

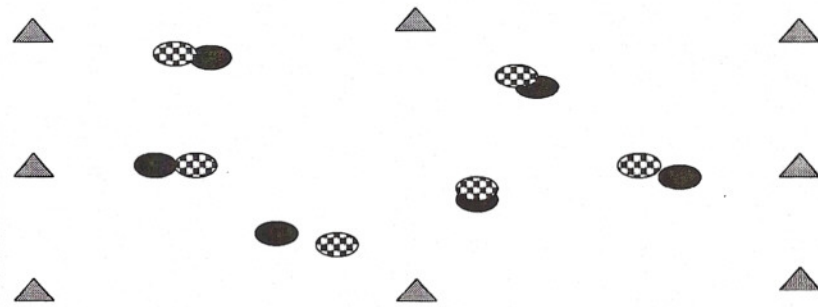
# Coerver® Coaching Academy Exercise Library

Session: 13

Age: All ages

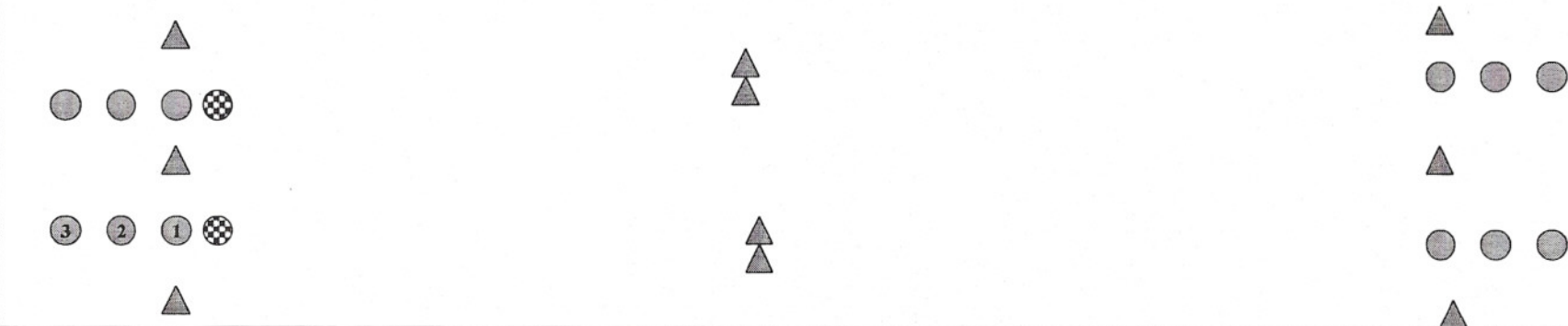
Time: 1Hour

## • Warm up



1. Players with ball each dribble in square.
2. On coaches whistle throw ball in the air around head height.
3. Players control ball with designated surface and continue to dribble
4. Trap , laces , inside , outside , thigh , Cruyff

## • Topic - Overlapping



1. Player 1 attacks central cone. Player 2 times run from behind to receive pass. Pass into next group
2. Develop to move against defender.
3. Passive defender from opposite group.

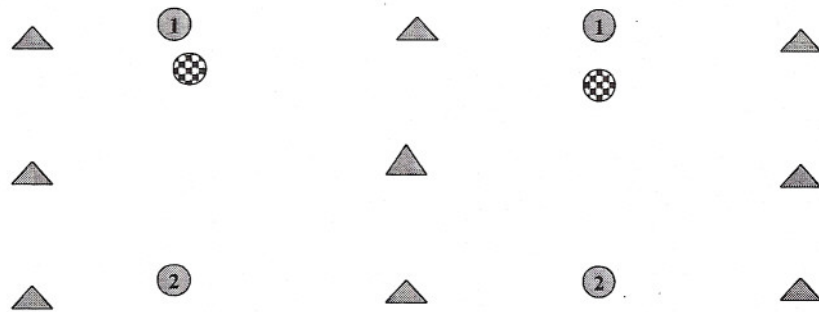
# Coerver® Coaching Academy Exercise Library

Session: 14

Age: All ages

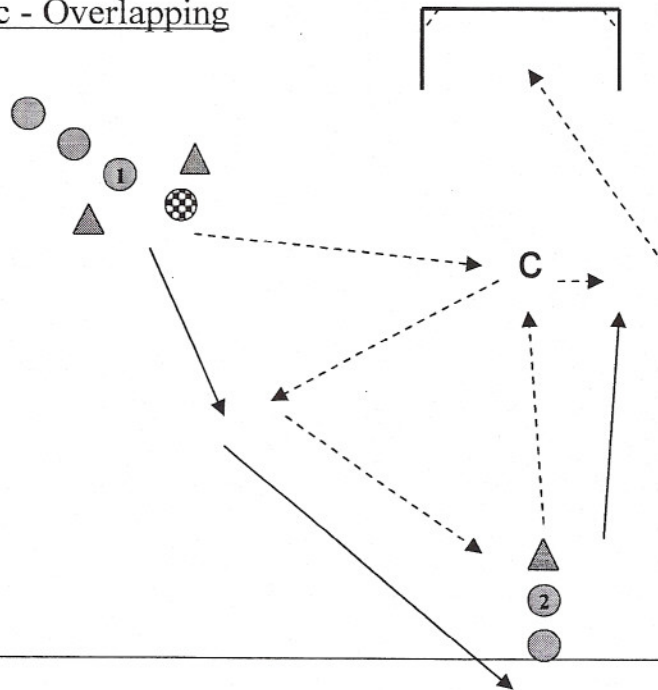
Time: 1Hour

## • Warm up



1. Players in pairs.
2. Passing and receiving combinations

## • Topic - Overlapping



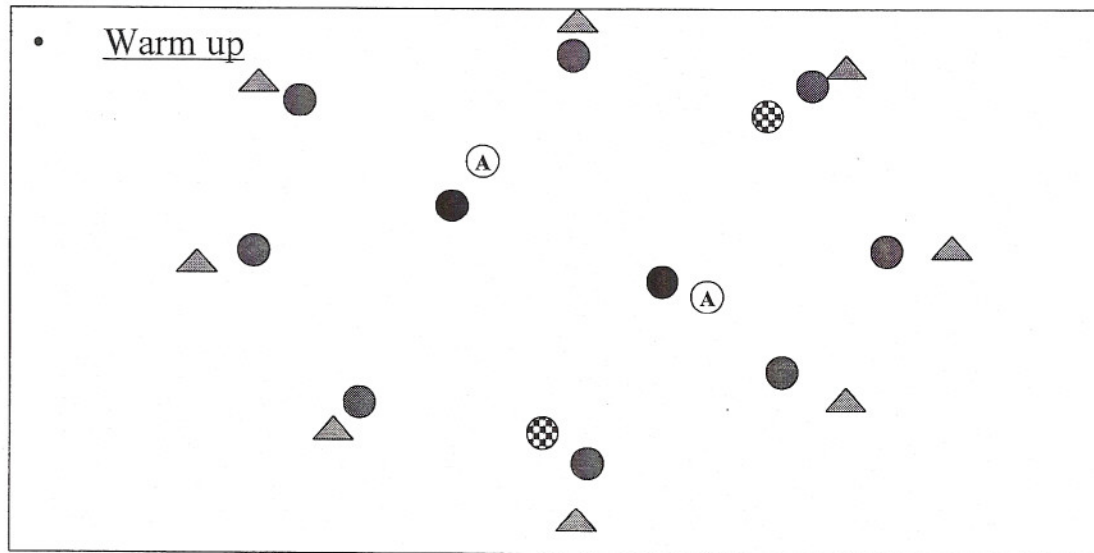
1. Player 1 plays 1-2 with coach/wall passer then plays to player 2.
2. Player 2 plays 1-2 with wall/passer to finish on goal
3. Develop to P1 overlapping P2 and finish on goal.
4. Coach now becomes passive defender. P2 commits defender and plays in overlapping P1
5. P2 now has option to move or pass

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Session: 15

Age: All ages

Time: 1Hour



1. A works to find space to receive and play to another outside player. Limited press.
2. Defender becomes attacker after 1 min. High tempo. How many successful passes
3. Develop to pass and overlap receiving player.

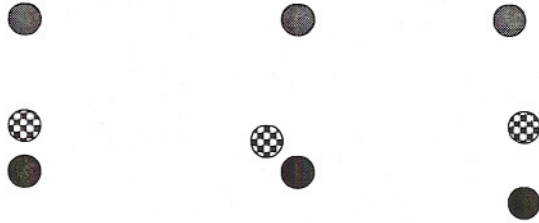
# Coerver® Coaching Academy Exercise Library

Session: 16

Age: All ages

Time: 1Hour

• Warm up

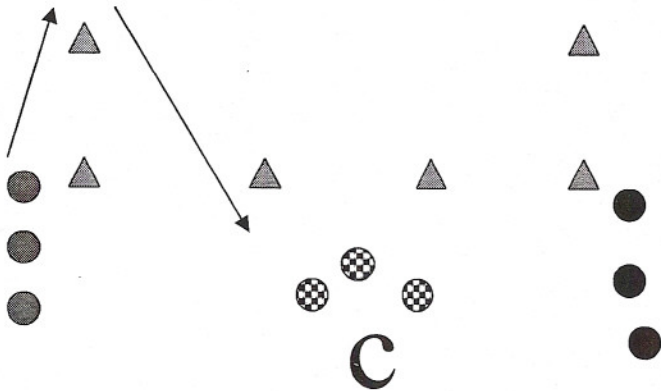


1. Juggling in pairs. One ball One bounce , one touch..
2. Develop in relation to age and ability .
3. Develop to two balls if capable



## TOPIC – SPEED & FINISHING

1. First player in each team race out and around cone then through gate. Coach plays ball forward. First player to score.
2. Reverse run. Inside to out.
3. Play 2 v 2 . One player runs each way.
4. Option to add neutral zone for attacker

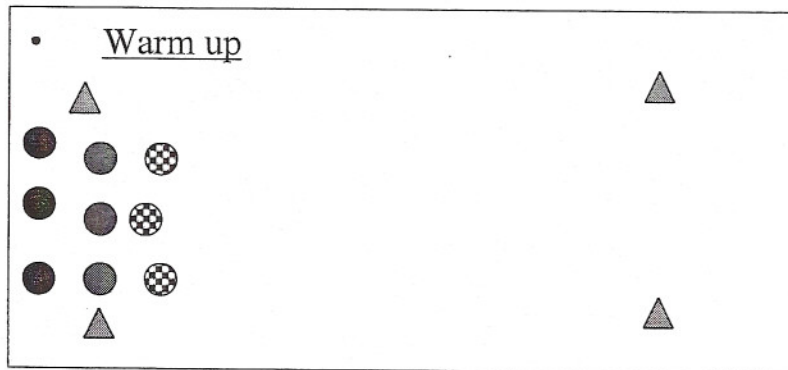


# Coerver® Coaching Academy Exercise Library

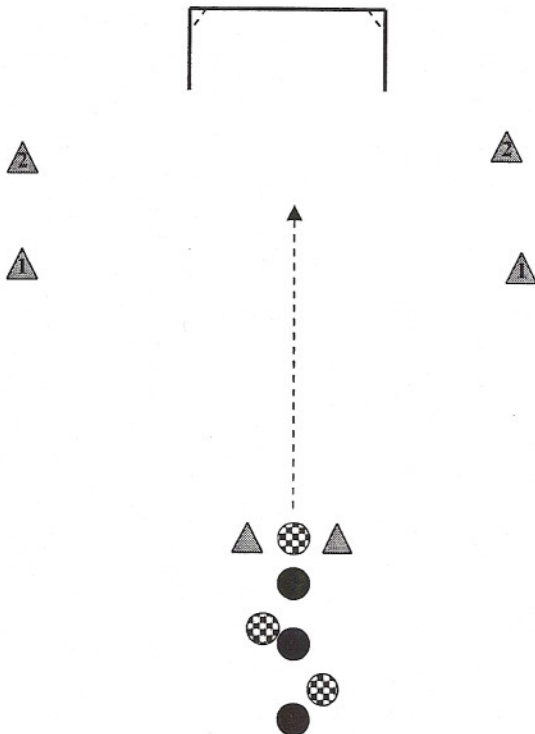
Session: 17

Age: All ages

Time: 1Hour



1. Ball Mastery in waves.
2. Develop in relation to age and ability .



## TOPIC – SPEED & FINISHING

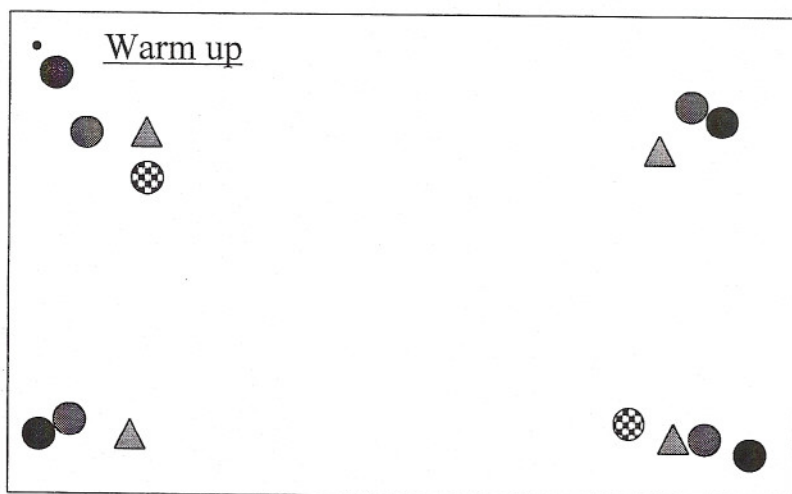
1. First player on whistle drives to finishing zone and shoots
2. .As soon as player 1 shoots, player 2 attacks.Player 1 spins around either cone no2 to defend.
3. As above but now goes around either cone no 1.
4. As above but defender spins to defend without going around cone.
5. Option to play 2 v 1

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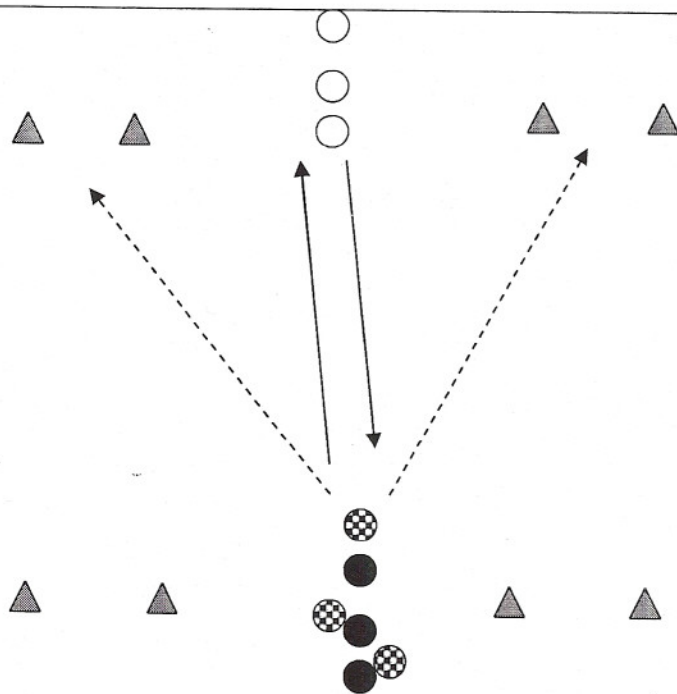
Session: 18

Age: All ages

Time: 1Hour



1. Working around square. High tempo. Dribble and step on
2. Dribble halfway and pass.
3. Intro turns
4. Longer run. Move on two groups.



## TOPIC – 1 v 1

1. First attacker passes to first defender who passes back
2. On attackers first touch defender goes live
3. Pass through gate.
4. Dribble through gate
5. Knock ball off cone.
6. Team game to knock all balls off