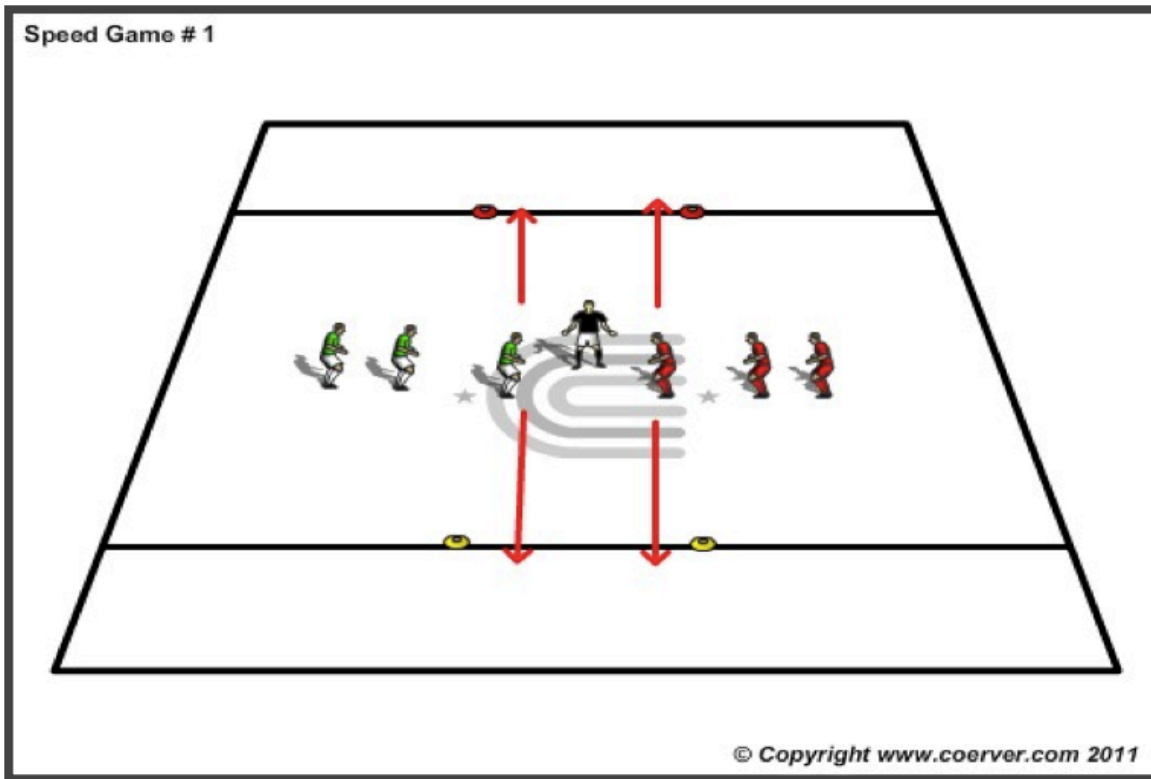
- ◆ ENCOURAGE USE OF MOVES
- ◆ KEEP PACE OF PLAY FAST
- ◆ QUICKLY FINISH
- ◆ TRANSITION TO DEFEND

SPEED LEVEL 1





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SPEED

LEVEL 1

GAME 1

SET UP

- ✓ **3yd X 3yd AREA IN MIDDLE**
- ✓ **YELLOW 3yd WIDE GATE 10yds FROM CENTER IN ONE DIRECTION, ORANGE 3yd WIDE GATE 10yds FROM CENTER IN OPPOSITE DIRECTION**
- ✓ **PLAYER SPLIT EVENLY INTO (2) TEAMS**
- ✓ **PLAY BEGIN WITH (2) PLAYERS ENTERING CENTER SQUARE FACING EACH OTHER**
- ✓ **PLAYERS FOLLOW COACHES INSTRUCTIONS UNTIL COACH CALL OUT A COLOR, PLAYER THEN MUST SPRINT TO THAT GATE**

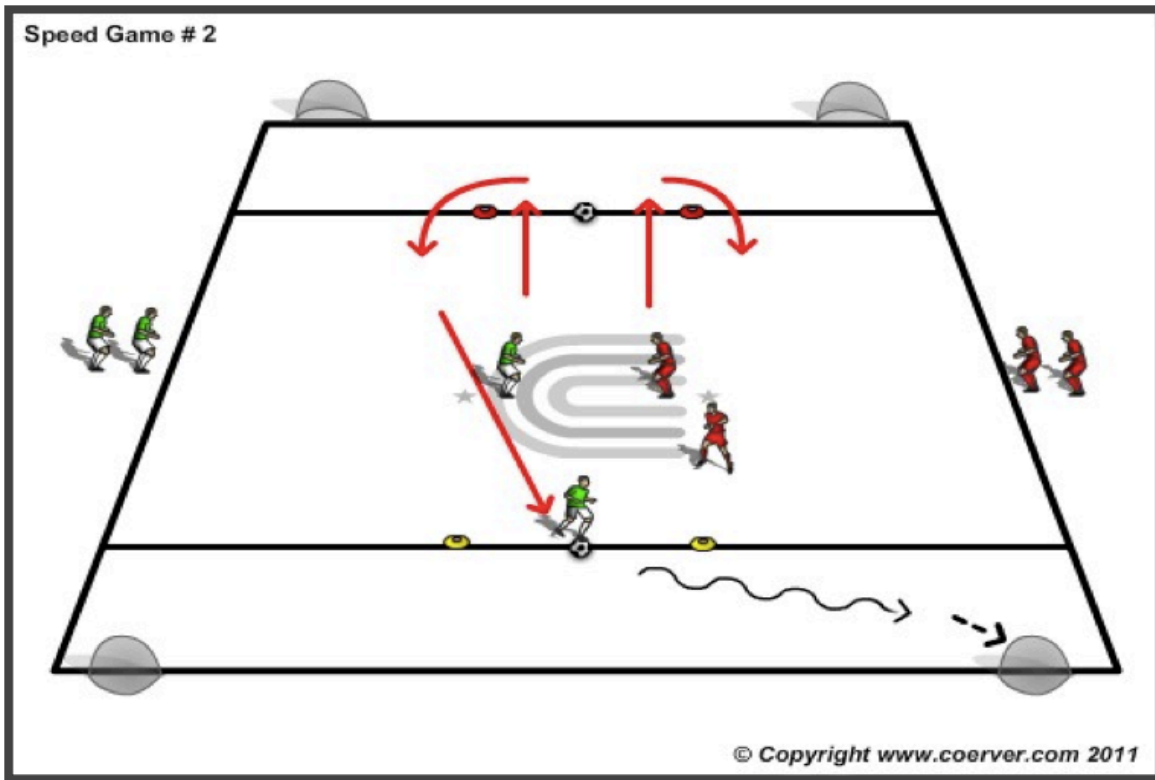
VARIATIONS

1. **RUNNING ON THE SPOT**
2. **TURN - 180 TURNS ON THE SPOT**
3. **SWITCH - SWITCHING SIDE WITH OTHER PLAYER**
4. **HEAD - JUMP UP TO HEAD IMAGINARY BALL**
5. **DOWN - SQUAT DOWN AND BACK UP**
6. **OPPOSITES - YELLOW MEANS ORANGE AND ORANGE MEANS YELLOW**

COACHING POINTS

- ◆ **FAST FEET ONCE IN SQUARE**
- ◆ **STRONG SPRINTS THRU GATES**
- ◆ **KEEP PACE MOVING**

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SPEED

LEVEL 1

GAME 2

SET UP

- ✓ 20yd X 20yd AREA, 3yd X 3yd AREA IN MIDDLE
- ✓ YELLOW 3yd WIDE GATE 10yds FROM CENTER IN ONE DIRECTION, ORANGE 3yd WIDE GATE 10yds FROM CENTER IN OPPOSITE DIRECTION
- ✓ 4 GOALS (1) IN EACH CORNER
- ✓ PLAYER SPLIT EVENLY INTO (2) TEAMS
- ✓ PLAY BEGIN WITH (2) PLAYERS ENTERING CENTER SQUARE FACING EACH OTHER
- ✓ PLAYERS FOLLOW COACHES INSTRUCTIONS UNTIL COACH CALL OUT A COLOR, PLAYER THEN MUST SPRINT TO THAT GATE, TAKE BALL A SHOOT ON EITHER GOAL AT END

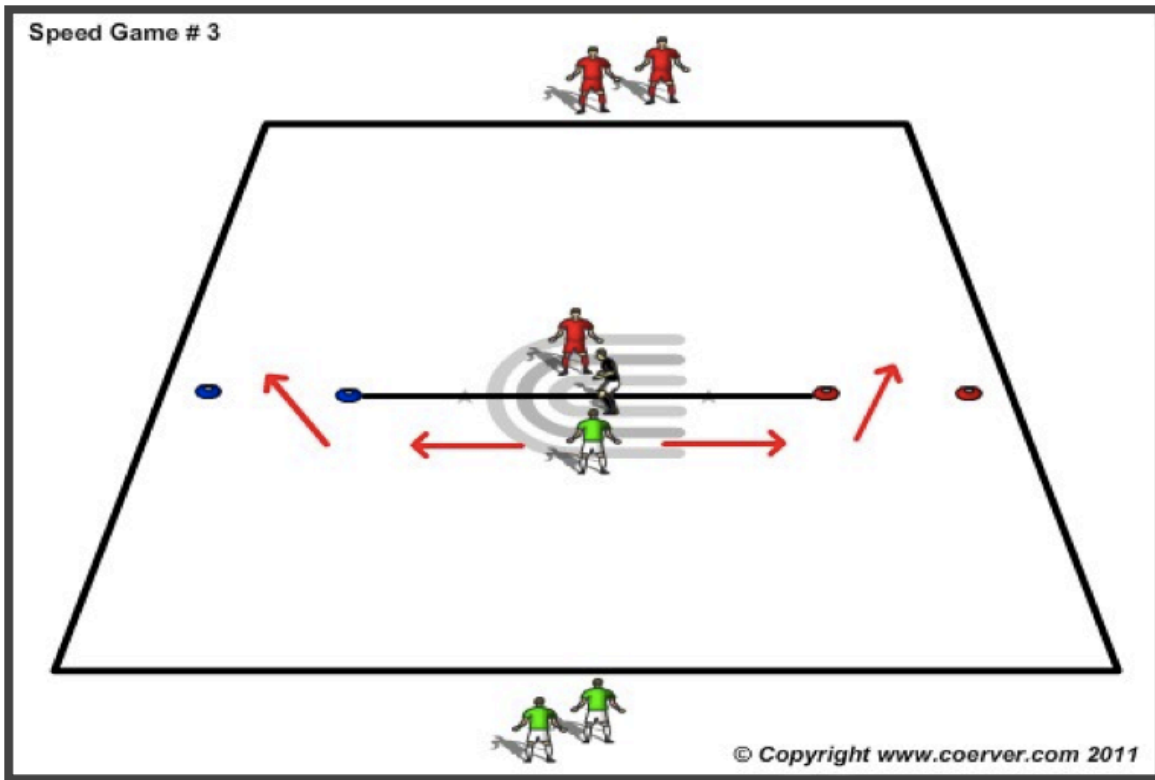
VARIATIONS

1. RUNNING ON THE SPOT
2. TURN - 180 TURNS ON THE SPOT
3. SWITCH - SWITCHING SIDE WITH OTHER PLAYER
4. HEAD - JUMP UP TO HEAD IMAGINARY BALL
5. DOWN - SQUAT DOWN AND BACK UP
6. OPPOSITES - YELLOW MEANS ORANGE AND ORANGE MEANS YELLOW

COACHING POINTS

- ◆ FAST FEET ONCE IN SQUARE
- ◆ STRONG SPRINTS THRU GATES
- ◆ GOOD TAKE AWAY OF BALL
- ◆ STRONG FINISH
- ◆ KEEP PACE MOVING

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SPEED

LEVEL 1

GAME 3

SET UP

- ✓ **20yd LONG LINE OF CONES WITH YELLOW 3yd WIDE GATE 10yds FROM CENTER IN ONE DIRECTION, ORANGE 3yd WIDE GATE 10yds FROM CENTER IN OPPOSITE DIRECTION**
- ✓ **PLAYER SPLIT EVENLY INTO (2) TEAMS, (1) ATTACKING AND (1) DEFENDING**
- ✓ **PLAY BEGIN WITH (2) PLAYERS ENTERING CENTER SQUARE FACING EACH OTHER AND CANNOT CROSS LINE**
- ✓ **ATTACKER USES FAKE AND FEINTS TO OFF BALANCE DEFENDER AND BEAT THEM THRU EITHER GATE**

VARIATIONS

1. **ADD BALL**

COACHING POINTS

- ◆ **FAST FEET**
- ◆ **STRONG SPRINTS THRU GATES**
- ◆ **STRONG FINISH**
- ◆ **KEEP PACE MOVING**

SPEED

LEVEL 1

GAME 4

SET UP

- ✓ 10yd X 10yd AREA
- ✓ PLACE (4) 3yd WIDE GATE ON ON EACH SIDE
- ✓ PLAYER SPLIT EVENLY INTO (2) TEAMS, ATTACKERS & DEFENDERS
- ✓ PLAY BEGINS WITH ATTACKER SPRINTING EITHER CLOCKWISE OR COUNTERCLOCKWISE THRU THE GATES
- ✓ DEFENDING PLAYER GIVES CHASE TRYING TO TAG ATTACKER
- ✓ ATTACKER IS OUT ONCE TAGGED
- ✓ SWITCH ROLES
- ✓ TEAM WITH MOST GATES REACHED WINS

VARIATIONS

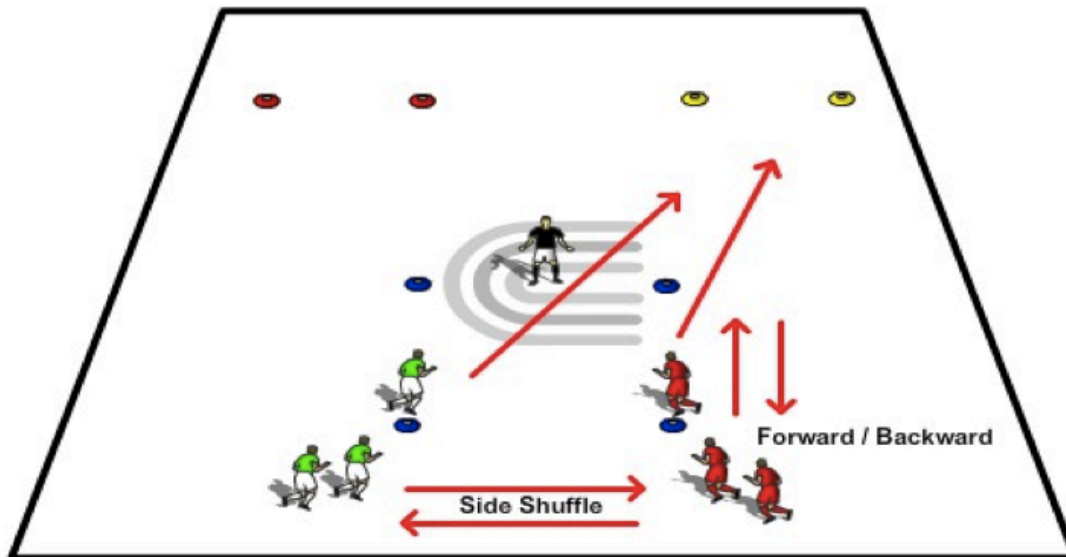
1. ADD 2ND DEFENDER

COACHING POINTS

- ◆ FAST FEET
- ◆ STRONG SPRINTS THRU GATES
- ◆ QUICK CHANGE OF DIRECTIONS
- ◆ KEEP PACE MOVING

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Speed Game # 5



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SPEED

LEVEL 1

GAME 5

SET UP

- ✓ **5yd X 5yd AREA AT END**
- ✓ **YELLOW 3yd WIDE GATE 10yds FROM CENTER AREA IN ONE DIRECTION, ORANGE 3yd WIDE GATE 10yds FROM CENTER AREA IN OPPOSITE DIRECTION**
- ✓ **PLAYER SPLIT EVENLY INTO (2) TEAMS**
- ✓ **PLAY BEGIN WITH (2) PLAYERS ENTERING CENTER SQUARE FACING COACH**
- ✓ **PLAYERS FOLLOW COACHES INSTRUCTIONS UNTIL COACH CALL OUT A COLOR, PLAYER THEN MUST SPRINT TO THAT GATE**

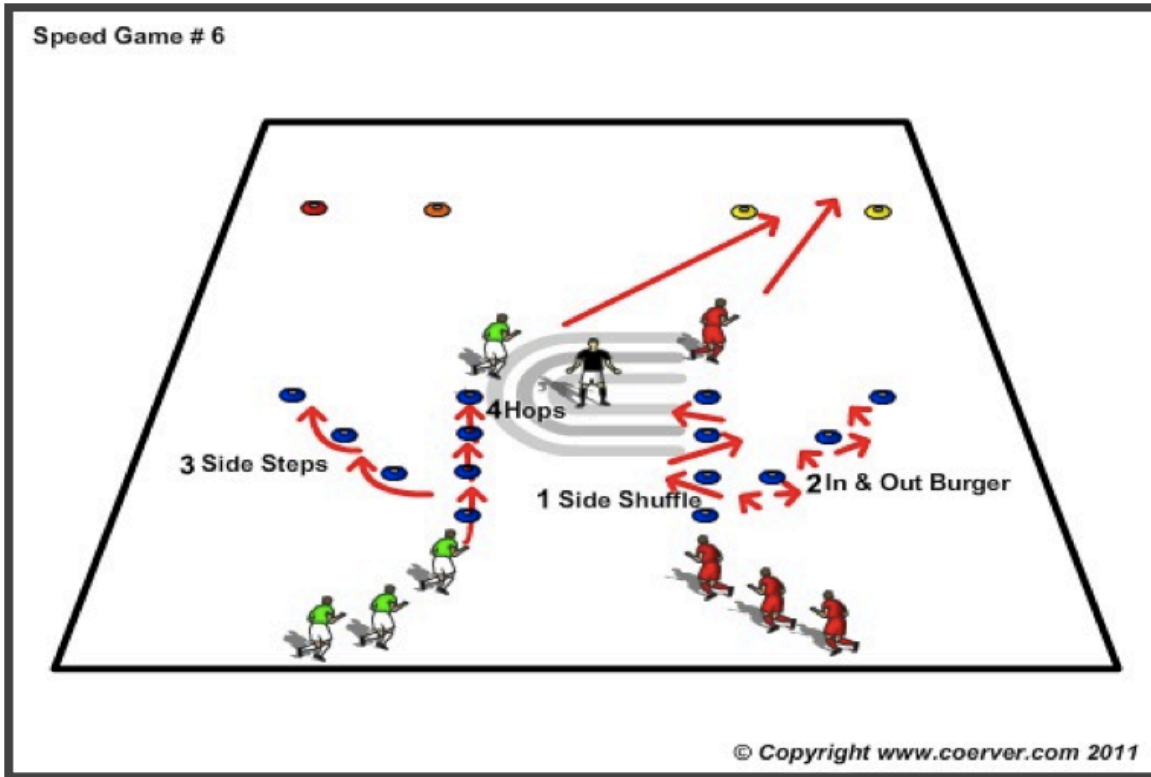
VARIATIONS

1. **JOG FORWARD & BACKWARD**
2. **TURN - 180 TURNS ON THE SPOT**
3. **SWITCH - SWITCHING SIDE WITH OTHER PLAYER**
4. **HEAD - JUMP UP TO HEAD IMAGINARY BALL**
5. **DOWN - SQUAT DOWN AND BACK UP**
6. **OPPOSITES - YELLOW MEANS ORANGE AND ORANGE MEANS YELLOW**

COACHING POINTS

- ◆ **FAST FEET ONCE IN SQUARE**
- ◆ **STRONG SPRINTS THRU GATES**
- ◆ **KEEP PACE MOVING**

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SPEED

LEVEL 1

GAME 6

SET UP

- ✓ **MAKE 2 "V" FORMATIONS WITH (4) CONES DOWN EACH DIRECTION**
- ✓ **PLACE YELLOW 3yd WIDE GATE 10yds FROM END OF "V", PLACE ORANGE 3yd WIDE GATE 10yds FROM END OF OTHER "V"**
- ✓ **PLAYER SPLIT EVENLY INTO (2) TEAMS**
- ✓ **PLAY BEGIN WITH (1) PLAYER FROM EACH TEAM AT BASE OF "V"**
- ✓ **PLAYERS FOLLOW COACHES INSTRUCTIONS UNTIL COACH CALL OUT A COLOR, PLAYER THEN MUST SPRINT TO THAT GATE**

VARIATIONS

1. **SIDE SHUFFLES**
2. **IN & OUT BURGERS**
3. **SIDE STEPS**
4. **(1) FOOT HOPS - RIGHT FOOT DOWN, LEFT FOOT BACK**
5. **(2) FOOT HOPS**

COACHING POINTS

- ◆ **FAST FEET**
- ◆ **HIGH KNEES ON HOPS**
- ◆ **STRONG SPRINTS THRU GATES**
- ◆ **KEEP PACE MOVING**

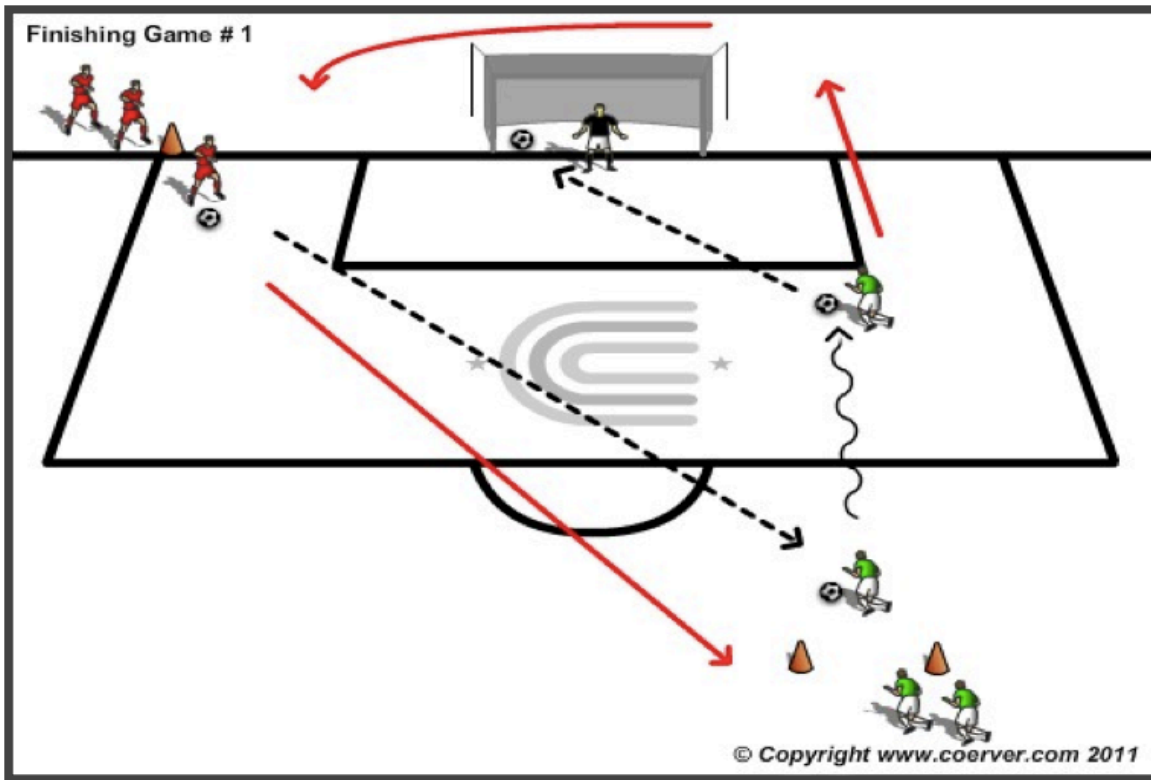
FINISHING

LEVEL 1





FINISHING



LEVEL
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GAME
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FINISHING

LEVEL 1

GAME 1

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ SPLIT PLAYERS INTO EQUAL GROUPS OF ATTACKERS & DEFENDERS, DEFENDERS ON GOAL LINE, ATTACKERS OPPOSITE POST APPROX 20yds OUT
- ✓ DEFENDER PASSES BALL TO ATTACKER WHO TAKES FIRST TOUCH TOWARDS GOAL
- ✓ ATTACKER SHOOTS ACROSS KEEPER TO FAR POST TARGETING EITHER HIGH OR LOW
- ✓ PLAYERS CHANGE ROLES AFTER TURN

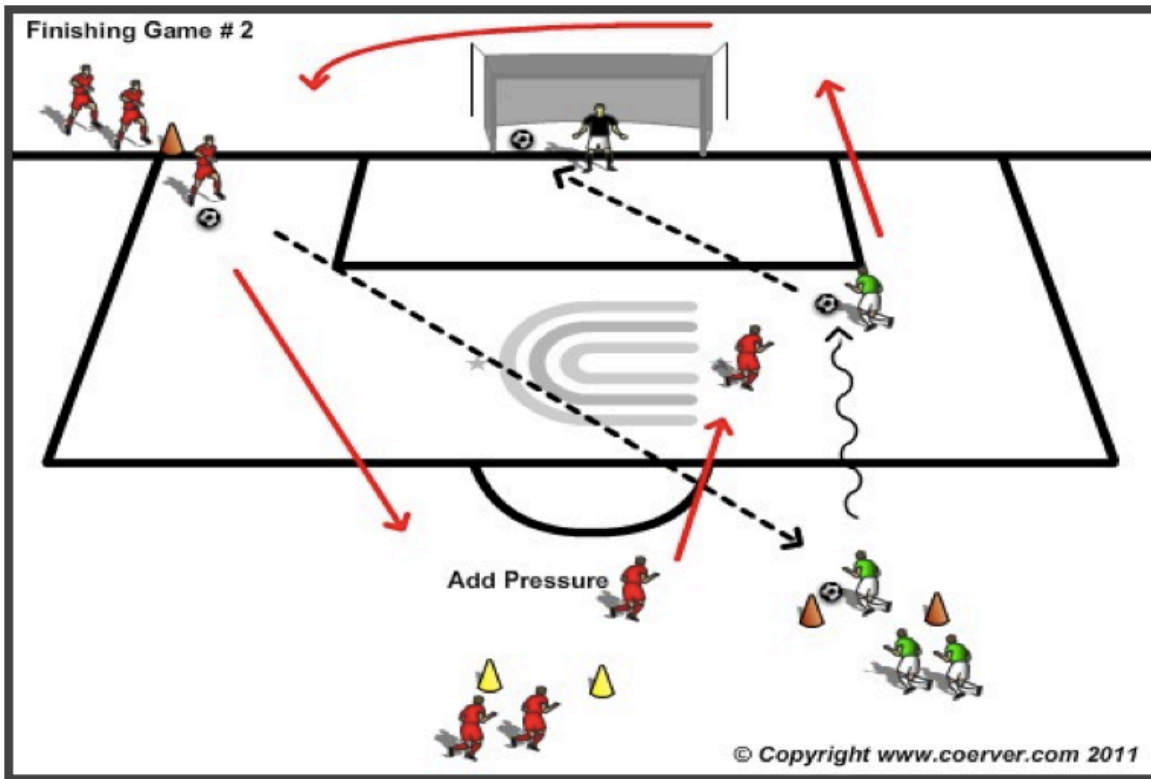
VARIATIONS

1. ADD PRESSURE AFTER THE PASS BY HAVING DEFENDER MOVE INTO DEFEND GOAL AFTER PASS

COACHING POINTS

- ◆ BALL OUT OF FEET
- ◆ PLANT NON KICKING FOOT
- ◆ STRIKE THRU THE BALL

FINISHING



LEVEL
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GAME
2

FINISHING

LEVEL 1

GAME 2

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ SPLIT PLAYERS INTO (3) EQUAL GROUPS, (1) DEFENDERS ON GOAL LINE, (1) DEFENDER 5yd BEHIND ATTACKERS, (1) ATTACKERS APPROX 20yds OUT DIAGONAL FROM FIRST DEFENDER
- ✓ DEFENDER PASSES BALL TO ATTACKER WHO TAKES FIRST TOUCH TOWARDS GOAL
- ✓ ATTACKER SHOOTS ACROSS KEEPER TO FAR POST TARGETING EITHER HIGH OR LOW
- ✓ DEFENDER FROM BEHIND ADDS LIGHT PRESSURE, PLAYERS CHANGE ROLES AFTER TURN

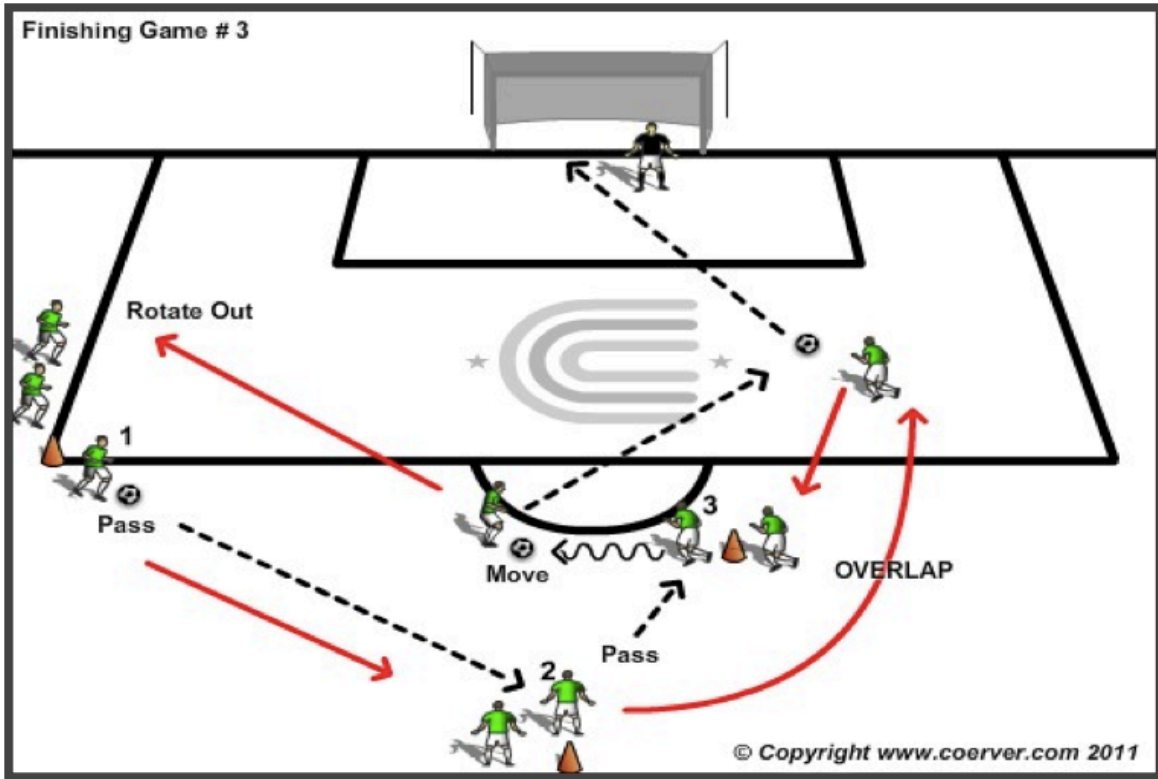
VARIATIONS

1. 1 V 2 ADD PRESSURE AFTER THE PASS BY HAVING DEFENDER MOVE INTO DEFEND GOAL AFTER PASS

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ AWARENESS OF DEFENDER FROM BEHIND
- ◆ HEAD OVER THE BALL WHILE STRIKING

FINISHING



LEVEL
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GAME
3

FINISHING

LEVEL 1

GAME 3

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ SPLIT PLAYERS INTO (3) EQUAL GROUPS, (1) DEFENDERS ON GOAL LINE, (1) DEFENDER 5yd BEHIND ATTACKERS, (1) ATTACKERS APPROX 20yds OUT DIAGONAL FROM FIRST DEFENDER
- ✓ DEFENDER PASSES BALL TO ATTACKER WHO TAKES FIRST TOUCH TOWARDS GOAL
- ✓ ATTACKER SHOOTS ACROSS KEEPER TO FAR POST TARGETING EITHER HIGH OR LOW
- ✓ DEFENDER FROM BEHIND ADDS LIGHT PRESSURE, PLAYERS CHANGE ROLES AFTER TURN

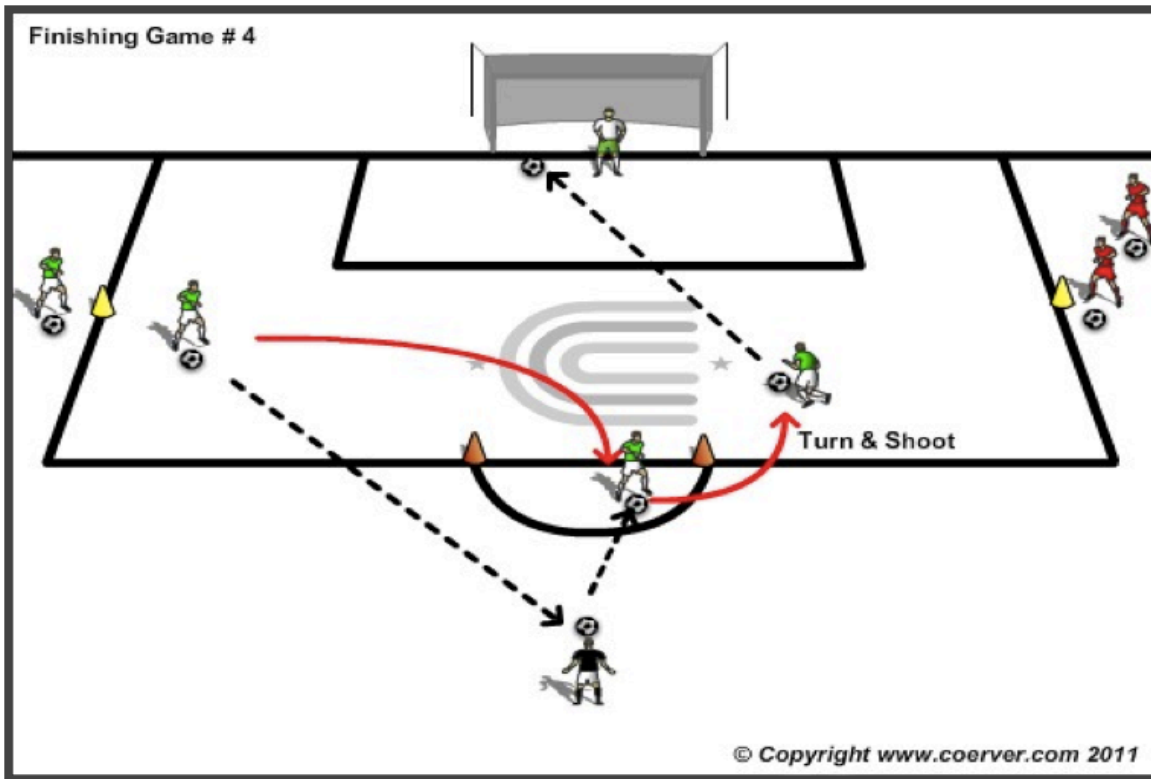
VARIATIONS

1. 1 V 2 ADD PRESSURE AFTER THE PASS BY HAVING DEFENDER MOVE INTO DEFEND GOAL AFTER PASS

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ AWARENESS OF DEFENDER FROM BEHIND
- ◆ HEAD OVER THE BALL WHILE STRIKING

FINISHING



LEVEL
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FINISHING

LEVEL 1

GAME 4

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ SPLIT PLAYERS INTO (2) EQUAL GROUPS ON EACH SIDE GOAL APPROX 10yds OUT
- ✓ PLAY FROM ALTERNATING SIDES
- ✓ PLAYER PASSES BALL TO COACH
- ✓ RUNS BETWEEN CONES & RECEIVES BALL
- ✓ PLAYER TURNS & SPINS AROUND CONE TOWARDS GOAL TO FINISHES
- ✓ PLAYER RETURNS TO OPPOSITE LINE

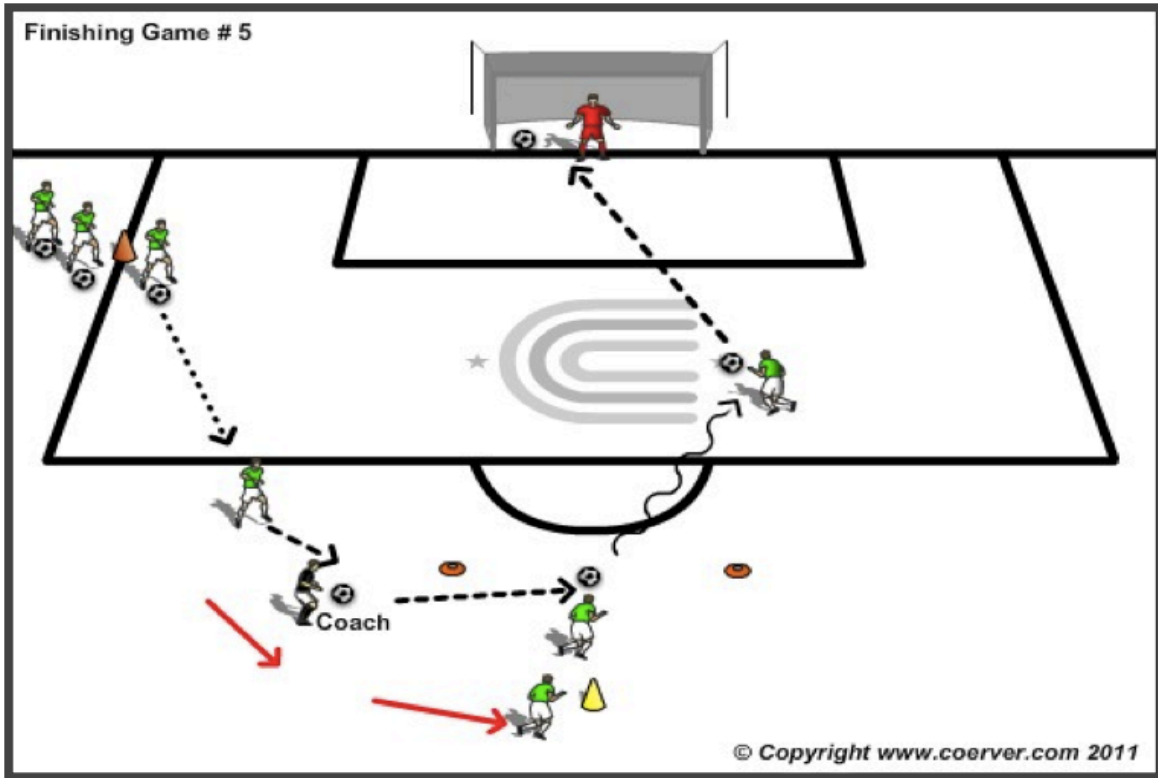
VARIATIONS

1. INSIDE CUT
2. OUTSIDE CUT
3. HOOK TURN (CRYFF)
4. ADD DEFENDER

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ HEAD OVER THE BALL WHILE STRIKING

FINISHING



LEVEL
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GAME
5

FINISHING

LEVEL 1

GAME 5

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ PLAYERS ON ONE SIDE OF GOAL APPROX 6yds OUT
- ✓ PLAYER DRIBBLES THEN PASSES BALL TO COACH THEN CONTINUES RUN
- ✓ AROUND CONES & RECEIVES BALL
- ✓ PLAYER DRIBBLES THRU CONES TOWARD GOAL TO FINISH
- ✓ PLAYER RETURNS TO LINE

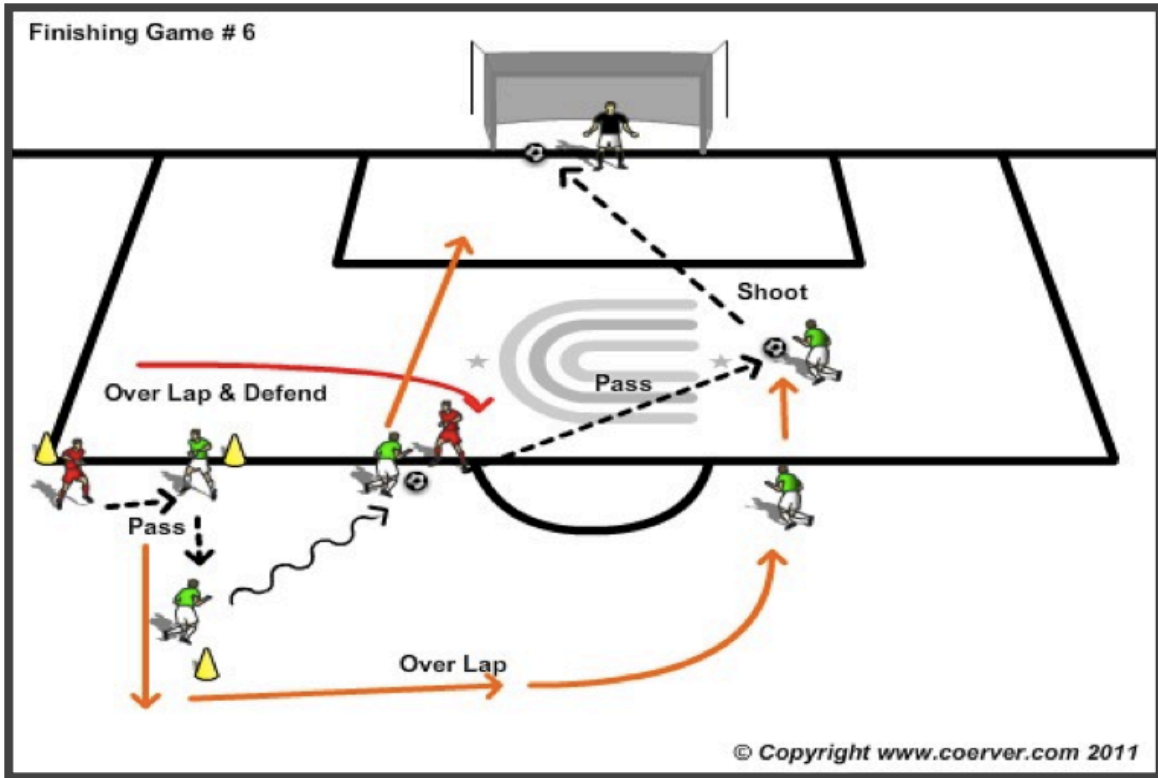
VARIATIONS

1. COACH BOUNCES BALL FOR A HALF VOLLEY
2. COACH BOUNCES BALL FOR FULL VOLLEY
3. LIMIT TOUCHES BY PLAYER, 3 TOUCH THEN 2 TOUCH
4. COACH PLAYS BALL AHEAD OF PLAYER FOR 1 TOUCH FINISH
5. ADD DEFENDER FOR SLIGHT PRESSURE

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ HEAD OVER THE BALL WHILE STRIKING

FINISHING



LEVEL
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GAME
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FINISHING

LEVEL 1

GAME 6

SET UP

- ✓ 28yd X 40yd AREA
- ✓ GOALS AT ONE END
- ✓ SPLIT PLAYERS INTO (3) EQUAL GROUPS, (1) DEFENDERS & (1) ATTACKER 18yds OUT, (1) ATTACKERS APPROX 23yds OUT
- ✓ DEFENDER PASSES BALL TO ATTACKER THEN OVERLAPS BEHIND TO DEFEND GOAL
- ✓ ATTACKER PASSES TO SECOND ATTACKER THEN OVERLAPS THAT ATTACKER
- ✓ PLAY 2 V 1 TO GOAL WITH QUICK FINISHING
- ✓ PLAYERS ROTATE TO DIFFERENT ROLES

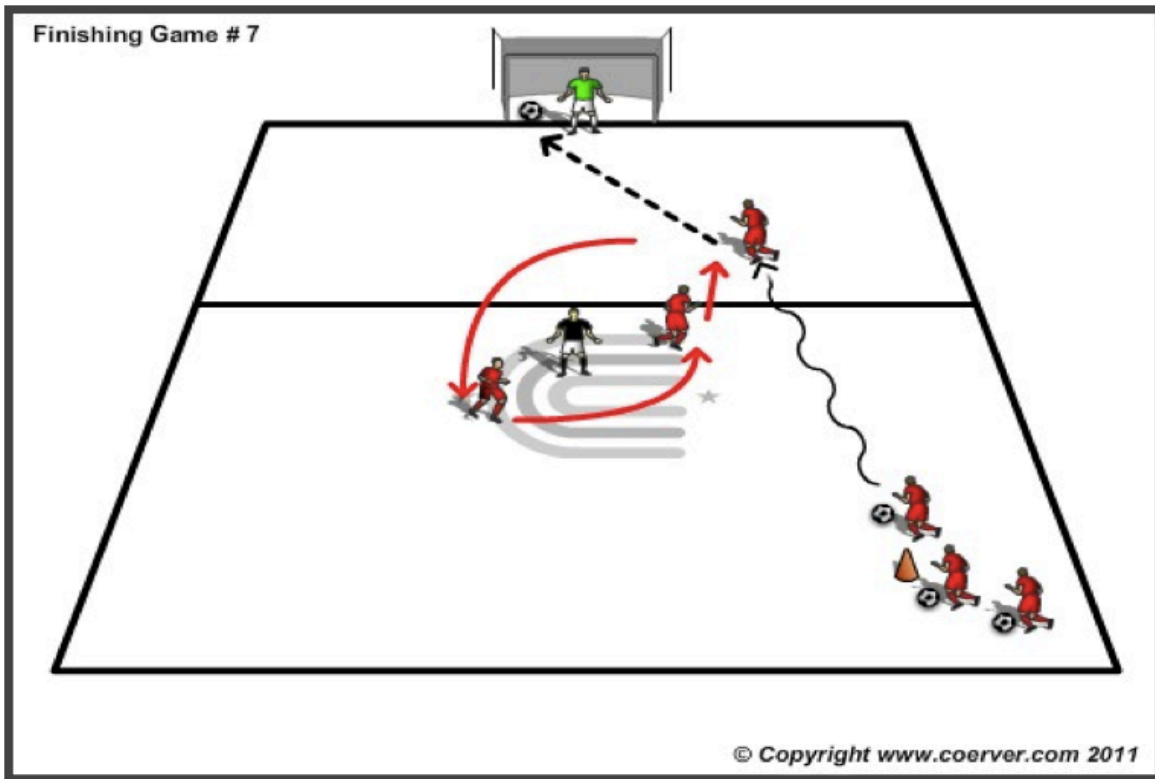
VARIATIONS

1. USE COERVER MOVES TO FAKE OVERLAP
 - U-TURN
 - SHIMMY U-TURN
 - SLAP CUT
2. TWO TOUCH FINISH ON SHOT
3. START PLAY FROM OPPOSITE SIDE
4. ADD 2ND DEFENDER

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ HEAD OVER THE BALL WHILE STRIKING

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FINISHING

LEVEL 1

GAME 7

SET UP

- ✓ 20yd X 20yd AREA
- ✓ GOALS AT ONE END
- ✓ ESTABLISH SHOOTING LINE 10yds OUT
- ✓ PLAYER DRIBBLES OVER LINE THEN SHOOTS
- ✓ ONCE SHOT IS TAKEN PLAYER RUNS AROUND BACKSIDE OF COACH TO DEFEND AGAINST ONCOMING PLAYER
- ✓ ONCE SHOT IS TAKEN NEW PLAYER BREAKS OUT TO ATTACK GOAL AND FINISH
- ✓ PLAYERS RETURN TO START LINE AFTER DEFENDING

VARIATIONS

1. WALL PASS WITH COACH
2. ADJUST DISTANT FOR DEFENDER TO TRAVEL BY COACH MOVING CLOSER TO ATTACKER
3. ADD COERVER STOP / START MOVES

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ HEAD OVER THE BALL WHILE STRIKING

FINISHING

LEVEL 1

GAME 8

SET UP

- ✓ 20yd X 30yd AREA
- ✓ GOALS AT ONE END
- ✓ ESTABLISH SHOOTING LINE 10yds OUT
- ✓ PLAYER #1 PASSES TO PLAYER #2
- ✓ PLAYER #2 PASSES TO PLAYER #3 WHO RETURNS PASS BACK TO PLAYER #2
- ✓ PLAYER #3 SPINS OFF WIDE WHILE PLAYER #2 PASSES TO PLAYER #4
- ✓ PLAYERS #4 PASSES TO PLAYER #3 WHO THEN FINISHES
- ✓ ROTATION 1 TO 2, 2 TO 3, 3 TO 4, 4 TO 1

VARIATIONS

1. SWITCH SIDES
2. HENRY FINISH ON LEFT SIDE WITH INSIDE OF RIGHT FOOT
3. HENRY FINISH ON RIGHT SIDE WITH INSIDE OF LEFT FOOT
4. ALL PASSES & FINISH ONE TOUCH

COACHING POINTS

- ◆ GOOD FIRST TOUCH
- ◆ PROPERLY WEIGHTED PASSING
- ◆ PLAY AT QUICK PACE
- ◆ HEAD UP WITH QUICK CHECK OF KEEPER
- ◆ HEAD OVER THE BALL WHILE STRIKING

TESTING

LEVEL 1



The purpose of testing is to monitor the progress of each player and ensure that players are properly placed within the program. It is thru proper placement that players are challenged by other players of similar ability and therefore driven to excel.

In order for standardized testing to be successful, each coach must be utilizing the same standards from player to player and from level to level when performing evaluations. To assist in this process, Coerver Coaching Texas has developed standardized scoring for each skill covered in the evaluation and testing process for the coach to follow.

Testing shall be performed on the specific block material covered on Week 1 and Week 12. In addition to the testing performed on those weeks, coaches shall continuously evaluate players on the program material being taught and keep an ongoing mental or written log of each players progression. This ongoing evaluation plus the end of block testing will be reported to the player and the players parents.

EVALUATION STANDARDS

The following standards will be utilized to evaluate a players level of competence in the execution of skill moves during weekly evaluation and Ball Mastery Testing. All scoring will be based on a Level 1, Level 2 or Level 3 scale. Specific definitions of each level is contained below.

SCORING GUIDELINES

Level 1

Player cannot perform skill.

Player can perform skill however:
Skill is not performed technically correct.
Skill is not performed at game pace.

Level 2

Player can perform skill technically correct however skill is not performed at game pace.

Level 3

Player performs skill technically correct and at game pace. Player understands the correct opportunity to execute skill.

EXPECTATIONS

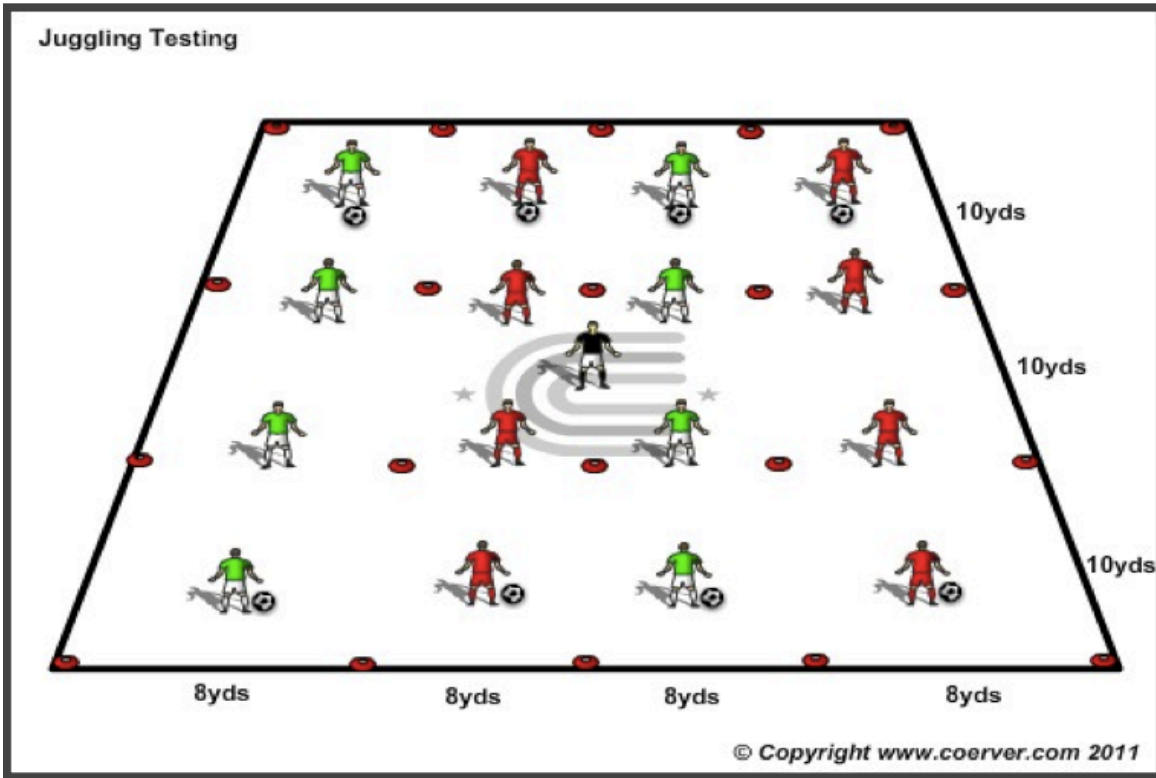
In applying the scoring standards, it becomes obvious that players should be receiving scores in the following general ranges for each group level:

Beginners - **Level 1**
Intermediate - **Level 1 - Level 2**
Advanced - **Level 3**

Obviously there will be instances where a player may fall slightly outside these guidelines but not far outside these ranges and only temporarily. If a player is consistently scoring outside these ranges then the player should be placed in a lower group more inline with their ability.

As with any evaluation program, it is important that the players and their parents are aware of the evaluation process and how to properly interpret the scores. At the start of each new session, parents will be provided with information so as to have realistic expectations based on their players level.

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JUGGLING

LEVEL 1

TESTING

SET UP

- ✓ **5yd X 5yd PLAYER GRID**
- ✓ **PLAYERS IN PAIRS WITH (1) COUNTING**
- ✓ **COACH SELECTS (3) SKILLS FROM LIST**
- ✓ **PLAYERS JUGGLE FOR (1) MINUTE**
- ✓ **PLAYERS START ON COACHES WHISTE AND MAY BEGIN BY DROPPING BALL FROM HANDS**
- ✓ **PLAYER MUST USE SPECIFIC BODY PART**
- ✓ **BALL MUST BE JUGGLED ABOVE KNEE BUT BELOW HEAD**
- ✓ **PLAYERS SCORE (1) POINT FOR EACH CONSECUTIVE JUGGLE**
- ✓ **SWITCH ROLES**

SKILLS

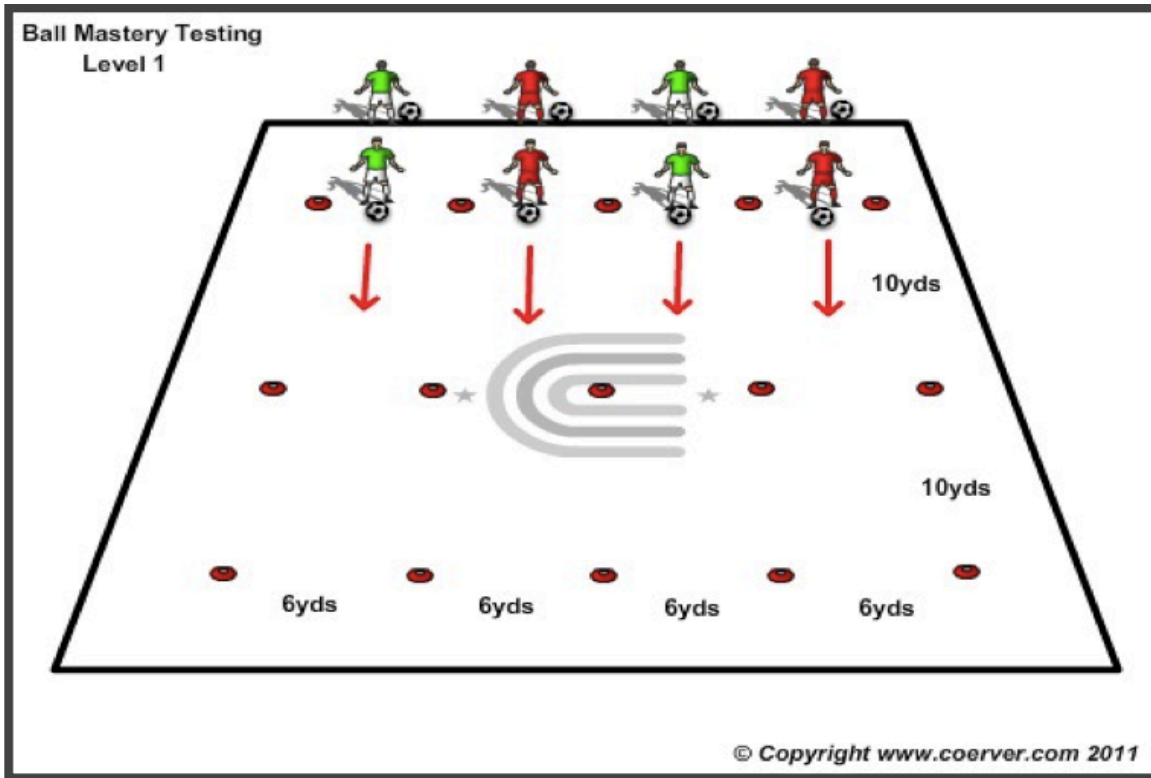
1. **RIGHT THIGH ONLY**
2. **LEFT THIGH ONLY**
3. **RIGHT FOOT ONLY**
4. **LEFT FOOT ONLY**
5. **ALTERNATING FEET**
6. **RIGHT / LEFT FOOT & RIGHT / LEFT THIGH**

SCORING (EACH JUGGLING SKILLS SCORED SEPARATELY)

- ◆ **01 - 19 JUGGLES = LEVEL 1**
- ◆ **20 - 30 JUGGLES = LEVEL 2**
- ◆ **31+ JUGGLES = LEVEL 3**

- ◆ **WATCH FOR CHEATING!**

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BALL MASTERY

LEVEL 1

TESTING

SET UP

- ✓ *5yd X 5yd PLAYER GRID*
- ✓ *PLAYER IN EACH SQUARE*
- ✓ *COACH SELECTS (3) SKILLS FROM LIST*
- ✓ *PLAYERS BEGIN ON COACHES WHISTLE*
- ✓ *COACH ISSUES VERBAL INSTRUCTIONS ONLY*
- ✓ *HAVE PLAYERS PERFORM EACH SKILL LONG ENOUGH FOR PROPER EVALUATION*

SKILLS

1. SHUFFLE V PULL
2. SHUFFLE PULL PUSH
3. SHUFFLE PULL TURN
4. SHUFFLE ROLL OVER
5. SHUFFLE STEP OVER
6. ROLL OVER
7. SHUFFLE SLIDE
8. SHUFFLE BACK / FORWARD

SCORING GUIDELINES

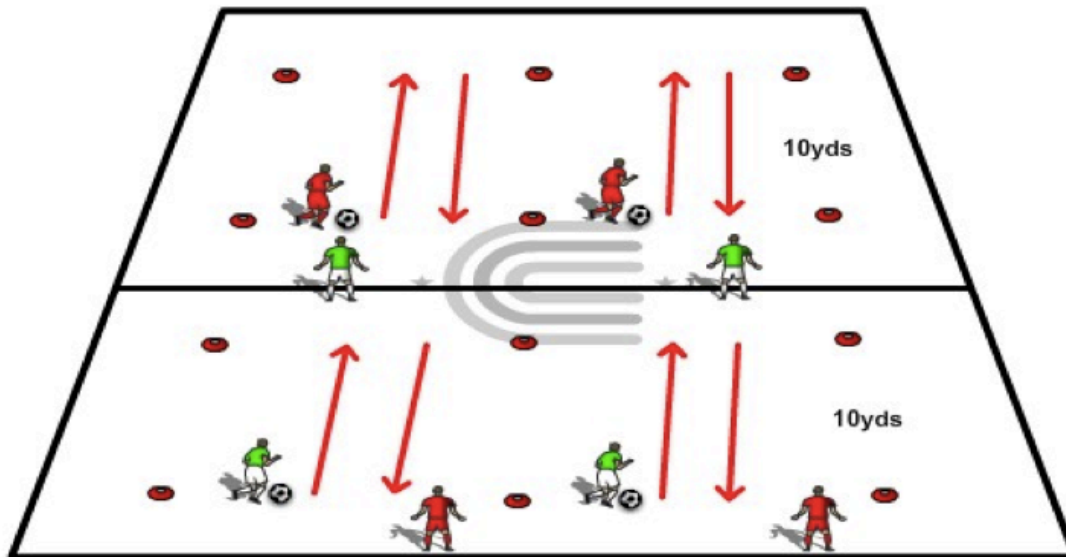
- ◆ WITH SPEED UNDER CONTROL AT ALL TIMES
- ◆ NICE FLEXIBILITY AND POSTURE
- ◆ PERFORMS WITH BOTH FEET

SCORING

- ◆ RATE PLAYERS BASED ON SCORING GUIDELINES

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Change of Direction Test



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CHANGE OF DIRECTION

LEVEL 1

TESTING

SET UP

- ✓ SKILL - STEP - ON
- ✓ 10yd LONG PLAYER GRID
- ✓ PLAYERS IN PAIRS WITH (1) COUNTING
- ✓ PLAYERS BEGIN ON COACHES WHISTLE
- ✓ TEST LAST FOR (1) MINUTE
- ✓ PLAYER DRIBBLES TO END CONE EXECUTES MOVE, RETURNS TO OTHER END CONE AND EXECUTES SAME MOVE
- ✓ PLAYER WILL BE EVALUATED ON NUMBER OF REPS & QUALITY OF REPS IN SET TIME
- ✓ EACH MOVE IS COUNTED AS ONE COMPLETED REP ONLY IF THEY STOP AT OR BEYOND CONE

SCORING GUIDELINES

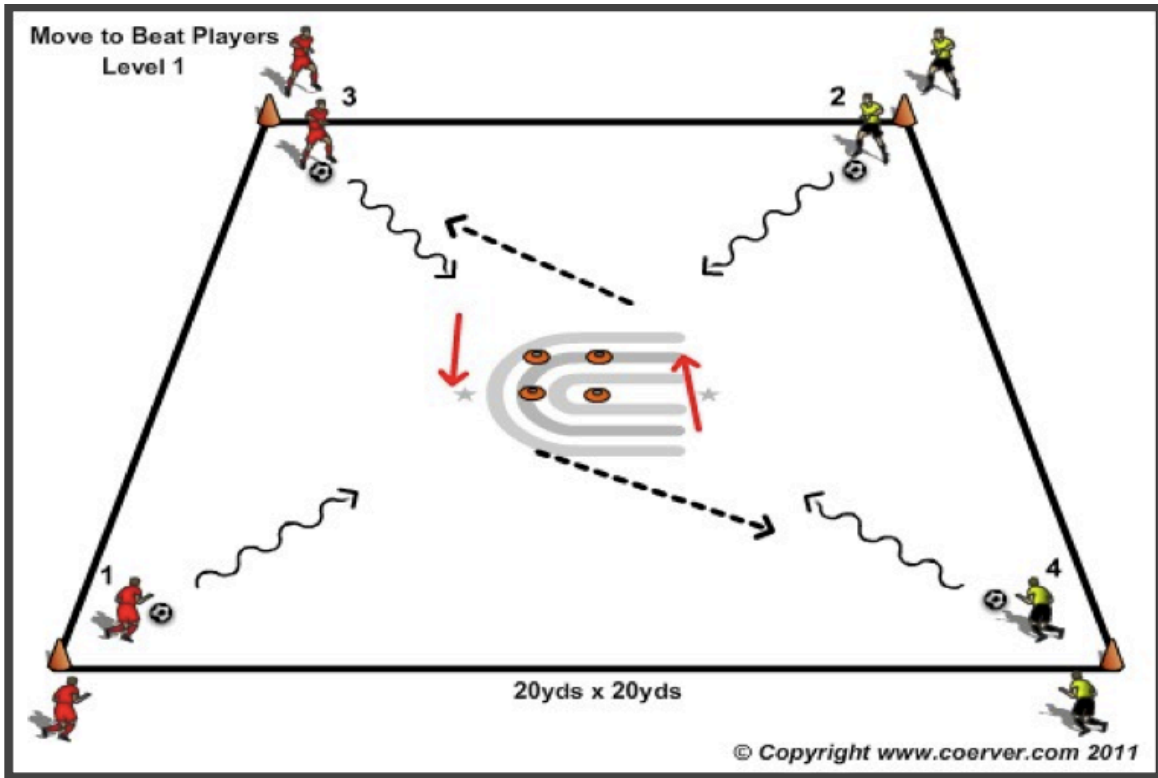
1. BALL MUST BE STOPPED DEAD
2. SPEED AT ALL TIMES IN & OUT OF MOVE
3. STAY LOW AND GLIDE OVER BALL
4. QUICK TURN
5. TAKE AWAY WITH OPPOSITE FOOT

SCORING

- ★ 01 - 10 REPS = LEVEL 1
- ★ 11 - 19 REPS = LEVEL 2
- ★ 20+ REPS = LEVEL 3

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MOVES TO BEAT PLAYERS

LEVEL 1

TESTING

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS #1 & #2 DRIBBLE TO CENTER CONE, EXECUTE MOVE TO BEAT PLAYER AS INSTRUCTED BY COACH, ONCE PAST CONE PLAYERS EITHER DRIBBLE OR PASS FORWARD TO NEXT PLAYER IN GROUP
- ✓ PLAYERS #3 & #4 START ONCE PLAYERS #1 & #2 HAVE CLEARED THE CENTER AREA

SCORING GUIDELINES

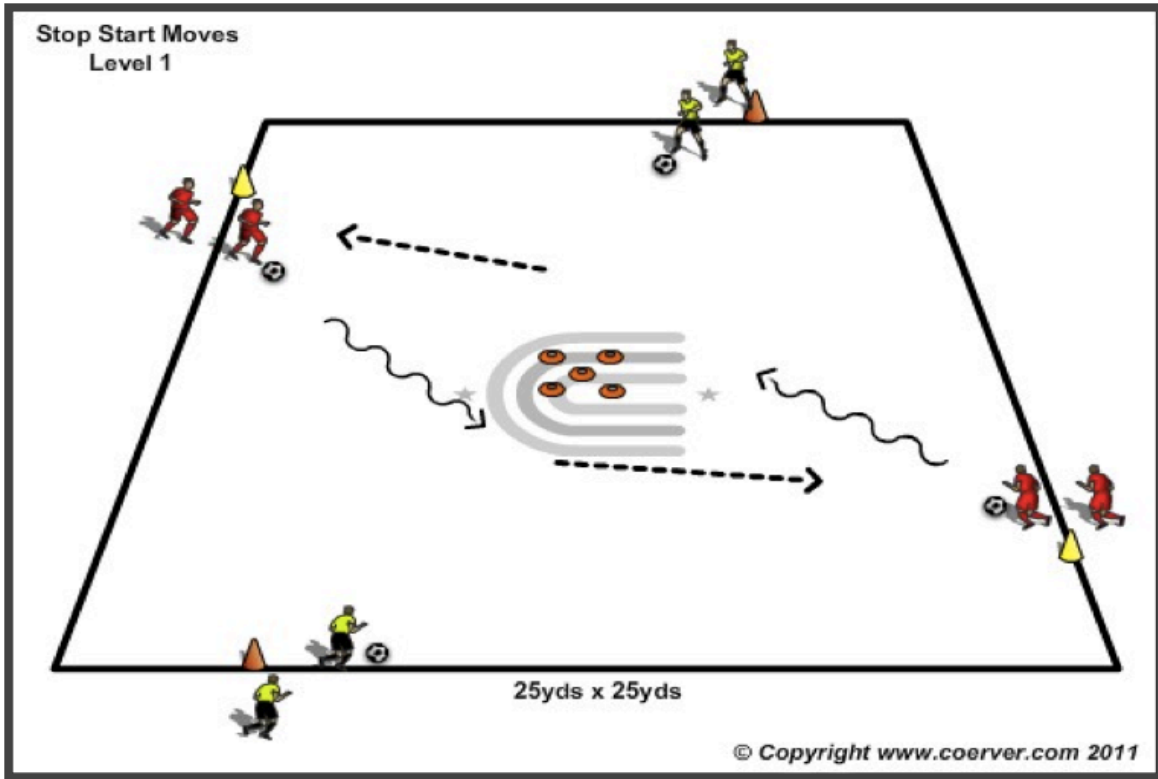
1. SPEED QUICKLY AROUND THE BALL
2. TOE PERPENDICULAR & DISTANT FROM BALL
3. HIPS TURNED, CHEST REMAINS SQUARE ON
4. STAY LOW KNEES SLIGHTLY FLEXED
5. BALL PUSHED OUT OF FEET AND DISTANCE TO SPRINT AFTER IT IS... "KEY"
6. BALL UNDER CONTROL AT THE END OF MOVE

SCORING

- ★ MEETS GUIDELINES = LEVEL 2
- ★ DOES NOT MEET GUIDELINES = LEVEL 1

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START / STOP MOVES

LEVEL 1

TESTING

SET UP

- ✓ 20yd X 20yd AREA
- ✓ PLAYERS IN EQUAL GROUPS AT EACH CONE
- ✓ PLAYERS #1 & #2 DRIBBLE ON RIGHT SIDE OF CENTER CONE, EXECUTE MOVE TO BEAT PLAYER AS INSTRUCTED BY COACH, ONCE PAST CONE PLAYERS EITHER DRIBBLE OR PASS FORWARD TO NEXT PLAYER IN GROUP
- ✓ PLAYERS #3 & #4 START ONCE PLAYERS #1 & #2 HAVE CLEARED THE CENTER AREA

SCORING GUIDELINES

1. LEAN OVER BALL
2. QUICK WAVE OVER THE BALL
3. GOOD PUSH WITH TOE DOWN
4. CHANGE OF SPEED
5. BALL UNDER CONTROL AT THE END OF MOVE

SCORING

- ★ MEETS GUIDELINES = LEVEL 2
- ★ DOES NOT MEET GUIDELINES = LEVEL 1