



# *youth diploma 2*

**COURSE  
HANDBOOK  
2023**

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# WELCOME

Dear Coach,



We are delighted to welcome you to the Coerver® Coaching Global family and on the Coerver® Youth Diploma 2, delivered by our co founder Alfred Galustian.

Coerver® Coaching has a history of over 39 years devising curriculums for youth coaches all over the World including some of the games leading Federations & professional clubs

We are sure this course will help you put on a more progressive, challenging and serious fun training/games program to develop an effective Team Style.

My Best,

Gordon Craig

Coerver® Coaching Scotland & Portugal Director



# COURSE SCHEDULE

TIME	ACTIVITY	FACILITY	PRESENTER
1100-1110 (10 MINS)	WELCOME	CHAPMAN SUITE	GORDON CRAIG
1110-1230 (80 MINS)	PRACTICAL SESSION 1	INDOOR SYNTHETIC	ALF GALUSTIAN & GORDON CRAIG
1230-1240 (10 MINS)	PRACTICAL 1 REVIEW	INDOOR SYNTHETIC (ON BOARD)	ALF GALUSTIAN
1240-1300 (20 MINS)	BREAK	CHAPMAN SUITE	
1300-1420 (80 MINS)	PRACTICAL SESSION 2	INDOOR SYNTHETIC	ALF GALUSTIAN & GORDON CRAIG
1420-1430 (10 MINS)	PRACTICAL 2 REVIEW	INDOOR SYNTHETIC (ON BOARD)	ALF GALUSTIAN
1430-1515 (45 MINS)	FOOD BREAK TEA & COFFEE	CHAPMAN SUITE	
1515-1635 (80 MINS)	PRACTICAL SESSION 3	INDOOR SYNTHETIC	ALF GALUSTIAN & GORDON CRAIG
1635-1645 (10 MINS)	PRACTICAL 3 REVIEW	INDOOR SYNTHETIC (ON BOARD)	ALF GALUSTIAN
1645-1700 (15 MINS)	BREAK	CHAPMAN SUITE	
1700-1820 (80 MINS)	PRACTICAL SESSION 4	INDOOR SYNTHETIC	ALF GALUSTIAN & GORDON CRAIG
1820-1830 (10 MINS)	PRACTICAL 4 REVIEW	INDOOR SYNTHETIC (ON BOARD)	ALF GALUSTIAN
1830-1845 (15 MINS)	Q&A	CHAPMAN SUITE	ALF GALUSTIAN & GORDON CRAIG
1845-1900 (15 MINS)	FINAL CLOSING & CERTIFICATES	CHAPMAN SUITE	ALF GALUSTIAN & GORDON CRAIG



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# COURSE PRESENTER

## ALFRED GALUSTIAN



Alfred Galustian started his soccer career as a player for Wimbledon.

He is the Co-Founder and International Director of Coerver® Coaching.

To date Alfred has worked as a Coach Instructor with 17 National Federations including French, English, Japanese and Brazilian.

Alfred has also worked with over 50 top professional clubs including Bayern Munich, Manchester City, Real Madrid, Manchester United, Benfica, Roma, Newcastle United, Olympique Marseille, Juventus and Arsenal.

During the 2010/11 Season Alfred was the Specialist Skills Coaching Advisor to **The Premier League.**

He has several awards from FIFA for 40 years contribution to the development of the game around the World.



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# COURSE PRESENTER

## GORDON CRAIG



Inspired at a young age by Coerver Coaching. Gordon has travelled the world coaching and presenting coach education courses to Federations such as Scottish Football Association and Saudi FA as well as to clubs including Rangers FC, Heart of Midlothian FC, FC Plzen and Sunderland FC.

In 2012 -2016 Gordon was employed full time by the Scottish F.A. as part of their newly formed national performance department, coaching one of the national performance schools and assisting with the National Youth teams including u16 victory shield squads in 2013 and 2014.

Gordon was also adidas regional advisor, scout at Everton FC and was a head coach at Livingston FC with players in the youth ranks at the time such as James McCarthy, Robert Snodgrass . He was also head coach for two seasons at the Scottish University National team when he won the British championships back in the 1990s. Gordon was also a consultant with Glasgow Rangers FC and SL Benfica.

Gordon holds his level 5 Advanced Youth License, Advanced Children's license and B license up to A introductory level alongside a Post Graduation in High performance and football coaching from Lisbon University.

Gordon has more than 30 years experience as a Coerver® Coach and Presenter and is part of the Coerver® EMEA Global Technical committee.



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# ABOUT COERVER COACHING®

Coerver® Coaching was founded in 1984 by Alf Galustian and former Chelsea great Charlie Cooke who were inspired by the coaching philosophy of Wiel Coerver.

Alf and Charlie's dedication to the game and extensive experience has formed the backbone to the business and made Coerver® what it is today – a hugely respected, established and sought-after brand of football which is endorsed by football associations across the world, including FIFA.

Our coaching programmes have revolutionized the way football is taught and learned by players and coaches alike. Together, they developed a programme of teaching that was unlike anything else available then or now.

The Coerver® programme has evolved to such a degree over the past 39 years that we now work with youth teams in many of the top clubs around the world such as Real Madrid, Bayern, Arsenal, Juventus, Benfica and Man City to name just a few.

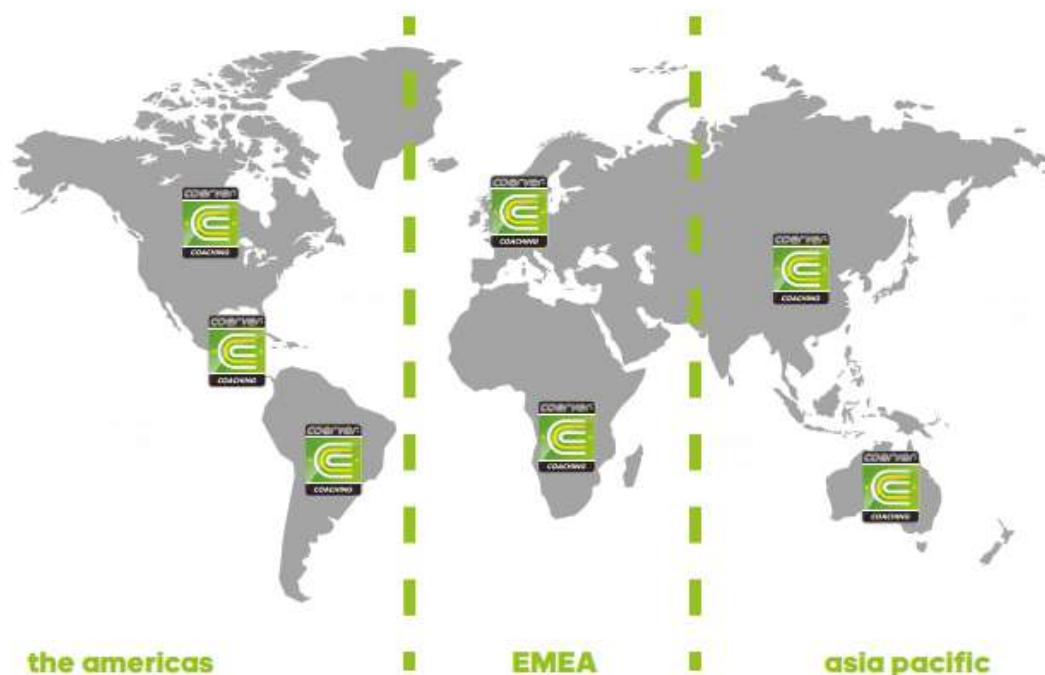


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# COERVER® COACHING TODAY

Coerver® Coaching has influenced millions of players and coaches during our 39 history since being founded in 1984

- Official programmes in over 50 Countries
- Numerous national federations, professional clubs and educational institutional partners
- In partnership with the worlds leading football brand adidas® since 1989



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# COURSE BACKGROUND

The Coerver Coaching Curriculum to developing a Team Style:

The COERVER COACHING BOX/TRAP ©2014



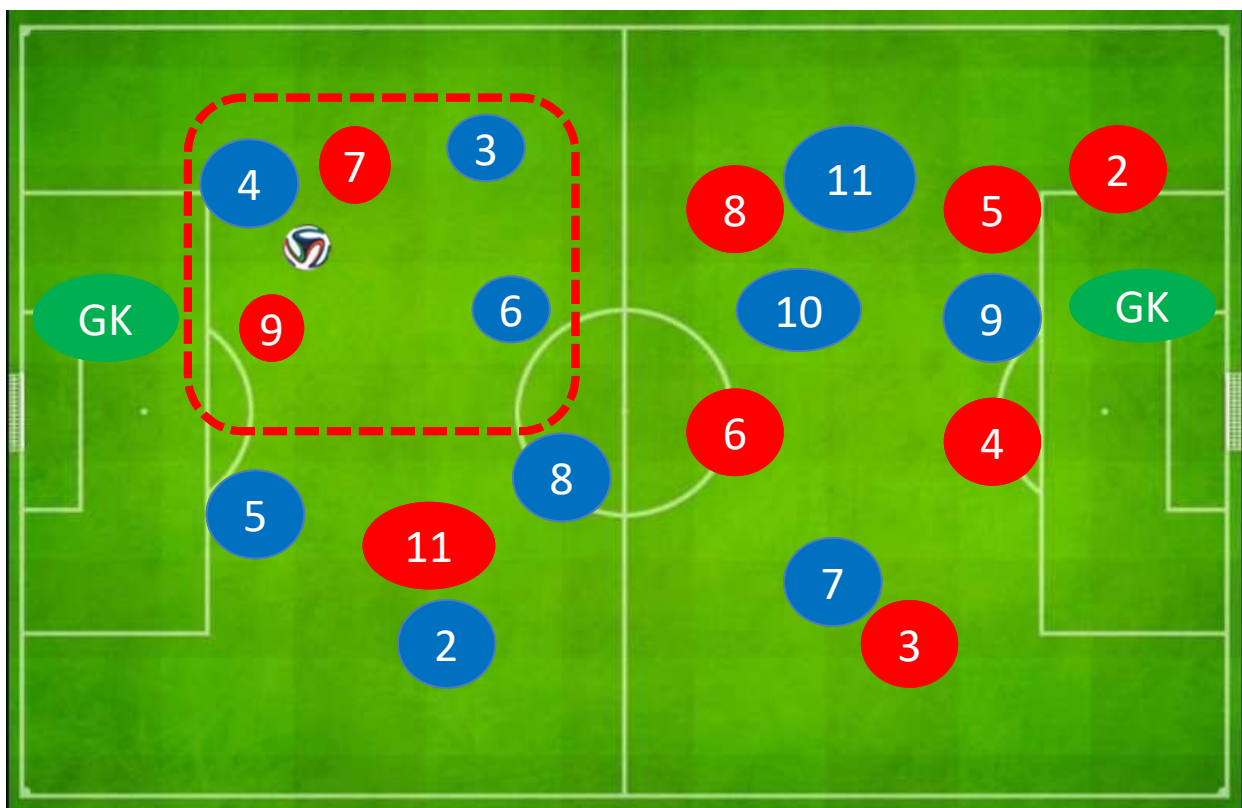
## What is the Box Trap:

- The **Box-Trap** is any area where the ball moves to (within an approximate area of **20 x 20 yards** in 11 v 11, or a smaller area in 7 v 7/9 v 9).
- In this area the contest is between small groups for example 3 v 2 or 4 v 1.
- The Box/Trap is **constantly Forming and Reforming** all over the field, **wherever the ball is**.
- **Within** the Box/Trap is both **Attack & Defence**.
- To play this Style effectively player need to have a good level of Individual and small group skills.
- **Coerver Coaching has for over 40 Years devised Curriculums and Method to Improve both Individual and Small Group Skills.**



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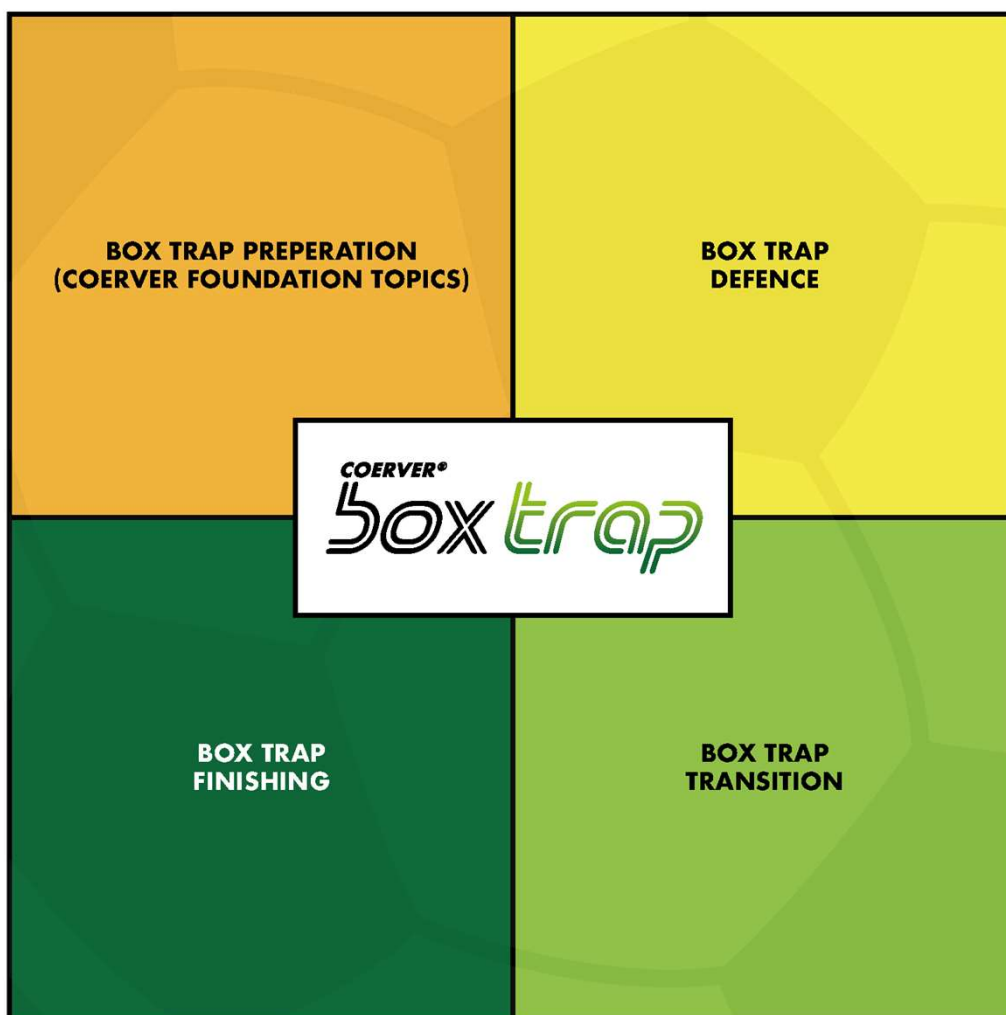
The **COERVER® BOX TRAP** is contest is between small groups for example 3 v 2 or 4 v 1 (**“Coerver® Rondos all over the field”**)



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# THE COERVER COACHING BOX/TRAP©2014

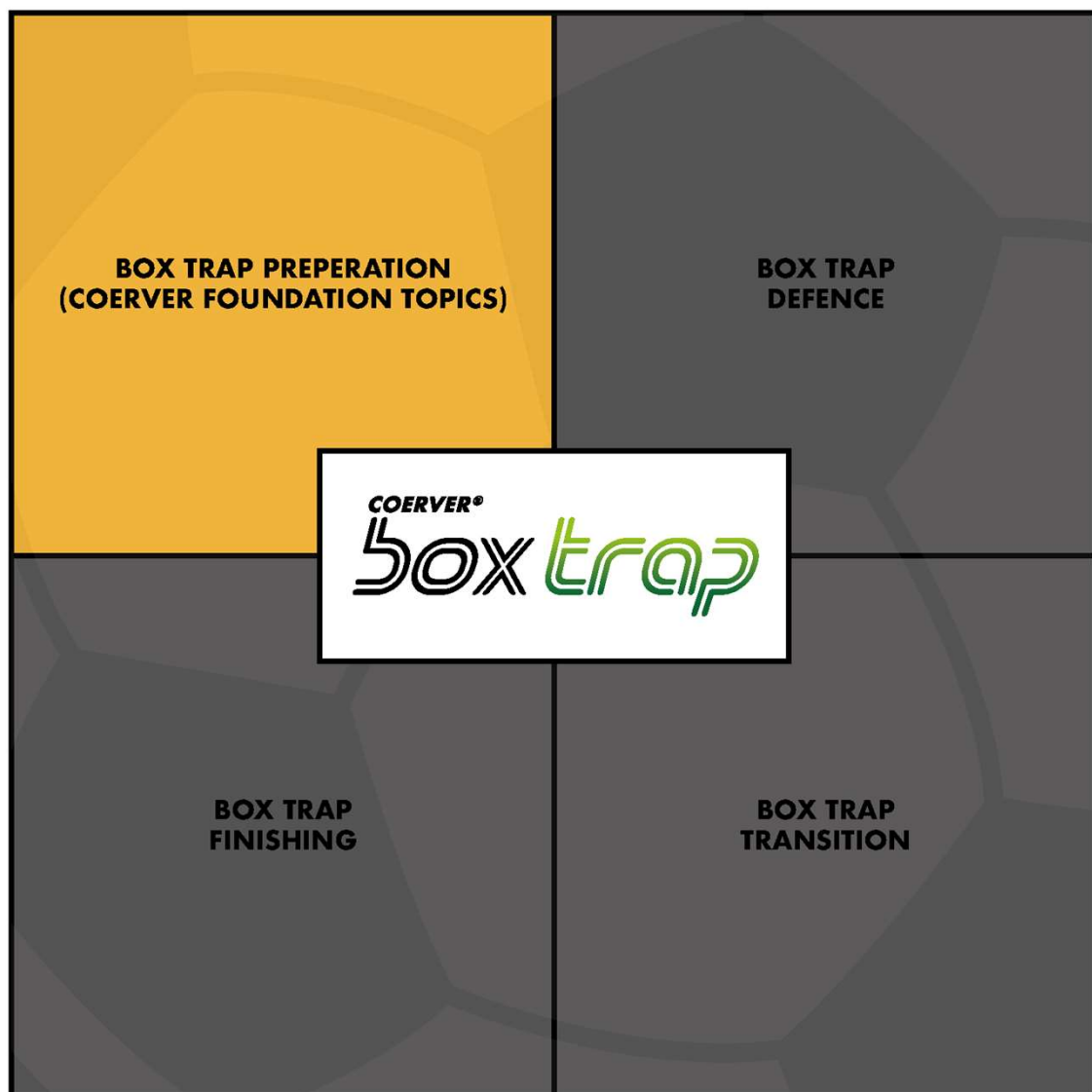
CURRICULUM TOPICS & SESSION PLANNER



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# PRACTICAL ONE

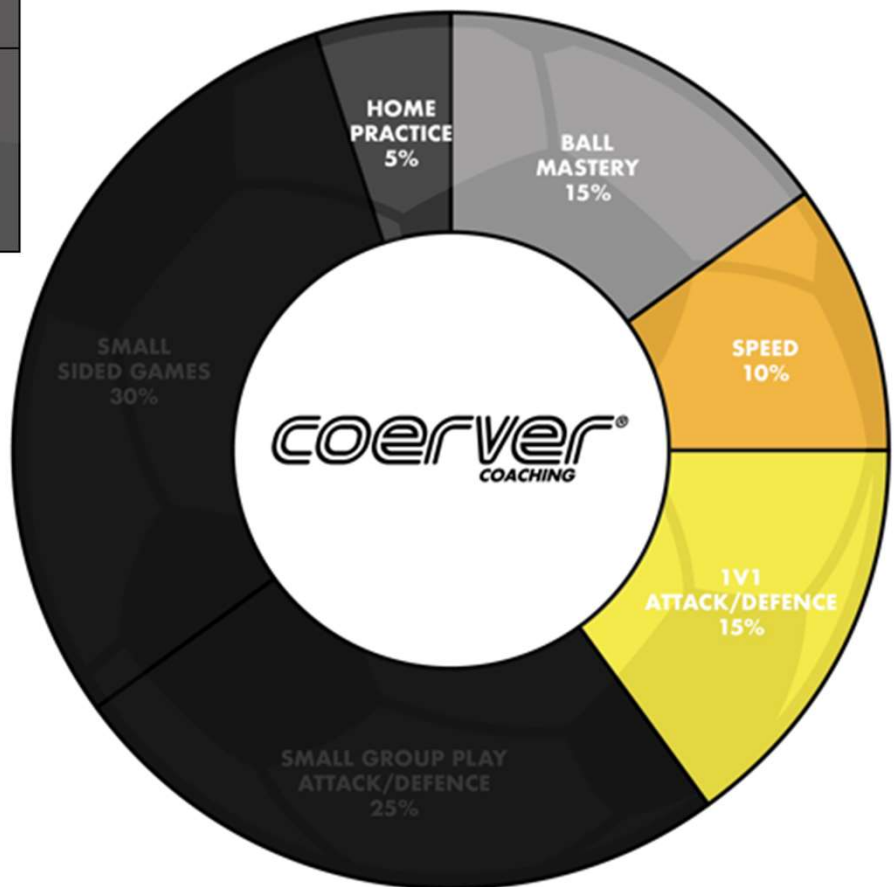
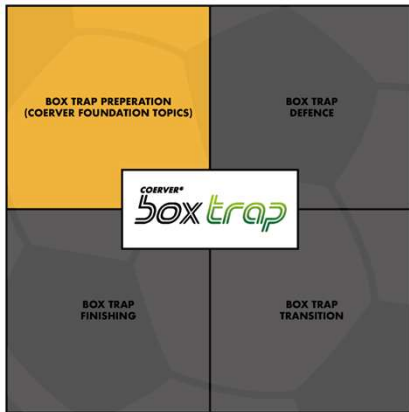
## BOX TRAP PREPERATION



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# PRACTICAL ONE

*The Coerver® Coaching Foundation Topics© 2021*



**Reflects The Coerver® Coaching history and the “engine” that makes playing the Box Trap well, possible**



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# COERVER® SESSION PLANNER

## FOUNDATION (INDIVIDUAL) TOPICS

### Ball Mastery

- Ball Mastery is the Foundation of Coerver® Coaching
- Coerver® Coaching has, over 39 years, devised 158 Ball Mastery Moves that are within the Coerver Pyramid Curriculums©1997
- Coerver® Coaching uses it's Ball Mastery Moves and it's Game Moves Curriculums to imprint "wire" high quality "Feeling for the Ball " in the Brain.

### Speed

Our Focus is on improving the following types of Speed:

- Running with the Ball
- Running without the Ball

### 1v1 Moves

- 1 v 1 is part of the Coerver Coaching history
- The PURPOSE of 1 v 1 is to create space to pass, shoot or run
- Coerver Coaching has 77 1 v 1's in its Moves Pyramid©2003 Curriculum
- 2 v 2 Drills are included in the Coerver 1 v 1 Moves Curriculum
- Our 1v1 Drills can also be used for 1 v 1 defending, the coaches simply changes their focus

### Home Practice

- From Ball Mastery & 1v1 sections



## The Reality & Difficulty of the Game: “Space/Time”



**SET UP.** In a 40 by 20 yard areas with two teams of up to 8 players in each box. A GK at each end in a 5yd Safety Zone. The Coach as server with a supply of balls.

### **ACTION.**

**V1:** Coach serves the ball alternately to each half. On coaches signal 3 players of one team go into opposite half and try and touch the ball; the team in possession has up to 3 touches. If a defender touches the ball, the coach serves into the other box, and the 3 who were defenders sprint back to their box and 3 players from last attacking team sprint into the other half and become defenders.

Attacking teams can use the GK in their 5yd zone. GK cannot use hands. GKs cannot be tackled in their zone but they have only 3 touches.

### **MAKE HARDER.**

**V2.** Every 5 passes another defender goes in.

**COACH TIP TO PLAYER:** Press the Goal Keepers at every opportunity. Remember pass and move to support team mates. Always look for the space.



## Skill v Effective Use of Skill: Scanning



**PURPOSE:** To improve speed and quality of decision-making by improved scanning.

**SET UP.**

20 x 25 Yard area (bigger for 4 v 4) 3 v 3 or 4 v 4 with a neutral player playing for the team in possession.

**ACTION.**

The coach Starts with 10 balls.

The coach holds up red cone, players can only score in red designated cones.

The coach holds up yellow and then can only score in yellow designated goals.

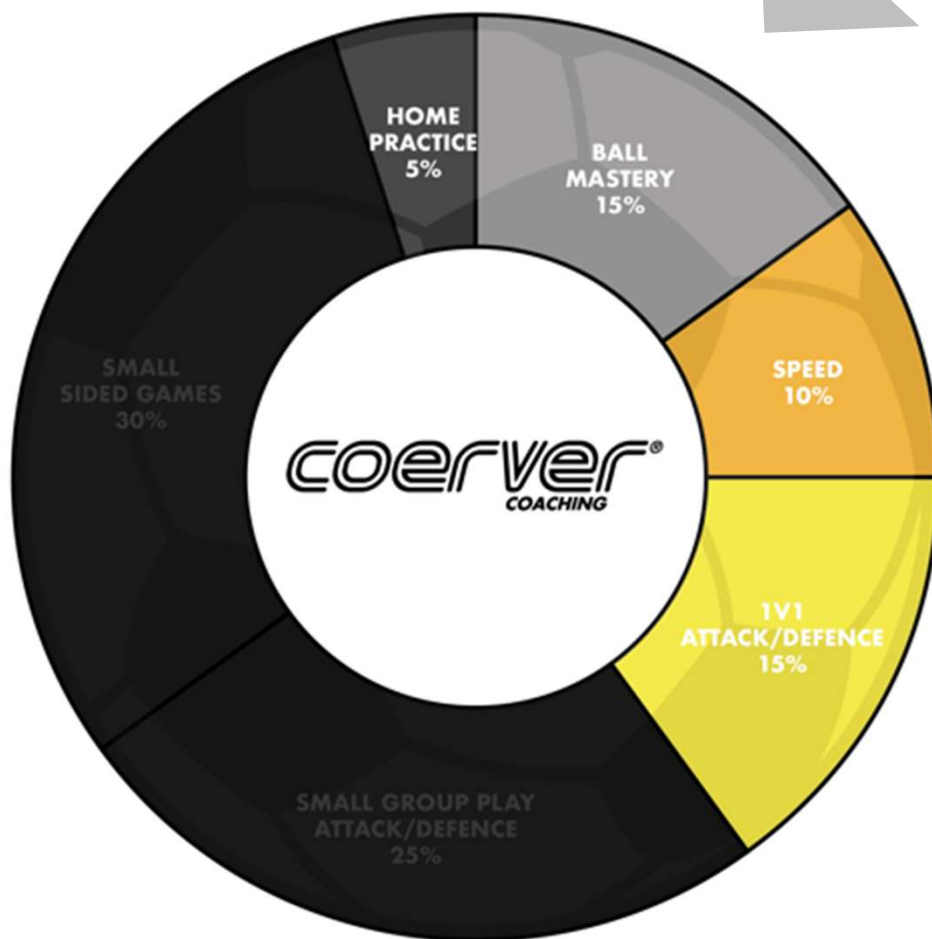
If the coach does not hold up any cones, players play keep away.

**COACH TIP TO PLAYER.**

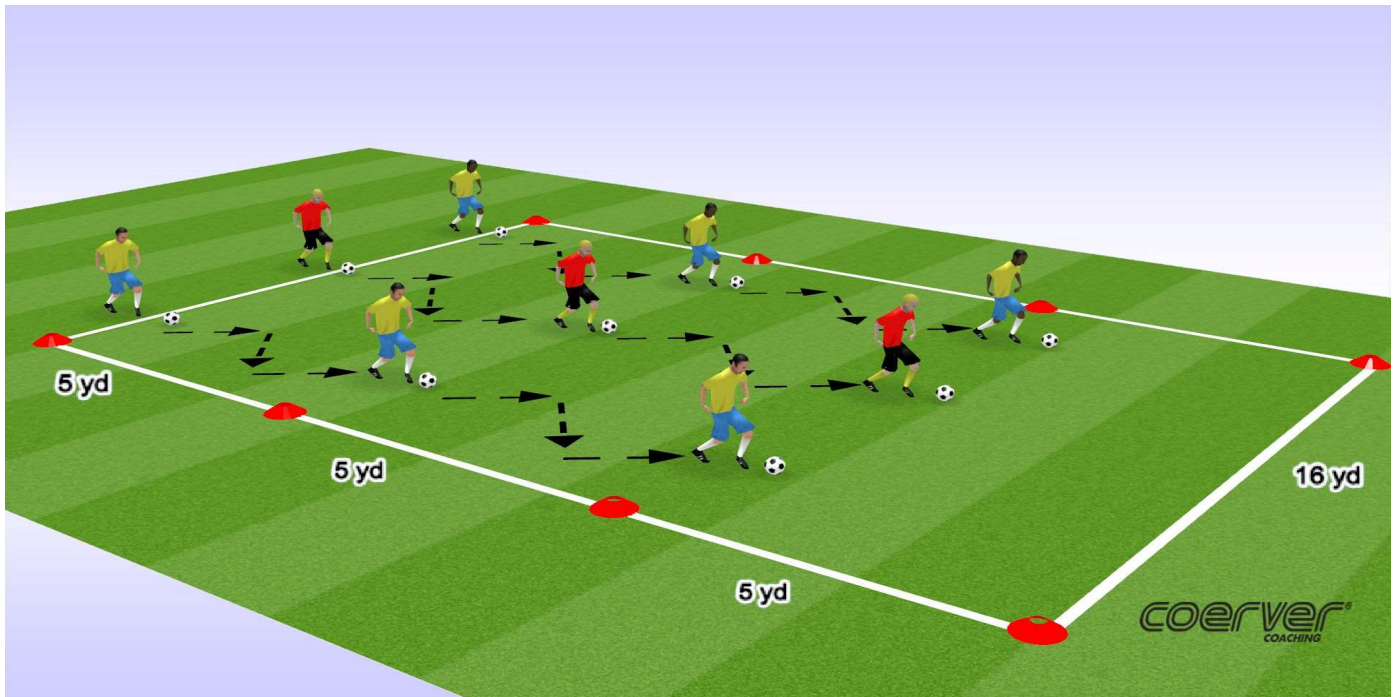
Constantly sneak a look at the coach who moves around the field.



# The Coerver® Coaching Foundation Topics© 2021



## Topic: Ball Mastery



**PURPOSE.** To develop **BALL FEELING** using the Coerver Ball Mastery Curriculums and Method.

### **SET UP.**

Players numbered 1, 2 or 3 are lined up with a ball on one side of a 15x20 yd grid.  
Coach in front of the players.

### **ACTION.**

**V1:** On the Coach's signal #1s cross the grid doing the action the coach nominates.  
When #1s are 1/3 across the grid the coach calls for #2s to start.  
When #2s are 1/3 across the Coach calls for #3s to start.

### **MAKE HARDER.**

**V2:** Same Action, but a new Ball Mastery Move at each cone.

**V3:** Action the same but now the player gets a point for each different Ball mastery they use to end line.

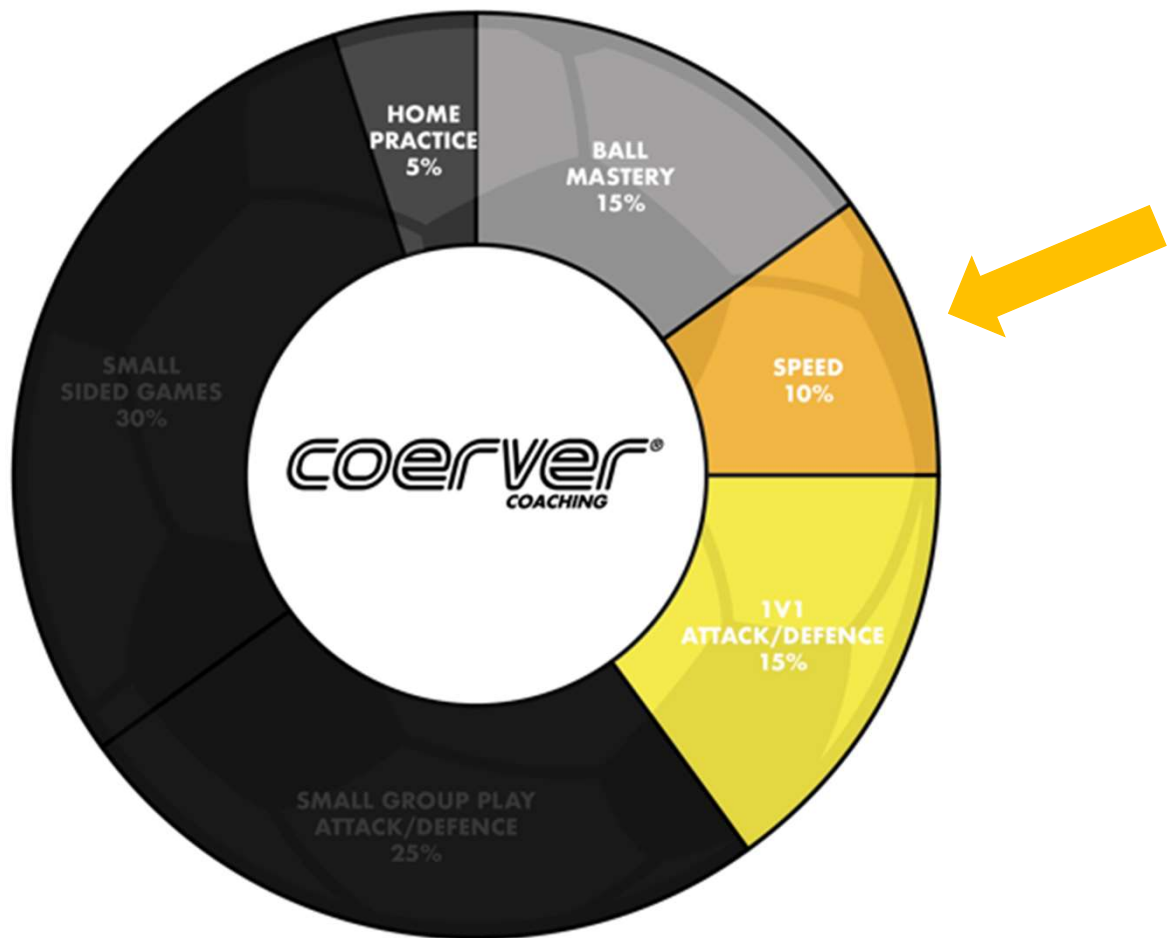
**V4:** Fun Game.

### **COACH TIP TO PLAYER.**

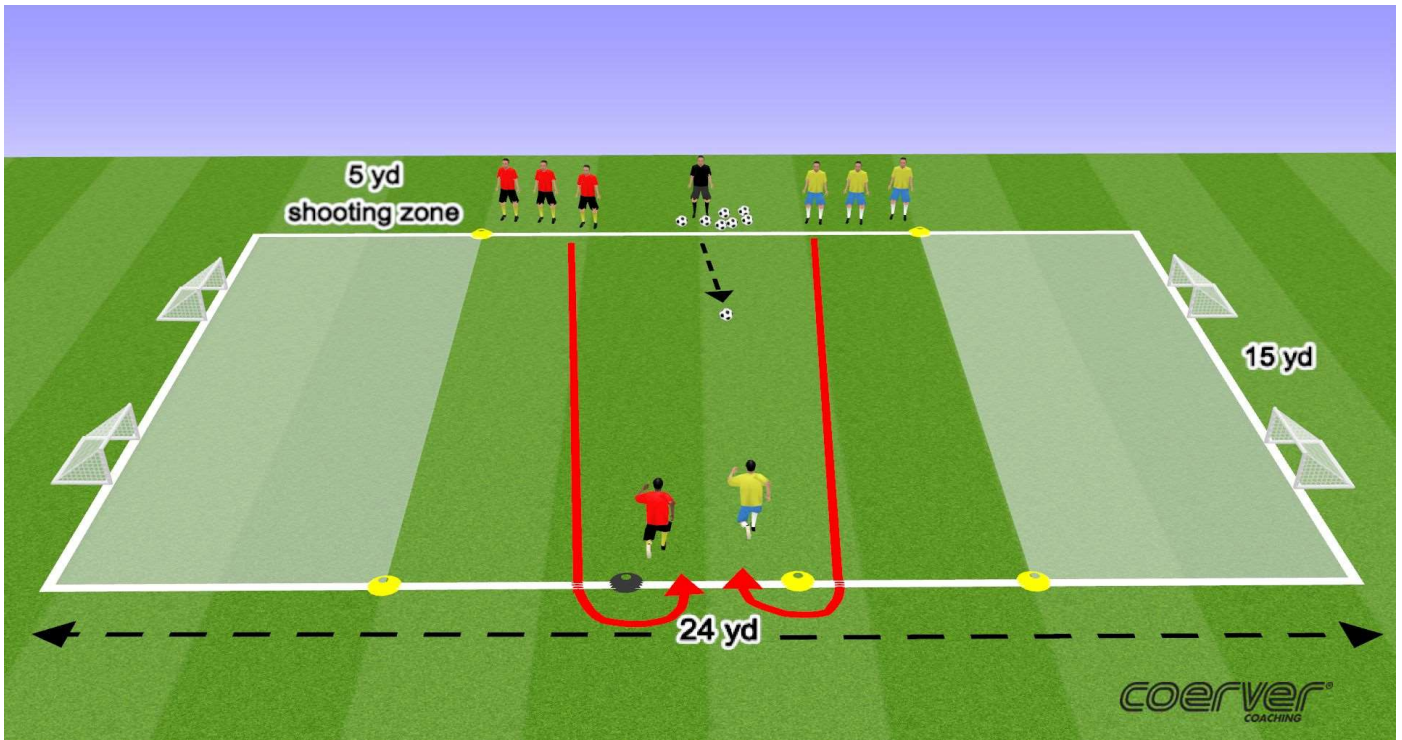
Try not to watch the ball all the time. Try to keep your eyes up as much as possible. It will get easier with practice.



# The Coerver® Coaching Foundation Topics© 2021



# Topic: Speed



**PURPOSE:** To Improve running/sprinting with & without the ball speed.

## SET UP.

A 20/24 x 20/24yd grid with two small goal at each end and 5 yd shooting zones marked by cones in front of each goal. The Coach at the mid point on one side of field with a supply of balls with both teams on either side of him and two cones on the opposite side of the field opposite each team.

## ACTION.

**V1:** The coach blows whistle and a player from each team sprints across the field and around their cone and come back towards Coach to get possession.

Once player shots (Goal or not) then coach passes the ball to the other player.

## MAKE HARDER.

**V2.** A player from each team sprints across the field and around their cone and come back towards Coach to get possession and try to score on either goal from inside the shooting zone.

If Goal scored, the goal scorer stays on the field and runs around end cone to play against the next player.

**V3.** The player first to the ball passes to his/her next teammate, as soon as that player touches the ball an opposite player comes on the field making the game 2 v 2.

**COACH TIP TO PLAYER.** When running with the ball make sure you look up and around as much as possible.



## Topic: Speed Control



**PURPOSE.** To Improve running with the ball speed.

**SET UP.** In an area 30/40 x 25/30 teams play 2v 2 or 3v3 in the middle zone. End players have a ball each.

**ACTION.**

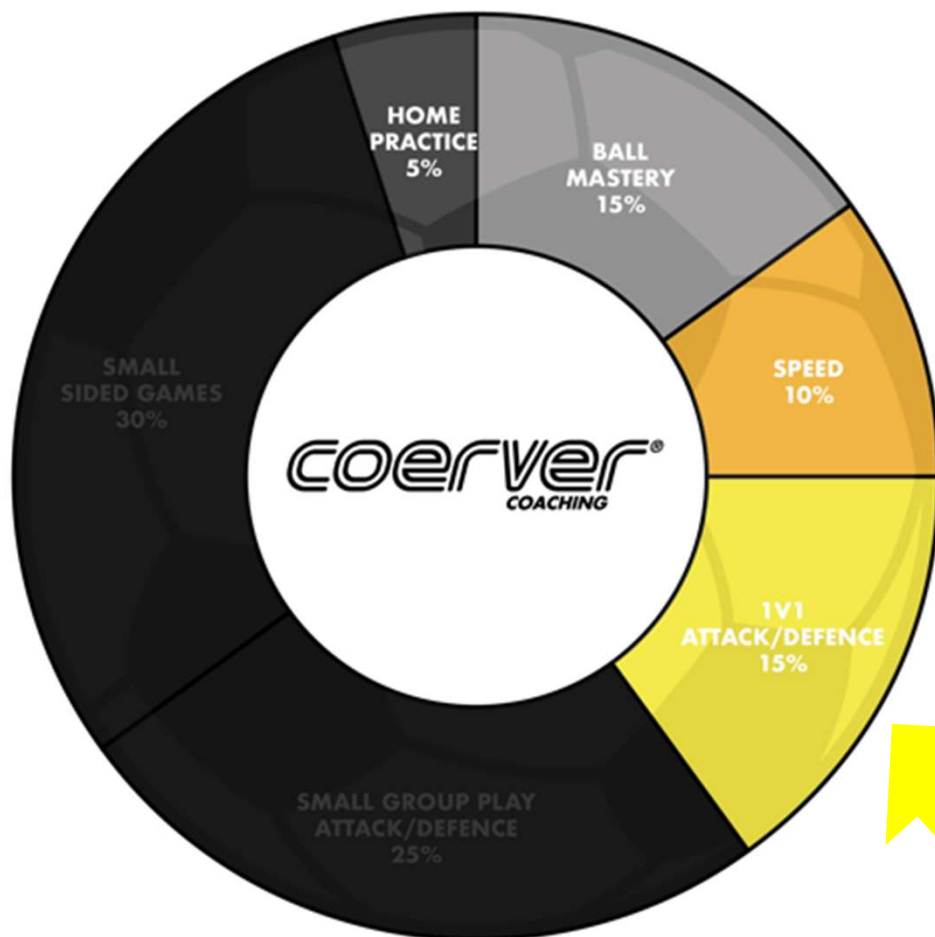
**V1:** Middle team players try and run the ball into either end zone releasing their own end zone player who enters the field with his ball. Player can combine with Team mates or dribble all the way across the midfield area.

**V2:** add Neutral Player

**COACH'S TIP TO PLAYER.** End zone players always be ready to go immediately. If there is no space then be prepared to combine with team mates to pass and protect the ball until together you can create an end line opportunity.

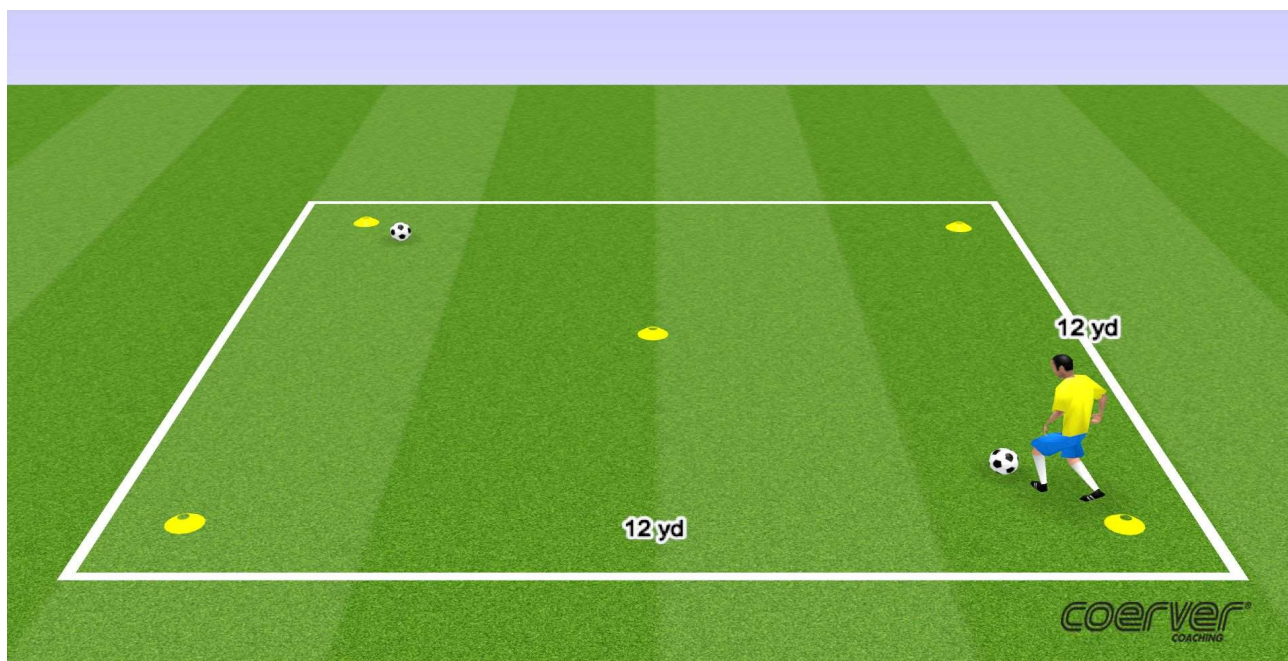


# The Coerver® Coaching Foundation Topics© 2021



## Topic: 1 v 1 Moves

# THE COERVER COACHING METHOD: STEP ONE



**PURPOSE:** To Improve the quality and Speed of Game Moves (1 v 1).

### SET UP.

In 12 x 12 Yard Area marked by 4 cones with a middle marker. Player with a ball, another ball placed by an empty cone

### ACTION.

Player goes into the middle, makes a Coerver Ball Mastery or Game Move, then goes to empty cone, leaves the ball there, sprints back into the middle, then to the second ball and repeats.

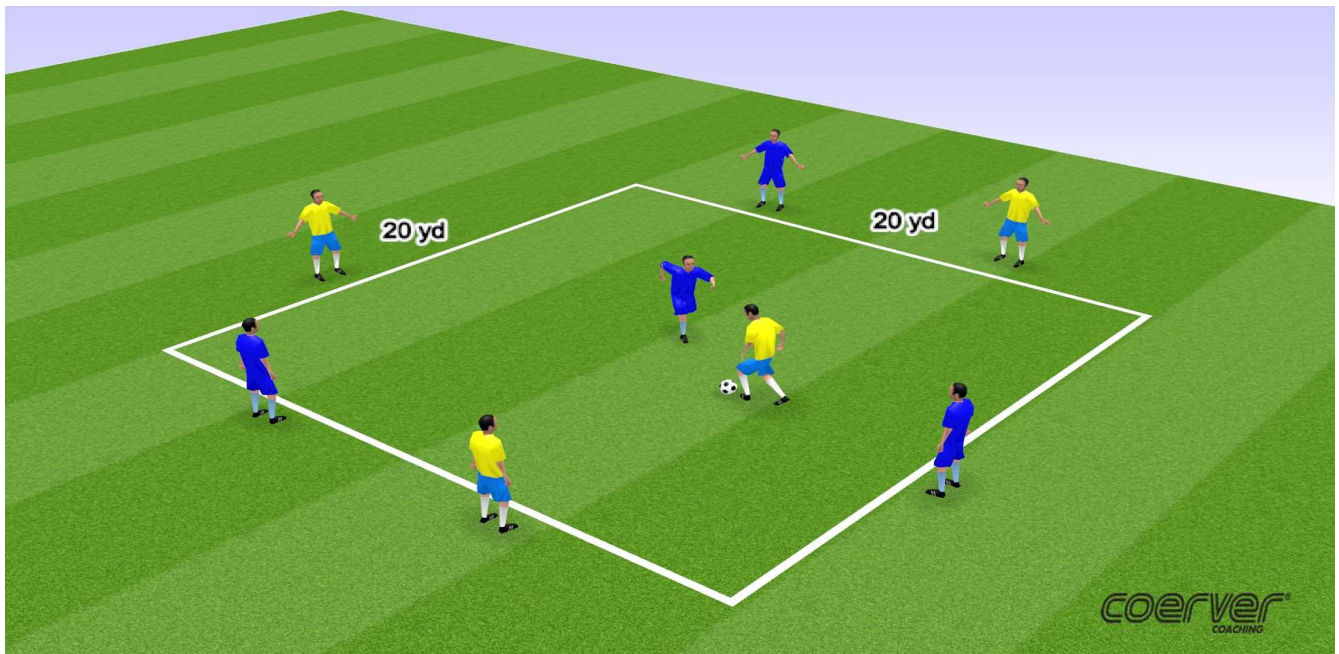
### COACH TIP TO PLAYER.

As you go forward with the ball and without it, look around the cones to see where the space is.



## Topic: 1 v 1 Moves

# THE COERVER COACHING METHOD: STEP TWO



**PURPOSE:** To improve 1 v 1 Moves.

**SET UP.**

In 15/20 x 15/20 Area 2 or 3 players on each side line.

**ACTION.**

**V1:** One player of each team plays 1 v 1, the player with the ball is trying to beat opponent and pass to teammate and change places, teammate then places one v one with opponent who stays in area. If Opponent wins ball then they become passer.

Receiving player can pass to another permitter player who then becomes the 1 v 1 attacker

**MAKE HARDER.**

**V2:** Reduce area.

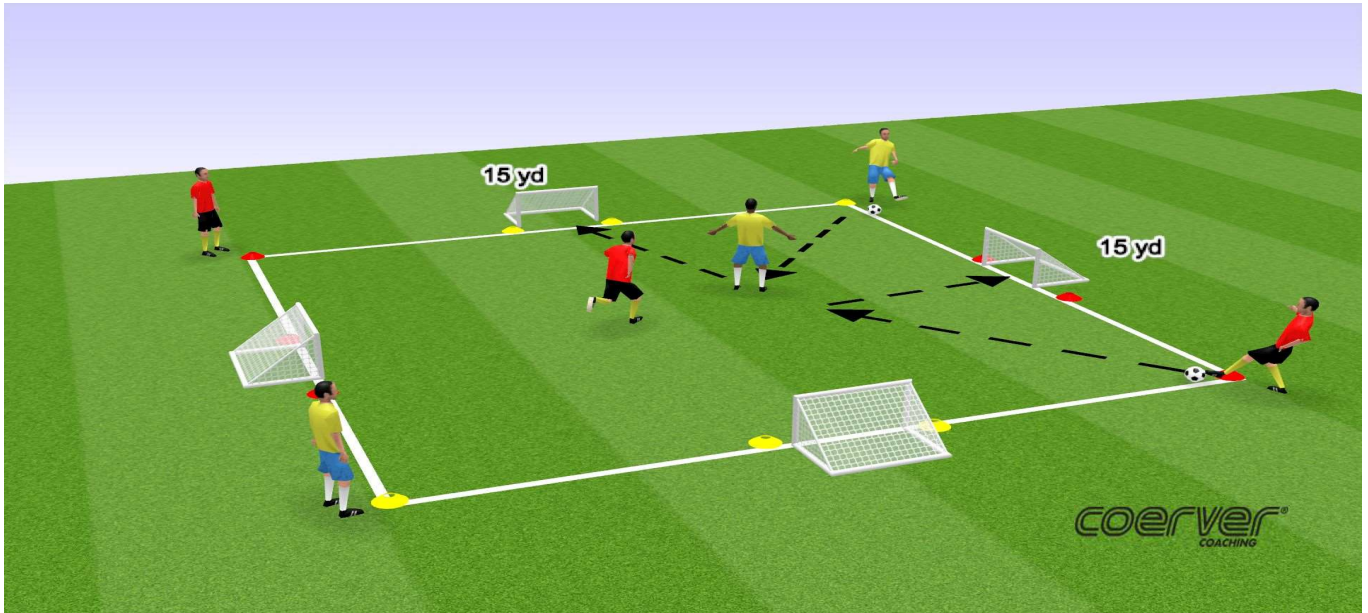
**COACH TIP TO PLAYER.**

Try your Mirror Moves to beat opponent either side .



# Topic: 1 v 1 Moves

## THE COERVER COACHING METHOD: STEP THREE



**Purpose. To Improve Attacking & Defending.**

### SET UP.

a 15 x 15 yard grid (with 2 x Blue/Orange discs as per diagram).

4 x target goals (North, South, East, West).

Goals that are North/South have Blue discs either side, Goals that are East/West have Orange discs either side.

Attacker and defender on the field

Servers on the outside. 2 Balls each. Change middle player after all 3 balls played

### ACTION.

If Attacker scores then, a teammate serves again to him, if Attacker misses or defender touch's the ball attacker and defender change roles.

### MAKE HARDER.

Servers start with 5 balls each.

### COACH TIP TO PLAYER.

Attacker create your own space by checking, then going for the ball.

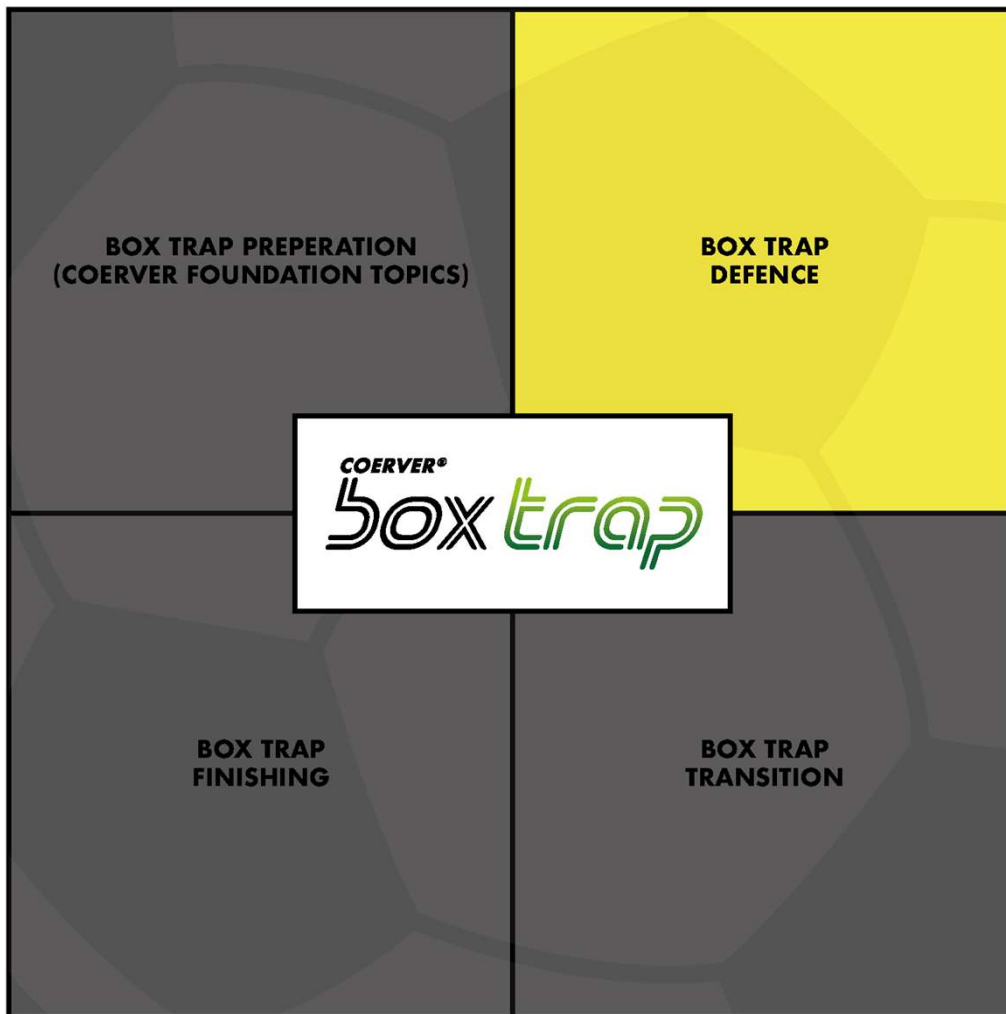
Use your C.O.D's to make space to shoot.



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# PRACTICAL TWO

# BOX TRAP DEFENCE



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# “WINNING THE BALL”

## *DEVELOPING “AN ATTACKING” MIND SET*



**Stop/Lose**

**Win**

**Keep**

**Attack**



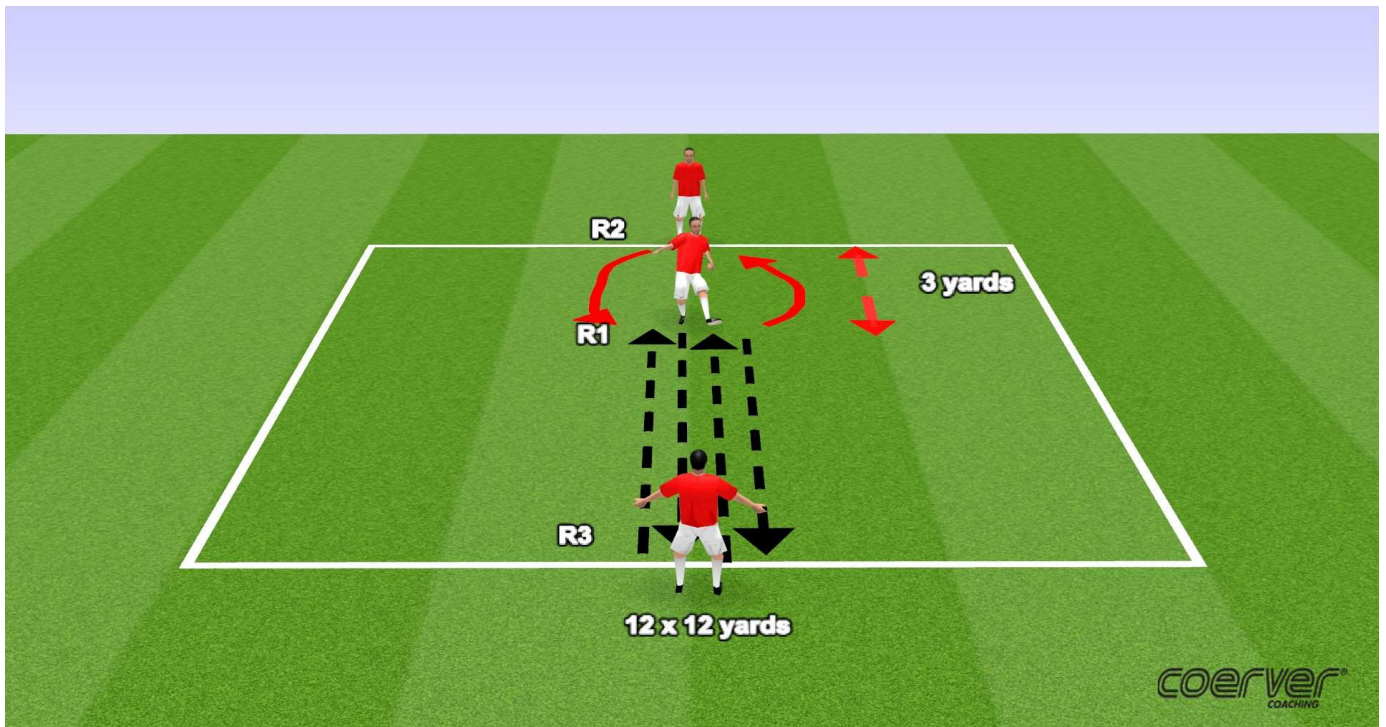
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# **“WINNING THE BALL”**

## **TRAINING THE INDIVIDUAL**



## Topic: Interception



**Purpose:** To improve acceleration and reaction speed.

**SET UP.**

3 players. R3 starts with the ball.

**ACTION.**

**V1:** R3 & R1 make first time passes, R2 can intercept & pass back as he/she decides.

**MAKE HARDER.**

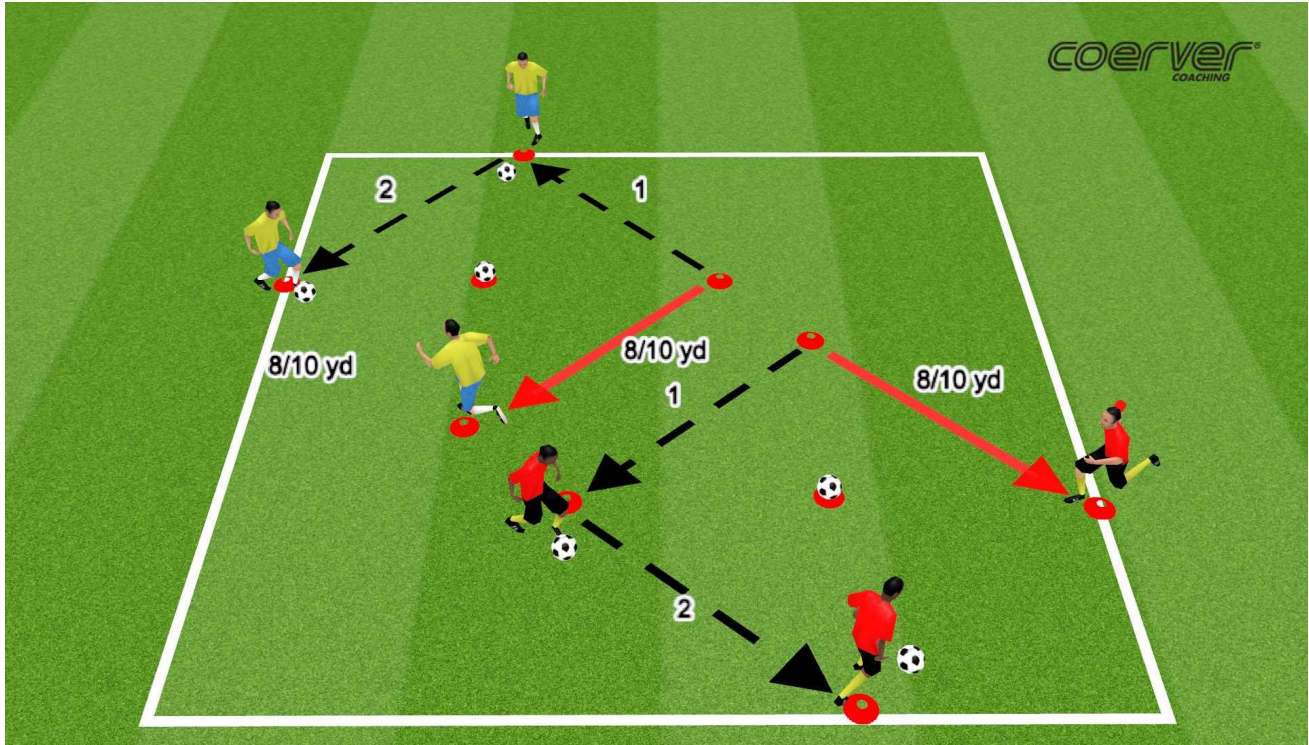
**V2:** The player intercepting the ball takes it to the end and switches with end player.

**COACH TIP TO PLAYER.**

Accelerate quickly, the first few yards are crucial for pressing effectively



## Topic : Pressing Speed



**Purpose:** To improve reaction speed and anticipation.

**SET UP.** Groups of 3 players in an 8 - 10 yds. square.

**ACTION.**

. The Players pass and receive as before but now when the Coach calls the receiving player tries to 'score' by knocking the ball off the center cone while his/her team mates try to block the shot and prevent the score.

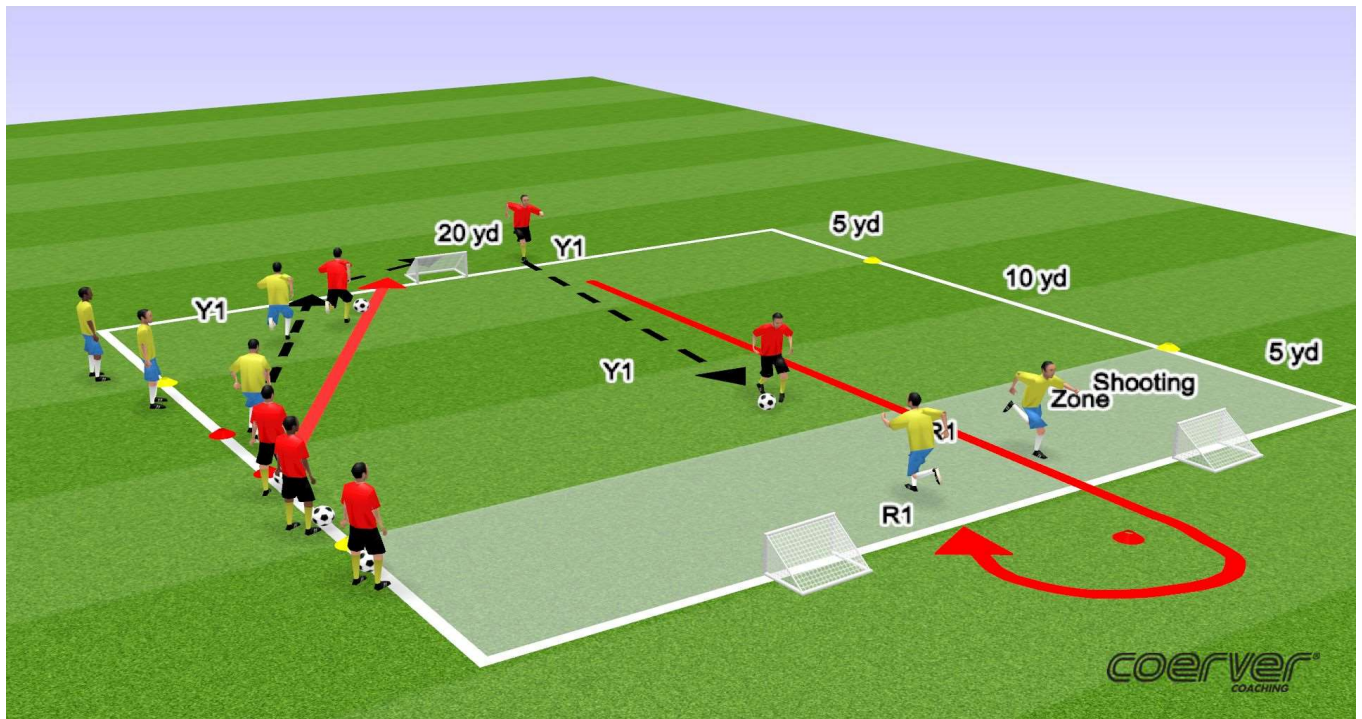
Make Harder  
Add two balls on end cones

**COACH TIP TO PLAYER.**

Be alert to Coach's signals & go quickly to block the shot.



## Topic: Mindset (PERSISTENCE)



**PURPOSE:** To encourage a “fighting mindset”.

**SET UP.** A 20x18/20yd grid with 2 goals 12 yds apart at one end.

### **ACTION V1.**

On the coach’s signal Y1 with ball and R1 without a ball sprint around one goal then around the cone between the two end goals.

Y1 dribbles after R1 and tries to score on either of the two goals, R1 is defending, by getting within 5yd of the goal before shooting.

If R1 wins the ball they can score at the opposite end but must get inside the 5 yd shooting line there to do so (Y1 defending). Keep team scores. 3 min game. Rest. Repeat.

### **V2: MAKE HARDER.**

Defender must now run around one of the goals before he/she defends.

### **COACH TIP TO PLAYER.**

Don’t make too many touches otherwise you will give time to defender to block the goals.



# NOTES



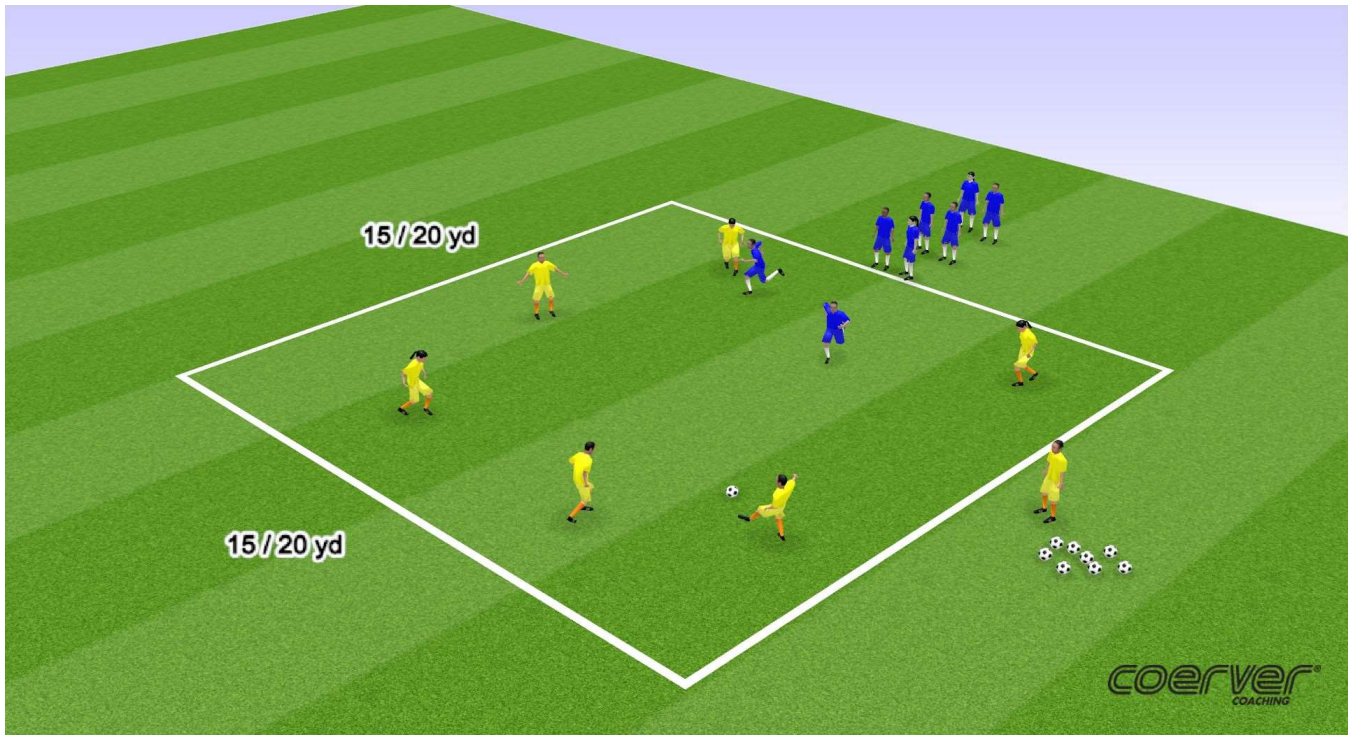
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# **“WINNING THE BALL”**

## **TRAINING THE SMALL GROUP**



## Topic: Small Group Pressing



**PURPOSE:** To Improve Small Group Pressing.

**SET UP.**

In a 15/20 x 15/20 Yard Area. 6 Players in the area ,the coach with 10 balls. Defenders enter the area in twos.

**ACTION.**

As soon as defender touches the ball another pair of defenders enter, the coach passes to the attackers.

**MAKE HARDER.**

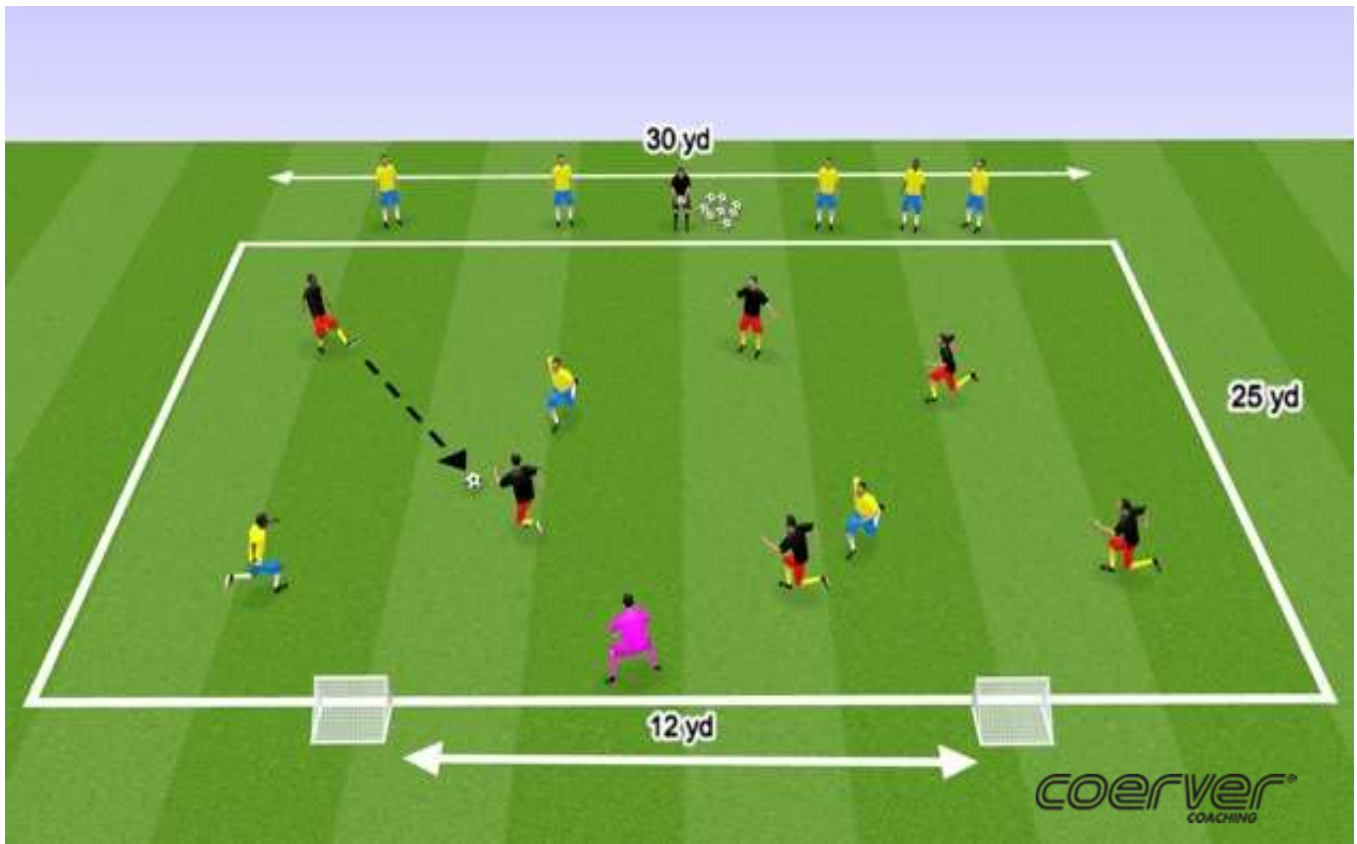
Increase area.

**COACH TIP TO PLAYER.**

Nearest player press ball, supporting defender communicate with him/her. Be mindful of supporting distance and angle.



## Topic: Small Group Pressing



**PURPOSE:** To improve high pressing.

**SET UP.**

In a 25 x 30 yard area. Six defenders and goalkeeper play against 3 attackers. Other waiting attackers are sent on as replacements when the coach feels players on the field are tiring.

**ACTION.**

The defenders play possession also using their goalkeeper, the attackers try and win the ball and score in either goal. The goalkeeper defends both goals.

**COACH TIP TO PLAYERS.**

Nearest to the ball presses, teammates need to be supporting.



# NOTES



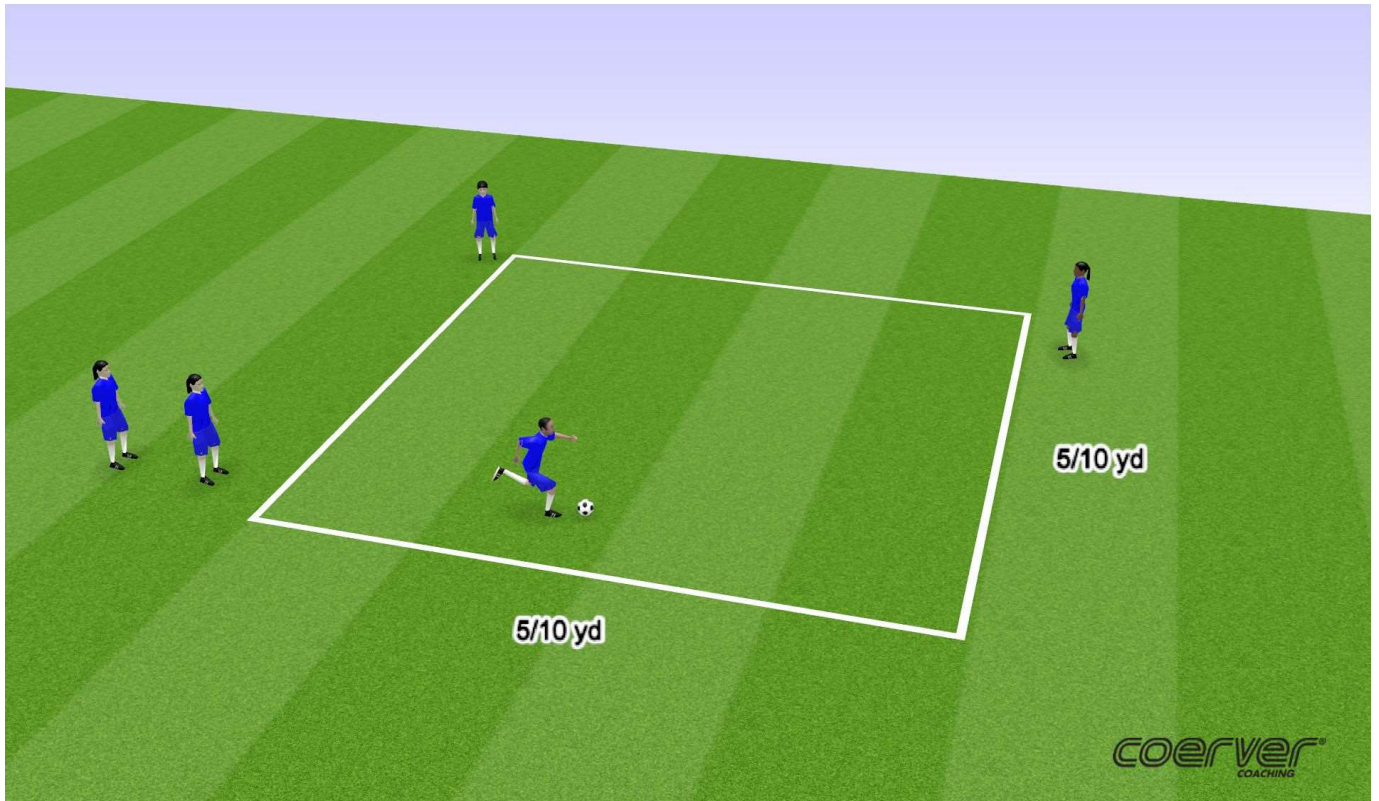
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# **KEEPING (PROTECTING) THE BALL**

**“DEVELOPING THE TECHNICAL DEFENDER”**



## Topic: Individual “Keeping (PROTECTING) the ball”



**PURPOSE:** To combine the Core Skills of 1 v 1 Changes of Direction with passing and Receiving.

**SET UP.**

In a 5/10 yard square area. Up to 4 players in one corner, the first player starts with the ball. One player on two of the other corners.

**ACTION.**

Player with the ball pushes the ball to the cone in front, makes a Change of Direction Move, and passes to corner player who plays a first time pass to player in front, who passes to next player in the group.

**COACH TIP TO PLAYERS.**

As soon as you make the Move, eyes up so you can make an accurate pass to your team mate.



## Topic: Small Group: “Keeping (PROTECTING) the ball”



**PURPOSE:** To improve playing from the back with the Goal Keeper.

**SET UP.**

In a 40 x 30 yard area, back to back goals, GK in each goal, 5 v 5 with neutral player.

**ACTION.**

**V1:** One team keep possession . Other can score in either goal. Defenders can use GK.

Every 7 passes by defenders = goal.

**V2:** After 7 passes defenders can score

**V3:** One team defends one half and attack's opposite goal

**V4:** Only one touch in half then next touch in other.

**COACH TIP TO PLAYERS.**

GKs communicate loudly. Outfield players look for space, then ask for the ball.



## Importance of scanning with and without the ball



**PURPOSE:** To improve both the short & long Scans for effective decision making.

### **SET UP.**

A 30 x 25yd field with three small goals and a 5-yard shooting at each end.

### **ACTION.**

Teams play 3v3 (4v4) in the middle 20 x 25 yards.

A player from each team plays behind their team's goal line, if they stand behind any goal the opponents cannot score in it.

**V1:** Can shoot from anywhere.

**V2:** End Player both goalkeeper & fastbreak player (switch with passer).

### **COACH TIP TO PLAYER.**

Scan beyond the nearest opponent to you.



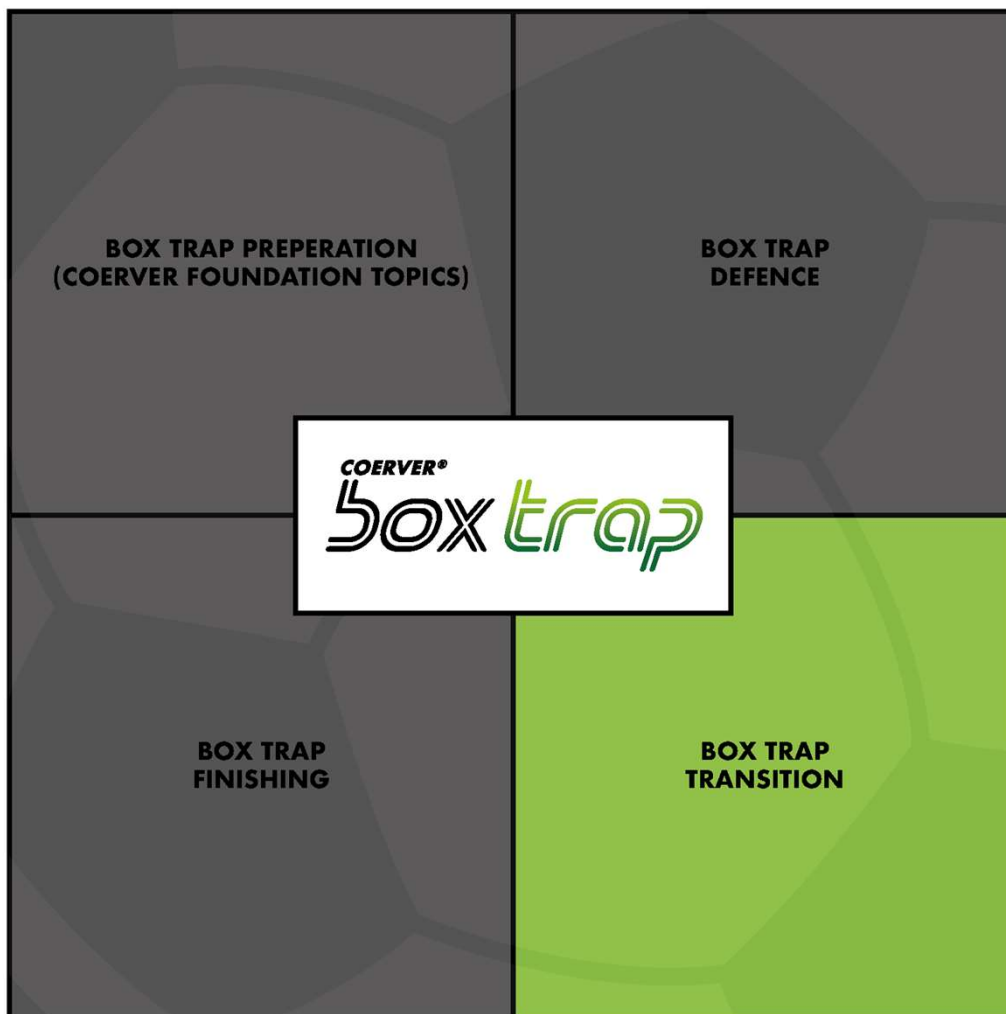
# NOTES



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# PRACTICAL THREE

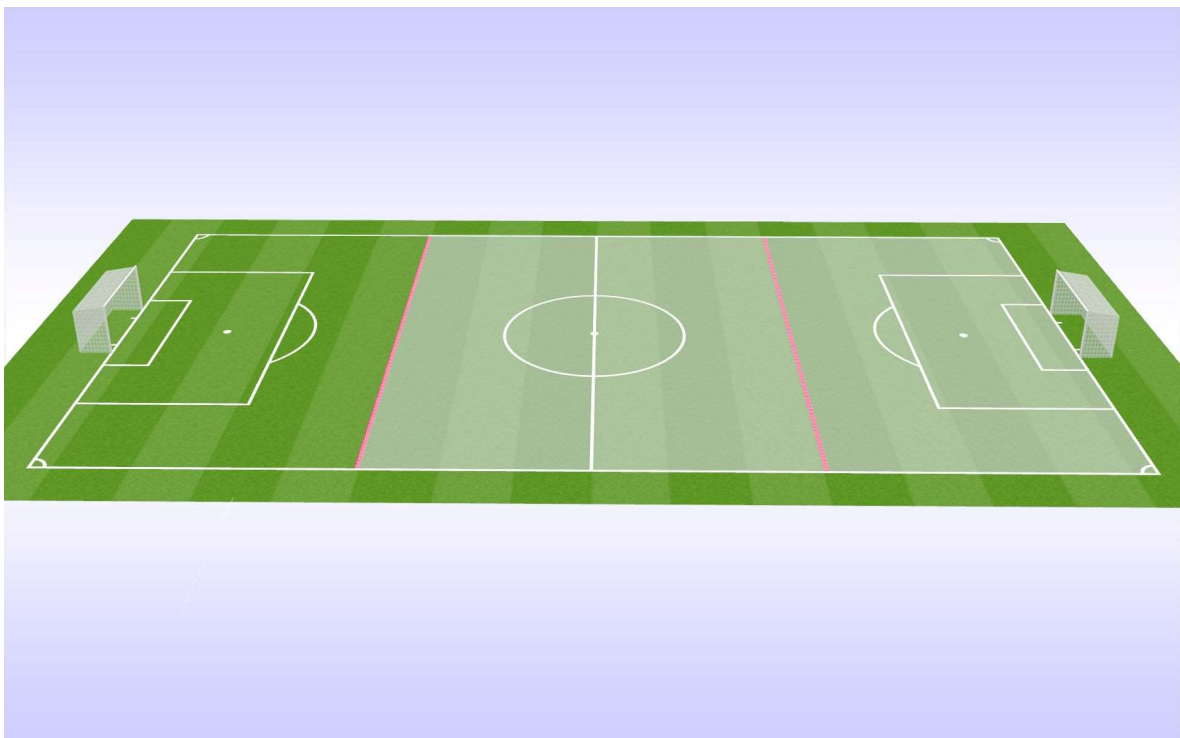
# BOX TRAP TRANSITION



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# WHY IS POSSESSION STYLE IMPORTANT TO US:

- ✓ Possession for its own sake has Physical & Mental advantages
- ✓ Possession Style allows our players to practice their Core skills to maximum amount.



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# OUR POSSESSION DEFINITION

- Precise (high pass completion stats)
- Fast short passes
- Starting attacks from the back
- Physical size less important



## Topic: Fast Combinations



**PURPOSE:** To improve short, quick combinations.

**SET UP.** 3 v 1. Three red attackers and one yellow defender.  
Resting defenders should wait to come on when the middle defender gets tired.

**ACTION.**

The coach has five balls and serves one at a time. A new ball is served when the defender touches the ball or it goes out.

3 v 1. The attacker keeps possession but must alternately pass the first time and then two touch.

Teams rotate and compare times of possession.

Defenders change when they get tired.

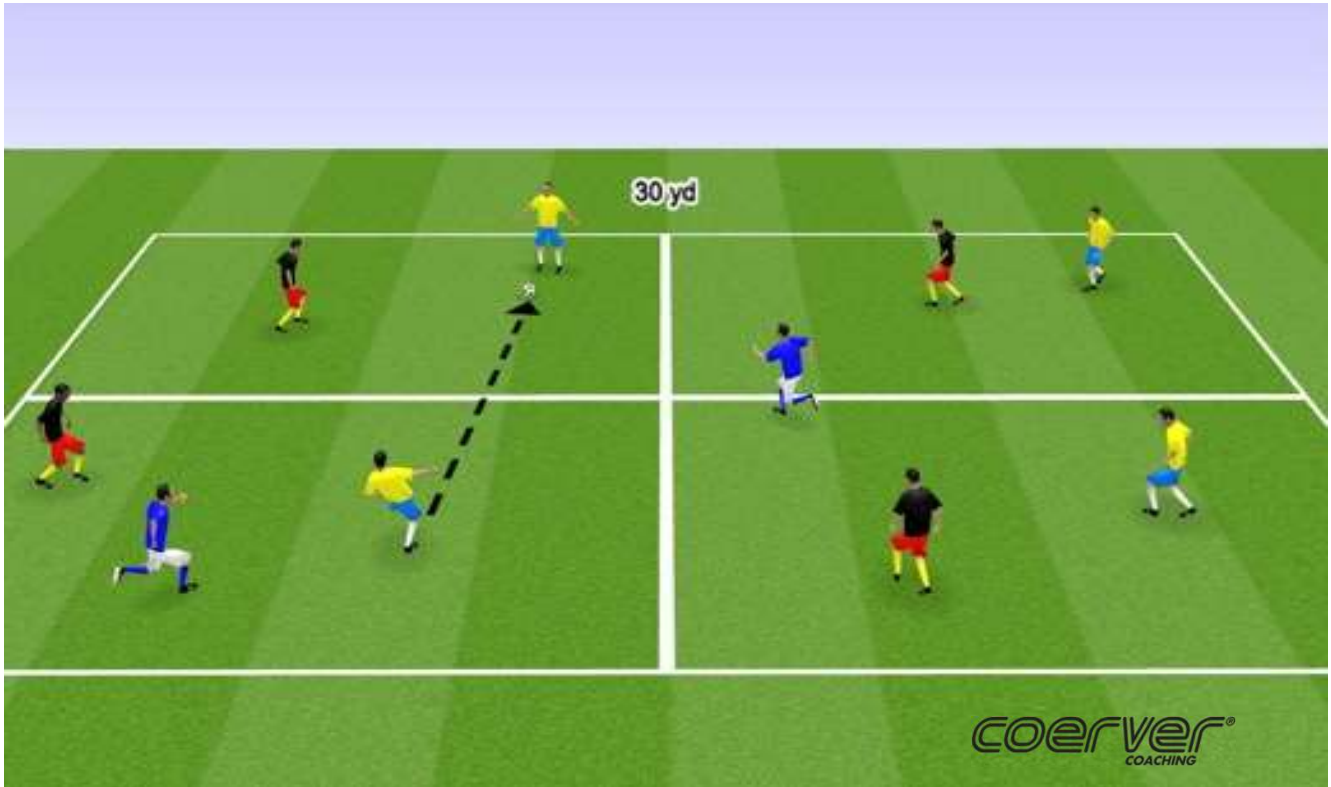
**MAKE HARDER.**

Attackers should start with two balls and see how many passes they can make before the defender touches the ball.

**COACH TIP TO PLAYER.** Attacker: after you pass, look for space to support your teammate.



## Topic: Box Link Pass



**PURPOSE:** To Improve quick combinations to retain possession.

**SET UP.**

4 Boxes of 12/15 yards. One player of each team that must stay in the box. Two players a number “4” and “8” that can go anywhere.

**ACTION.**

Number 4 & 8 play with the color in possession.

**COACH TIP TO PLAYER.**

If one touch is possible make that but if not and need time to evaluate options then protect the ball using a Coerver Change of Direction Move.



## Topic: Box Link Pass

coerver<sup>®</sup>  
COACHING



**PURPOSE:** To Create multi approach options for playing the killer pass.

**SET UP.**

4 v 4 or 5 v 5 in an area 40 x 30. Two 5 yard boxes within area.

**ACTION.**

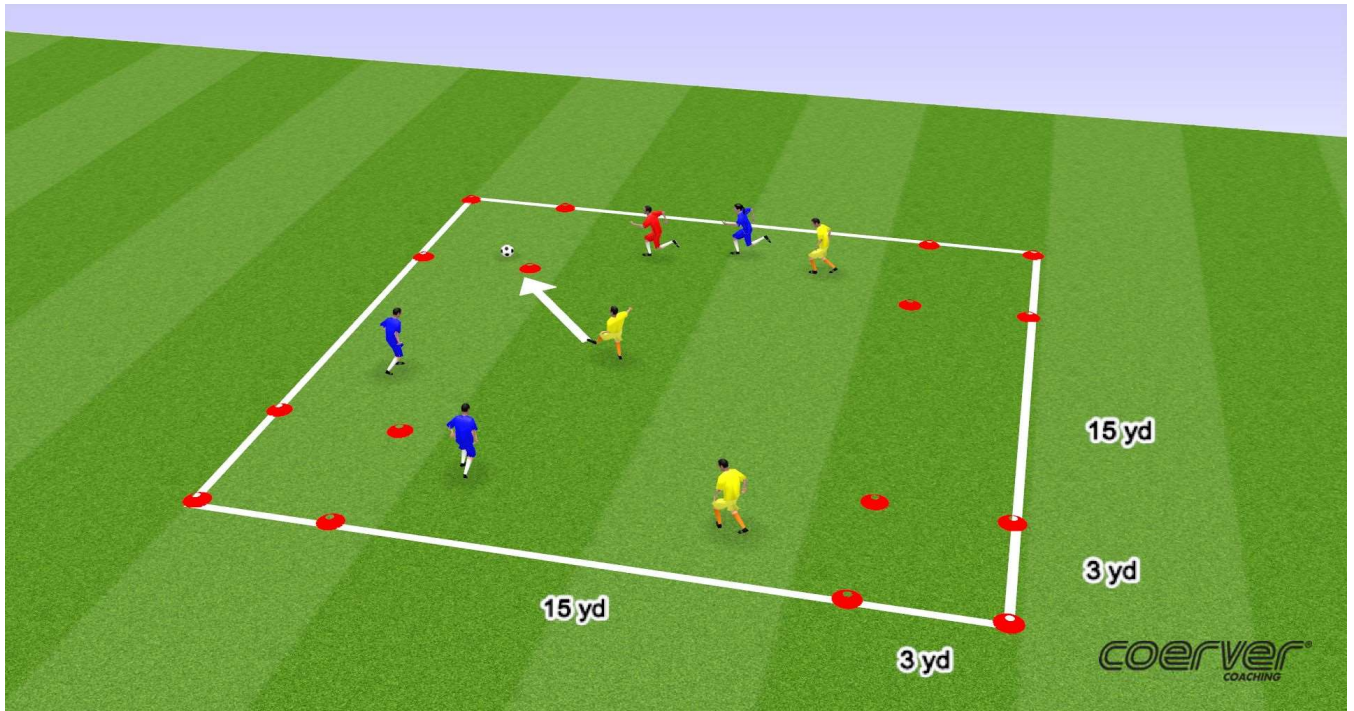
Teams score by passing the ball into a box for teammate to run on to. No opponent can go into the boxes.

**COACH TIP TO PLAYER.**

Scan the whole area, and once you make made decision don't hesitate.



## Topic: Box Link Pass



**PURPOSE:** To improve fast combinations and and the Box Link Pass.

**SET UP.**

in a 21 x 21 Area, 4 3 yard boxes in each corner, 3 v 3 plus neutral player.

**ACTION.**

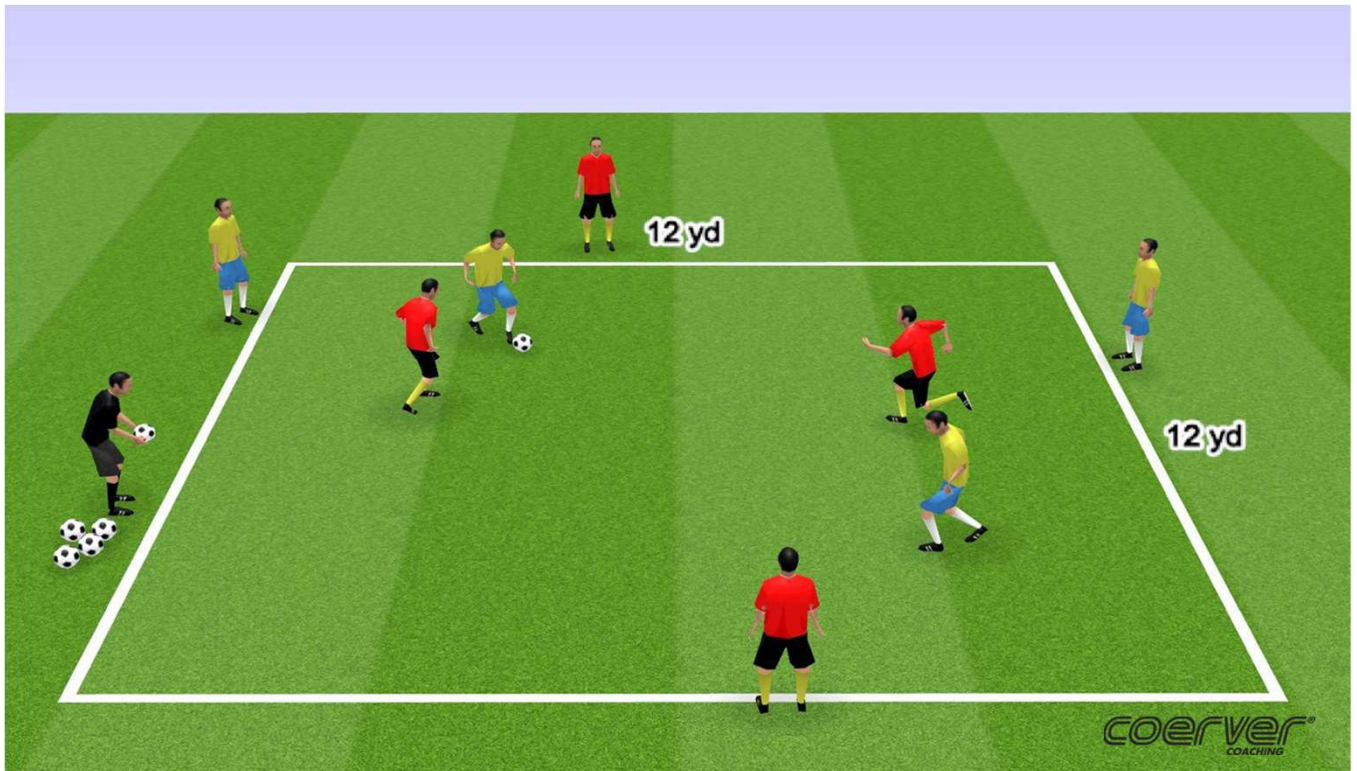
Neutral player plays with team with the ball, team in possession try and play a “killer” pass into any box for neutral player to run into, no defender can go into a corner box.

**COACH TIP TO PLAYER.**

Scan 180 degrees, so can see all 4 corner boxes and movement of red player.



## Topic: Killer Pass



**PURPOSE:** To improve fast combinations and the Killer Pass.

**SET UP.** A 12 yard square with one end player of each team on the end lines north and south and east and west. Teams play 2 v 2 in the middle area.

**ACTION.**

**V1:** End players have only one touch, middle players unlimited touches. The aim is to create space for end players to play a “Killer Pass” to their opposite teammate.

If middle players get 6 consecutive passes between themselves and their perimeter teammates = 1 point. Killer pass between end players = 3 points.

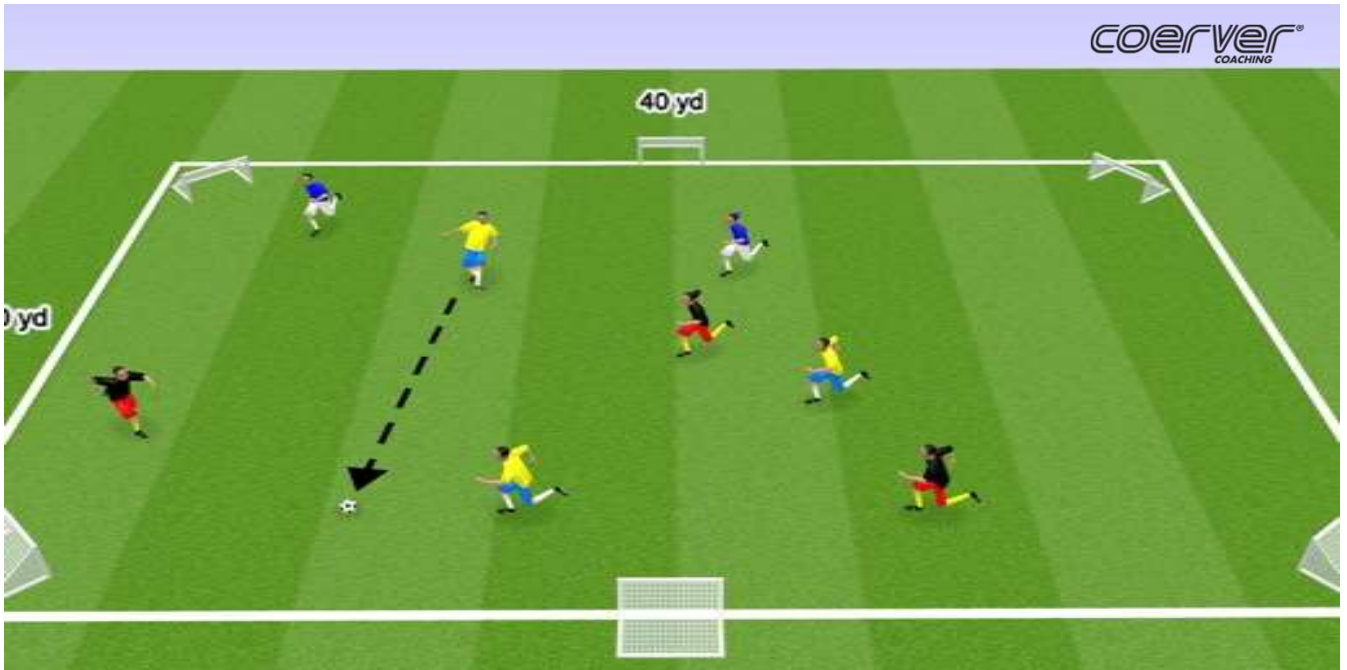
**V2: MAKE HARDER.** Limit middle players to 2 touches.

**COACH TIPS TO PLAYER.**

Middle players go wide to draw you opponent away from middle and create the space for end line “Killer Pass”.



## Topic: Killer Pass



**PURPOSE:** To Increase the number of options/decisions.

**SET UP.**

3 v 3 with Number “4” & “10” in different color.

**ACTION.**

Number 4 & 10 play with the color in possession.

Goals can only be scored with first time finish

V1: Any Player can make the Killer Pass.

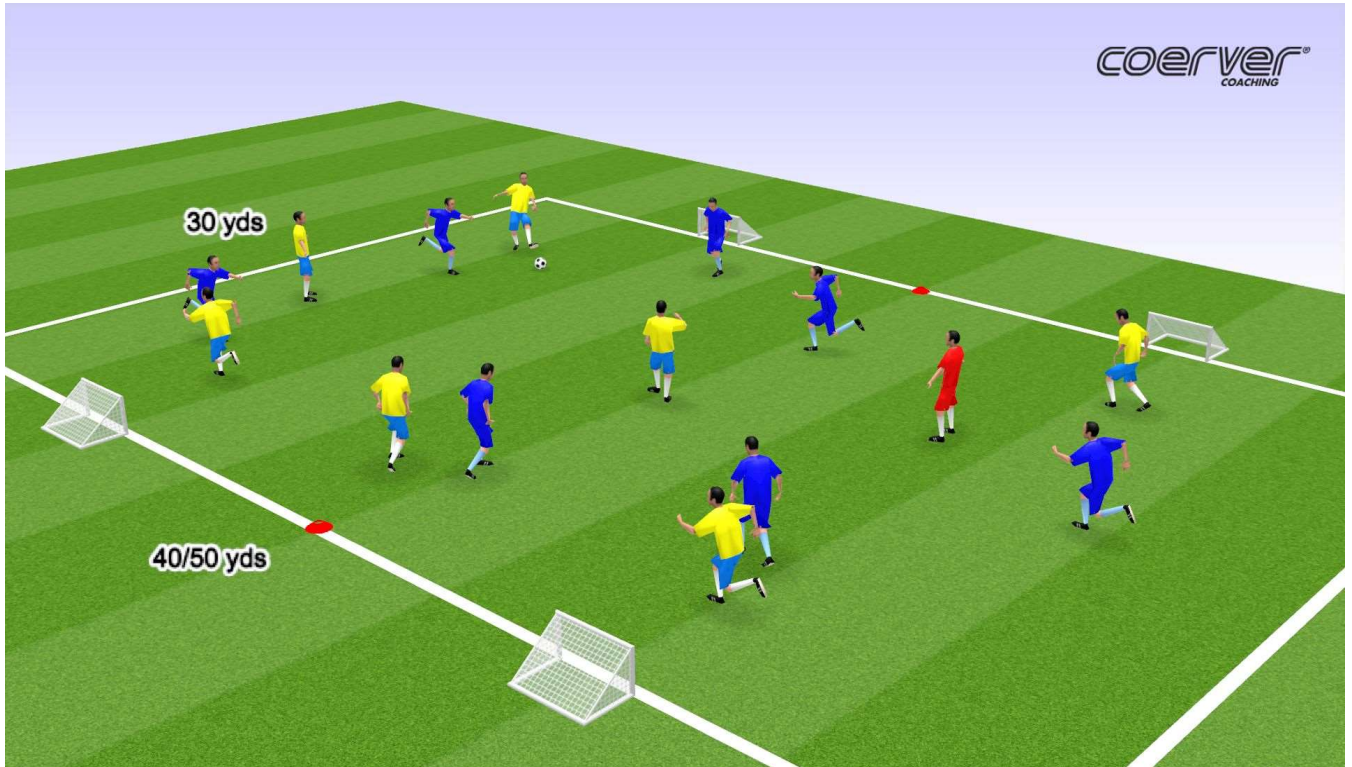
V2: If pass made by Number 4 or 10 the double the goals

**COACH TIP TO PLAYER.**

“Killer pass” needs a “Killer” run ( a run at the right time and place).



## Topic: The Box Link & Killer Pass



**PURPOSE:** To practice the BT Link pass - a pass that draws in opponents so you can move the ball to where space is.

**SET UP.**

5/6/7 v 5/6/7 plus neutral player) an area 40/50 x 30. Four Coerver mini Goals

**ACTION.**

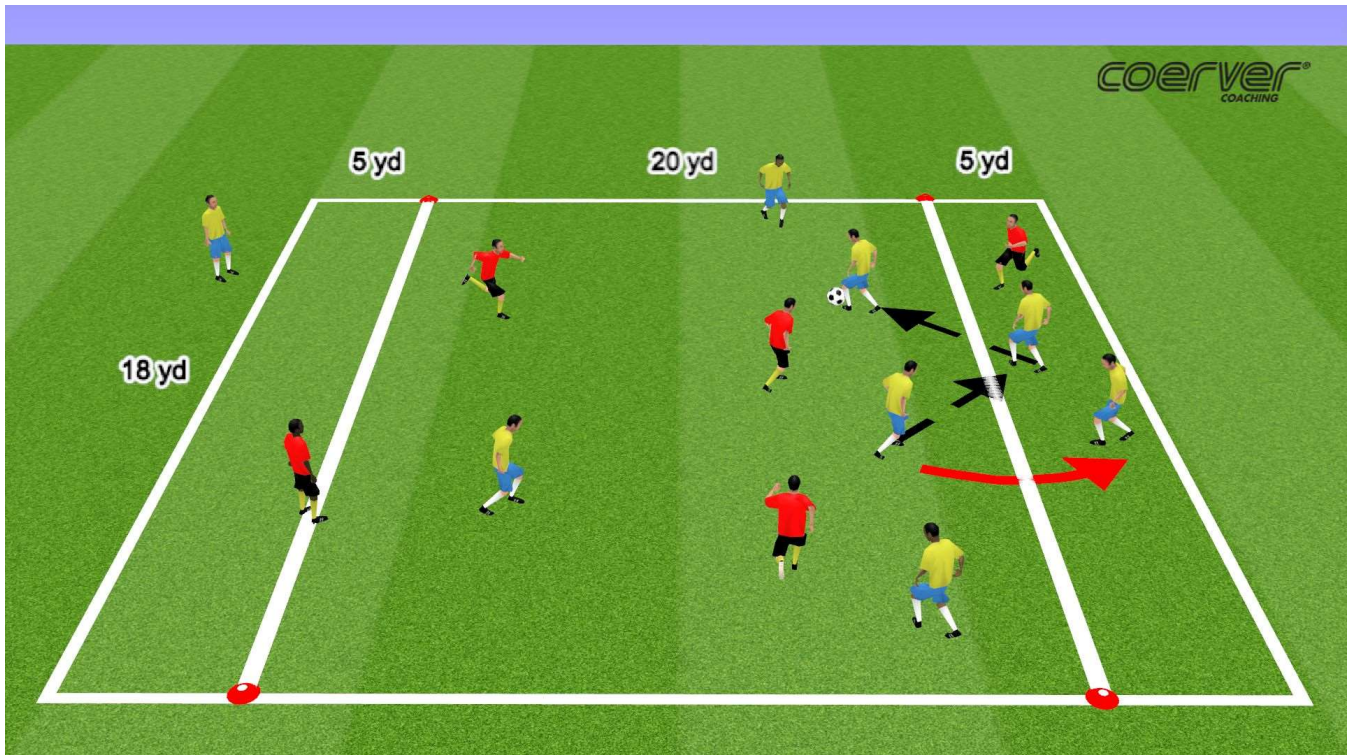
After 5 consecutive passes, can shoot on any goal

**COACH TIP TO PLAYER.**

Fast short combinations then after 5<sup>th</sup> pass look to changing the Box/Trap area near one of the goals.



## Topic: Fastbreak Attack



**PURPOSE:** To improve fast counter attacking.

**SET UP:** A 30 X 18 yd area with two 18 .Two 5 yd end zones.  
3 v 3 or 4 v 4 start in the middle area plus one player from each team in the end zones.

**ACTION.**

The middle players try to release their teammates in either end zones by passing them the ball into their zone, and then taking their place.

The players in the end zones cannot tackle in that zone.

**MAKE HARDER.**

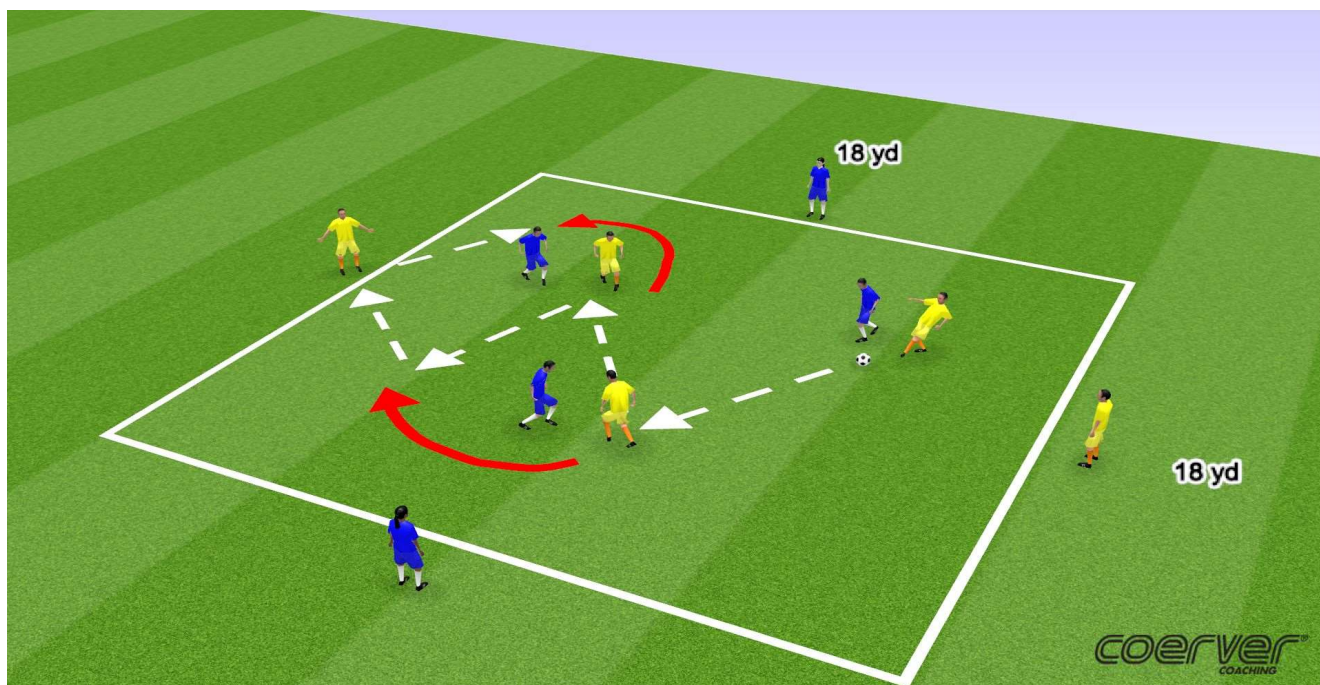
The teams must make a minimum number of passes in the central area before they can release an end player.

**COACH TIP TO PLAYER.**

Look for the forward pass but if it is not on, be patient and keep possession and probe for an opportunity for a *Killer Pass*.



# Overview of Coerver Coaching Team Styles



## PURPOSE:

To improve the Coerver Coaching team styles: **Fast Break Attack** (*Counter Attack*) and **Effective Possession** (*looking for the accurate forward pass as much as possible*) using quick combinations to play the *Killer Pass*.

**SET UP.** In an area 18 x 18 to 30 x 30 depending on numbers of players.

## ACTION.

- One team plays East to West. This team play *Fast Break Attack*.
- The middle players try to pass to their end player and switch places.
- The other team play North to South. This team plays *Effective Possession*. The two end players stay at their ends and try to make a *Killer Pass* to each other.

## COACH TIP TO PLAYER.

- Fast Break end players - move along the line so that you can attack the space when you receive the ball.
- Effective Possession middle players - go wide so that you can create the space for the *Killer Pass*.



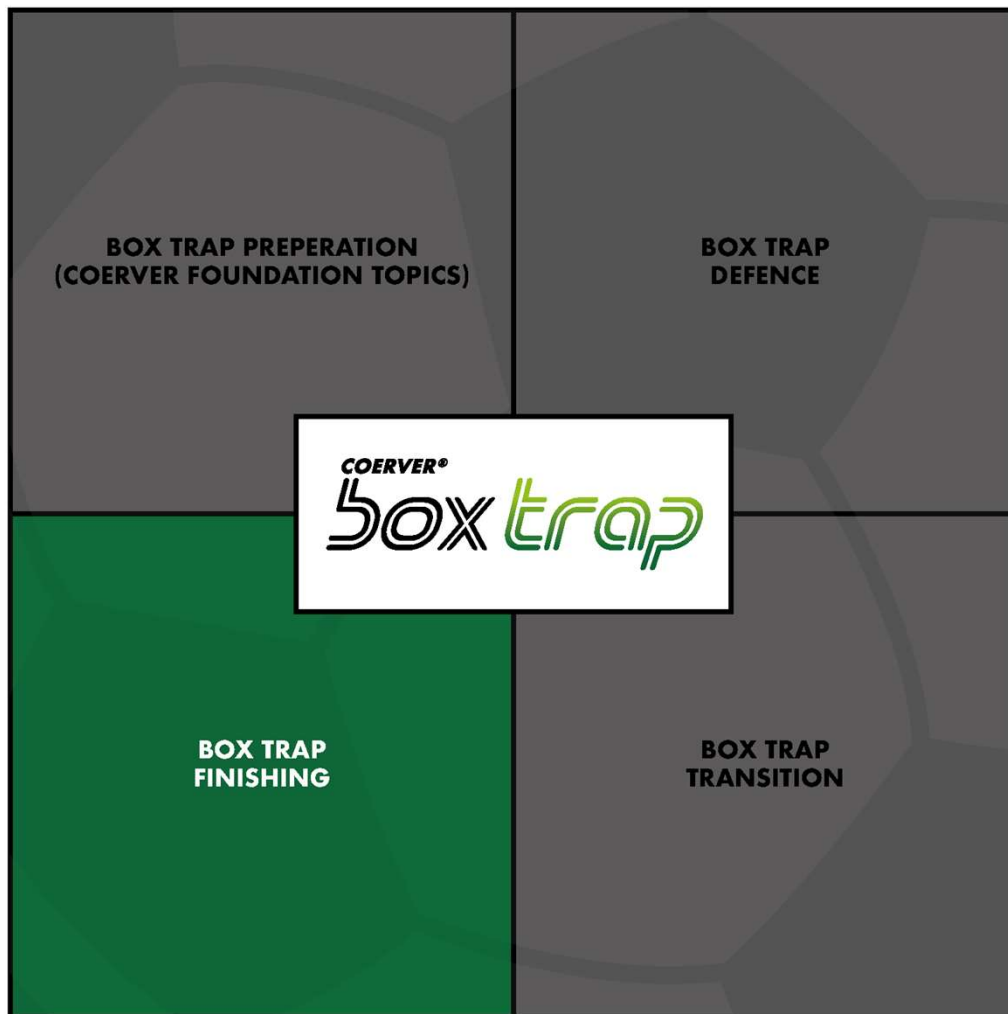
# NOTES



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# PRACTICAL FOUR

# BOX TRAP TRANSITION



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# COERVER® Winning zone

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## BACKGROUND

- Over 95% of all Goals are scored in the Winning Zone.
- Approximately 90% are scored inside and around the penalty area.

We have divided Box Trap Finishing in the Winning Zone into two Parts:

1. Creating goal chances Individually (1 v 1) and in Small Groups (Combination Partners)
2. Converting Goal Chances (Following Statistics that support Fast Finishing).

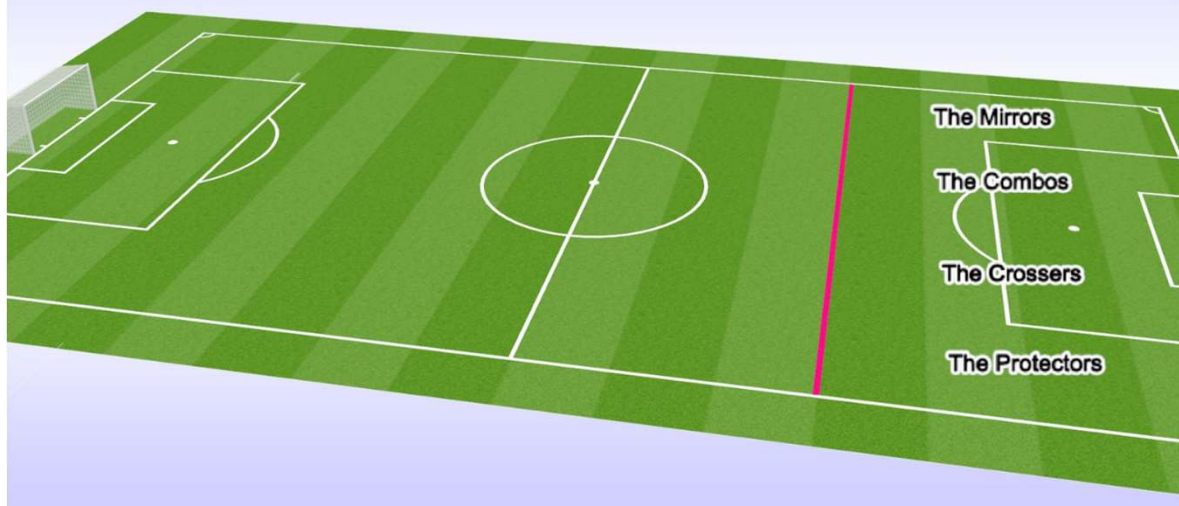


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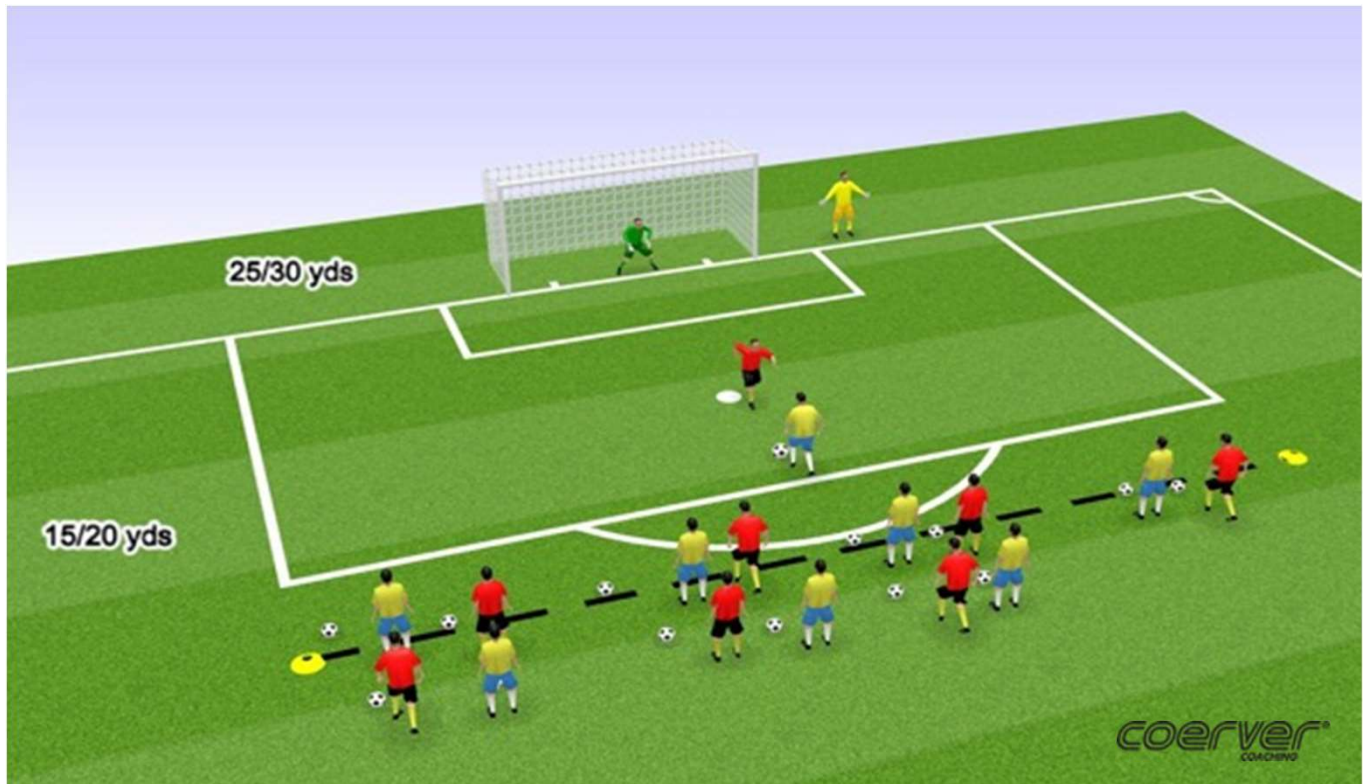
# PART ONE

# CREATING GOAL CHANCES

## The Winning Zone Partners ©2023



**1984 MISSION STATEMENT: DEVELOPING PLATEYS WHO CAN COMBINE EFFECTIVLEY WITH THEIR TEAMATES OR GO IT ALONE (THE VALUABLE OPTION)**



**PURPOSE:** To Improve 1 v 1 Decision Making.

**SET UP.** A full-size goal with one or two goalkeepers (alternating).

Groups of 4 players outside the penalty area. Groups made of two same colour players. Each player with a ball.

**ACTION.**

The first player of the first group dribbles the ball and shoots then defends against the next player in their group who shoots or goes 1 v 1 to create space to shoot.

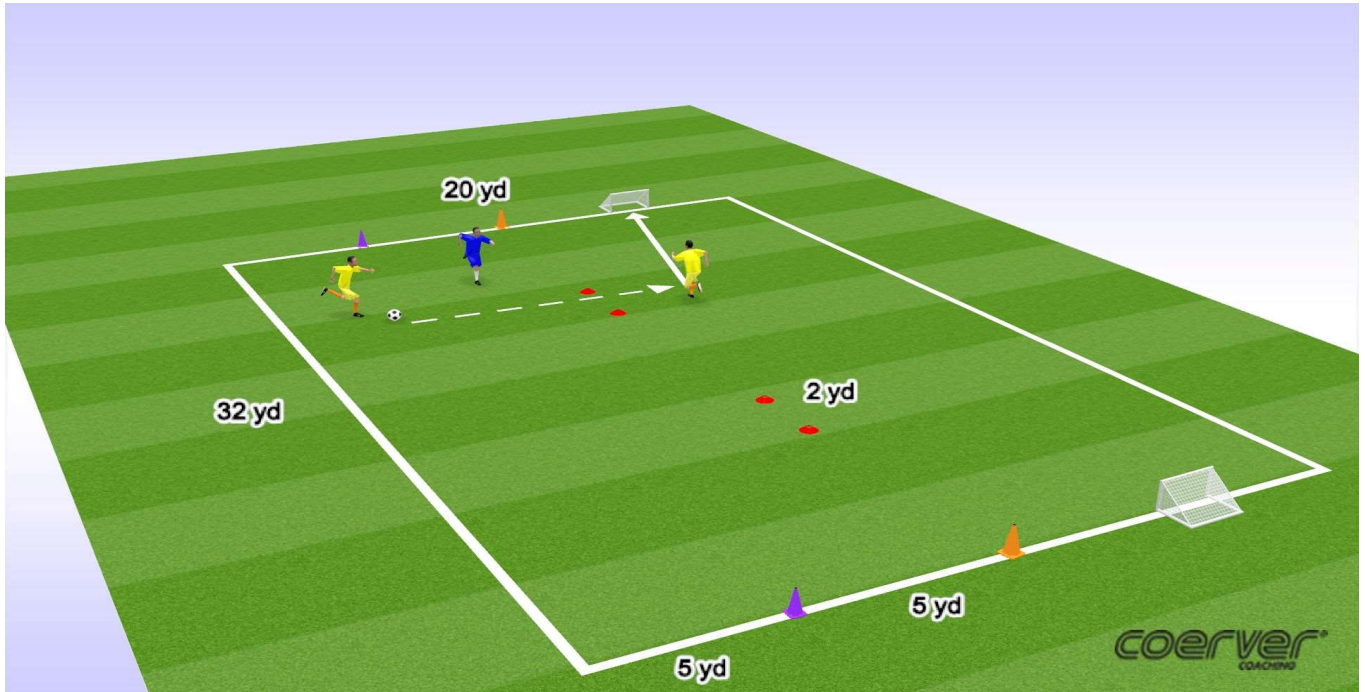
After a shot or defender touches the ball, the next player in that group of four comes on and now makes a 2 v 1. After that shot or defender touches the ball, the final player in that group comes on with the ball and it's 2 v 2. The next group of four then repeats, and the sequence continues.

**COACH TIP TO PLAYER.**

Try and shoot if there is space otherwise create space with a Coerver Move or a combination partner.



## Topic: Crossing Partners



**PURPOSE:** To practice using the Stop/Start & Change of Direction Moves to create space to cross the ball.

### **SET UP.**

In a 32 x 20 yard area, two coerver goals opposite each other, two small 'crossing' gates along middle line. Players in two's take turns to be attacker & defender, striker between the goals.

### **ACTION.**

Attacker starts with ball, defender can not tackle only block cross, defender can not start till attacker has touched ball. Attacker uses his/her Coerver Moves to create space to cross the ball through either gate for striker to shoot first time.

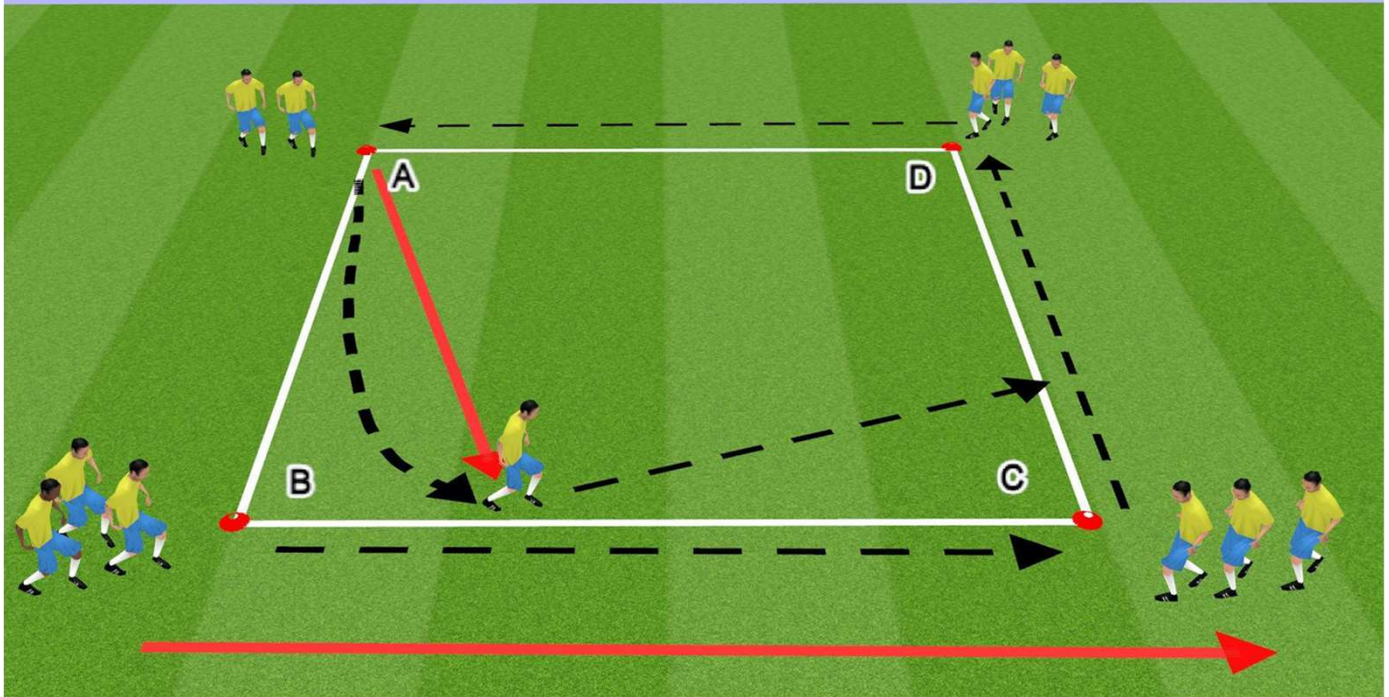
### **COACH TIP TO PLAYER.**

Attacker, eyes up to see where striker is before you cross.



## Topic: Combo Partners

COERVER<sup>®</sup>  
COACHING



**PURPOSE:** To improve fast combinations.

**SET UP.** In a 20 x 12 yard rectangle.

**ACTION.**

**V1:** Player A passes the ball to player B and the A overlaps Player B .  
Player B passes to A as A overlaps. Passes to C.  
Players run to the end of the opposite line that they started facing.  
C now passes to D and overlaps and sequence continues.

**MAKE HARDER.**

**V2:** Now a ball each end.

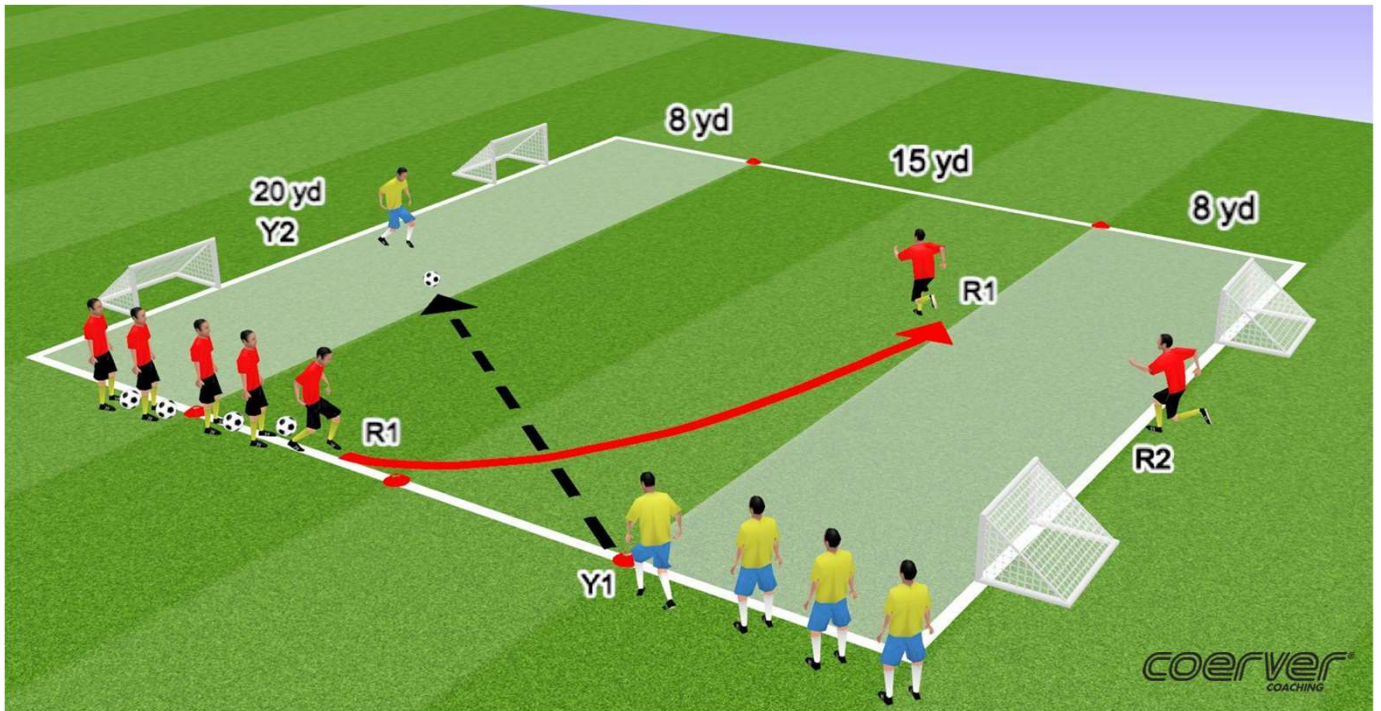
**V3:** Now receiving player uses the Coerver Move Partner instead of the overlap pass.

**COACH TIP TO PLAYER.**

Overlapper time your run and communicate with player with ball at the right time and place.



## Topic: Combo Partners



**PURPOSE:** To improve decision making “Combine or go it alone.”

**SET UP.** A 30 x 20yd field with two mini goals at opposite ends of field with 8 yd shooting zones marked by cones.

Two teams positioned on the same side of the field. Reds, the defenders with a ball each are positioned approximately 6 yards from attackers in yellow.

A second Defender (R2) on the goal line between the goals.

A second Attacker (Y2) on the mid line between the opposite mini goals.

### **ACTION.**

**V1 Start without goals, the attacker or defender have to dribble over the end line**

R1 passes to Y1 and overlaps Y1 to defend the end line.

Y1 passes to Y2 who advances with the ball and Y1 overlaps behind player.

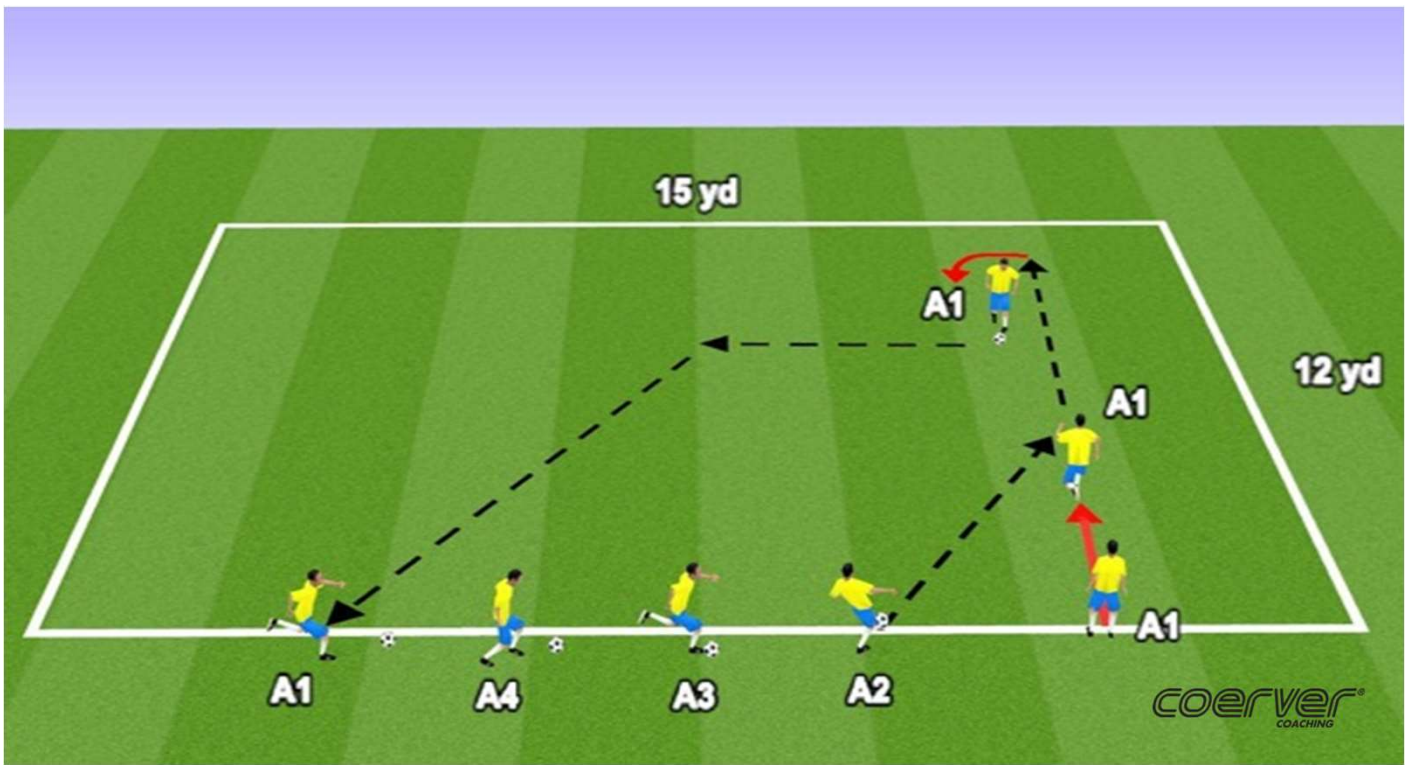
Y2 & Y1 combine to try to score against the 2 Red defenders by running the ball. over the end line. If the defenders win the ball they can score by running over the end line.

**V2. MAKE HARDER.** Add mini goals.

**COACH TIP TO PLAYER.** Use overlaps, wall pass or takeover to create options for the player on the ball.



## Topic: Mirror Partners



**PURPOSE:** To improve the Mirror Moves.

**SET UP.**

Players in 4s. 3 players with a ball, the first without a ball.

**ACTION.**

**V1:** The first player with the ball passes to the teammate without the ball, who takes one touch, turns, then makes a Game Move and accelerates to the end line. The sequence continues.

**V2: MAKE HARDER.**

This time, the passing player becomes a limited-pressure defender.

**COACH TIP TO PLAYER.**

After the move, try and accelerate to the line in one or two touches.



## Topic: Mirror Partners



**Purpose:** To improve Mirror Moves against full pressure.

**SET UP.** In a 15/20 x 15/20 Yard area. Gates made from flags or cones on the middle of each side. Two groups (same colour) face each other between the gates.

**ACTION.**

First player starts as an attacker, first player from the opposite group goes into the middle as defender.

The attacker tries to create space using Moves when they can to pass to their opposite teammate between the gates, scoring a point.

If successful, the defender stays in the middle and the next attacker goes against them.

If defender wins the ball, that group then becomes the attackers and tries to pass to a teammate and score a point.

**COACH TIP TO PLAYER.**

Chose the moves that you are most confident using.



# NOTES



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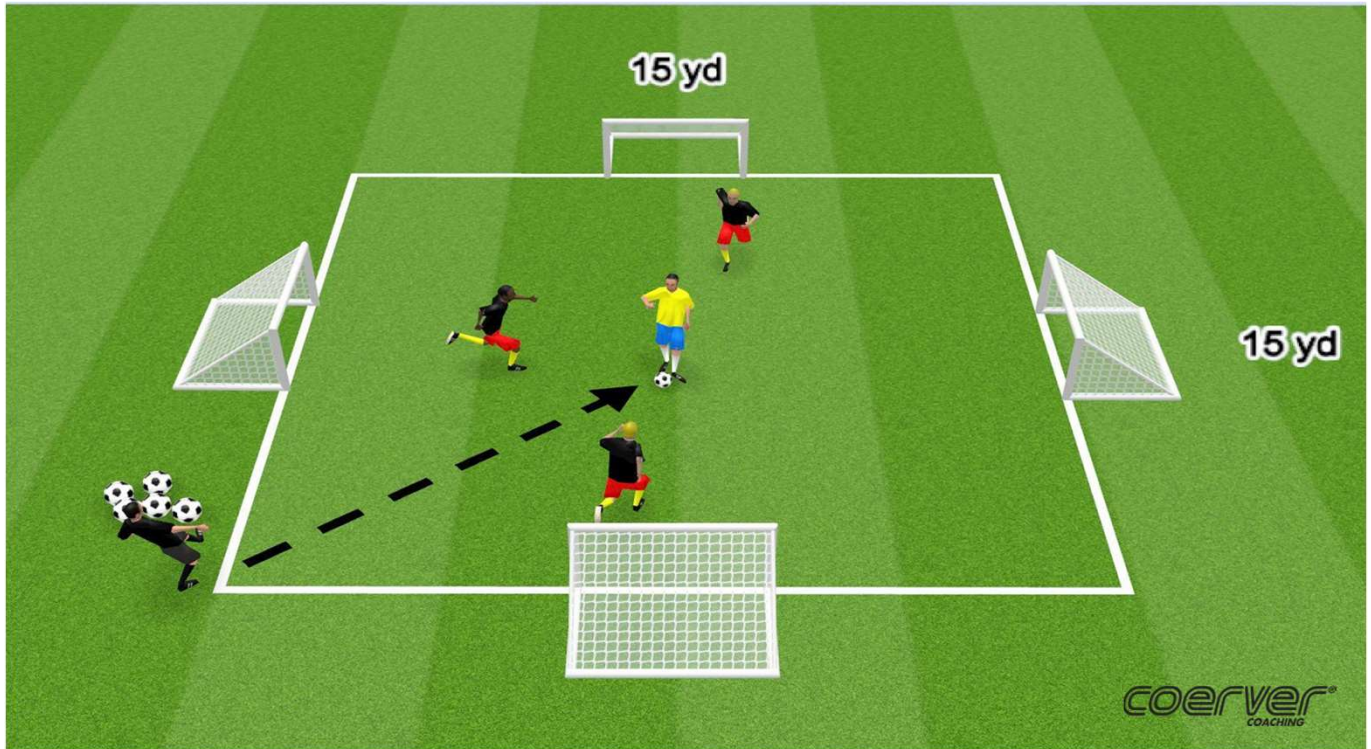
# PART TWO

## CONVERTING GOAL CHANCES

### “FAST FINISHING”



## Topic: Creating Space



**PURPOSE:** To improve creating Space to finish.

**SET UP.**

4 Mini goals in a diamond shape within a 15 x 15 yard square. Coach with 10 balls, 3 defenders protecting the 4 goals, striker in the area.

**ACTION.**

**V1:** Coach passes the ball to Striker who tries to score.

After 10 balls new Striker comes in.

Defenders can not tackle only block shots.

**MAKE HARDER.**

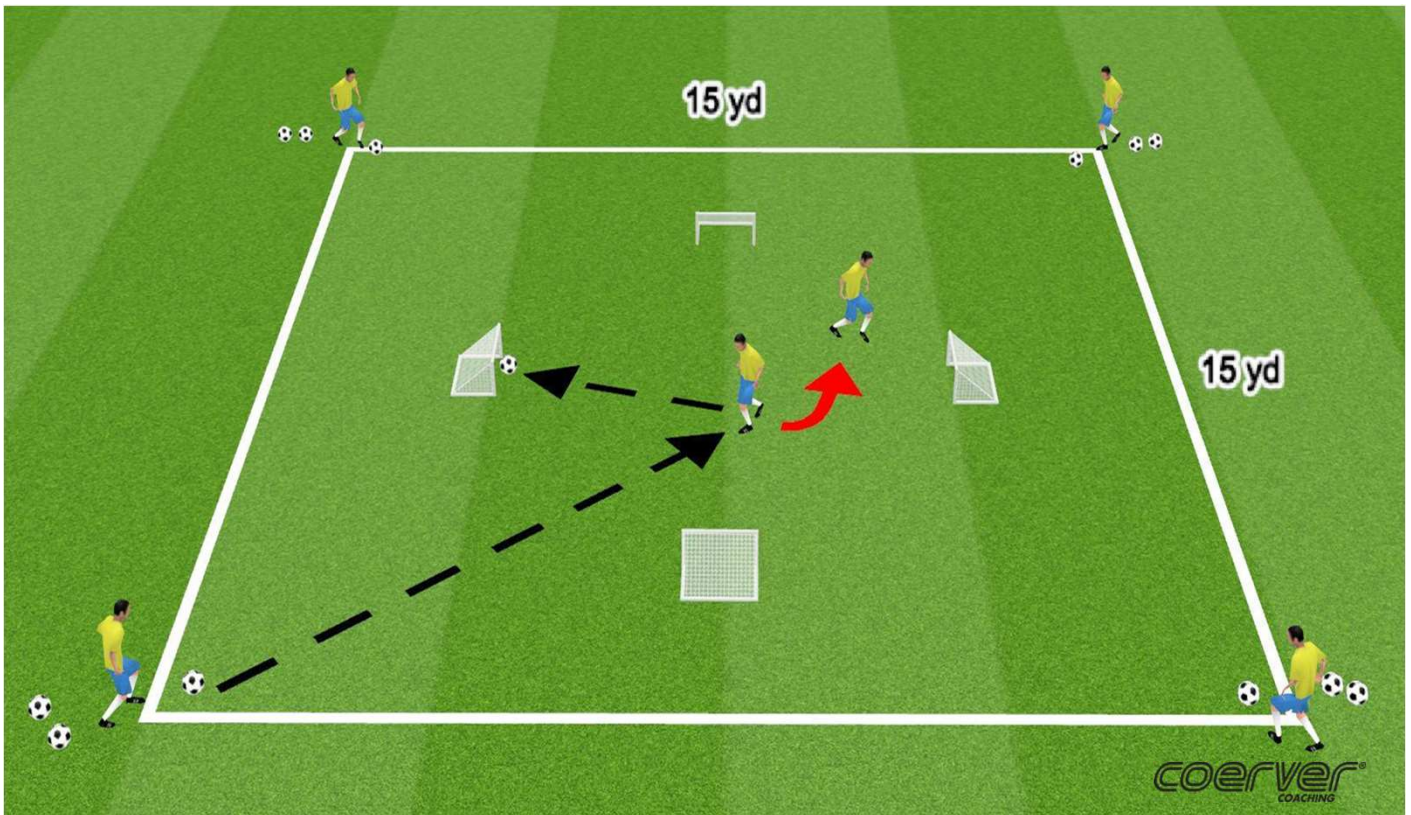
Allow defenders to tackle.

**COACH TIP TO PLAYER.**

Striker, **scan around** see where defenders and goals are, then find the space to receive.



## Topic: Fast Finishing



**PURPOSE:** To improve first time finishing.

**SET UP.** 4 mini goals in a diamond shape within a 15 x 15 yard square.  
A player in each corner with 3 balls each.  
Player in middle as striker.

**ACTION.**

**V1:** Outside players pass in clockwise order to striker to finish **first time**.

**MAKE HARDER.**

**V2:** Passer and striker switch.

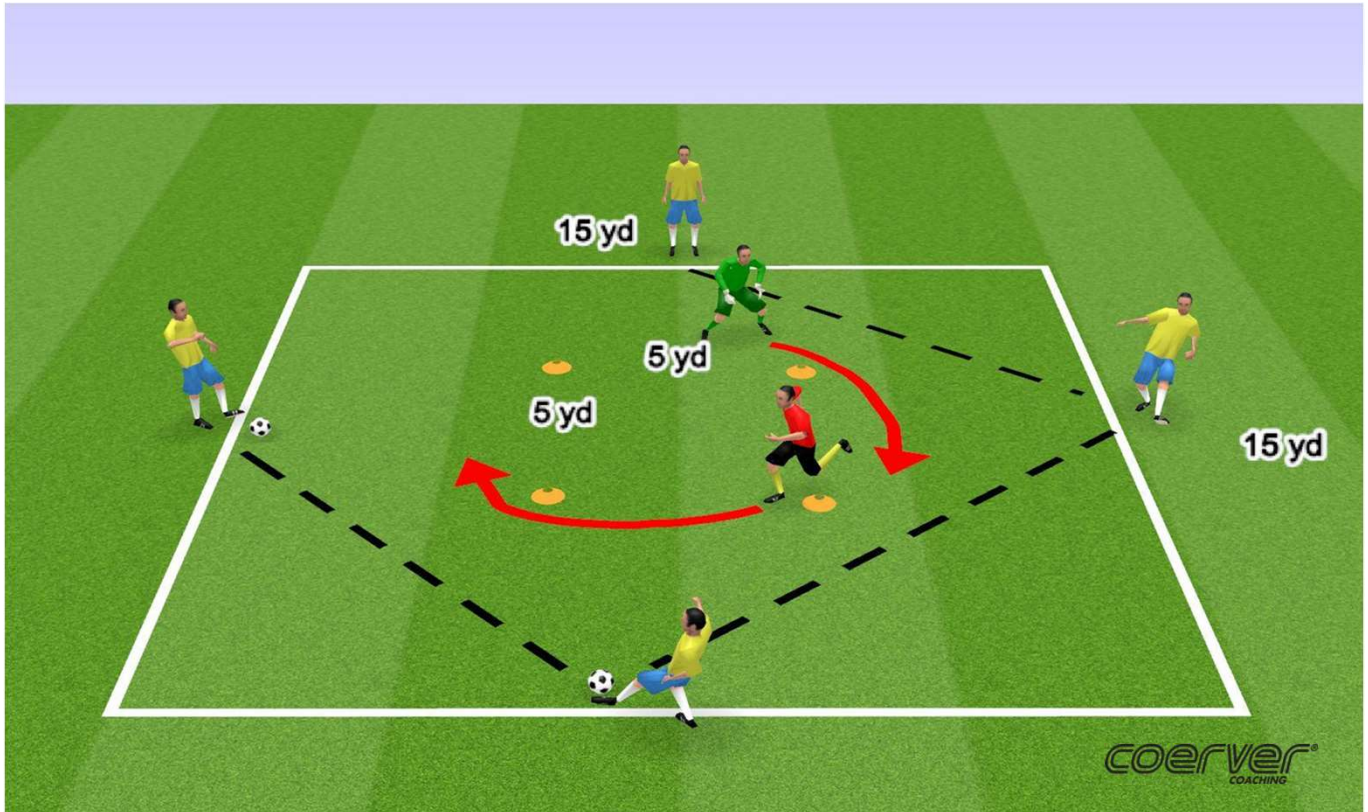
**V3:** End player passes to striker who lays the ball back to the passer to shoot, passer and striker change places.

**COACH TIP TO PLAYER.**

Striker should lean slightly over the ball to keep it low.



## Topic: Fast Finishing



**PURPOSE:** To improve Fast Finishing.

**SET UP.**

A 15/18 x 15/18 yd area with a 5/8 x 5/8 yd box in the middle.

Yellow are attackers and red player and goalkeeper player try and protect the middle box.

**ACTION.**

Yellow team pass the ball using one or two touch passing until one sees opportunity to shoot.

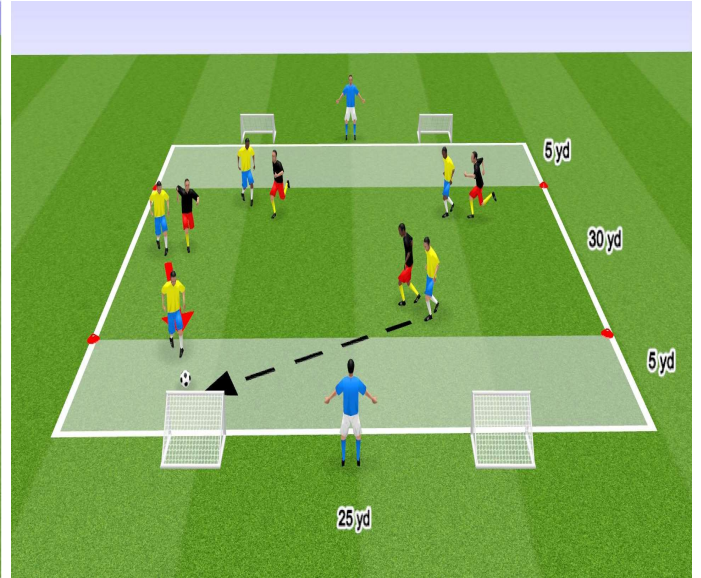
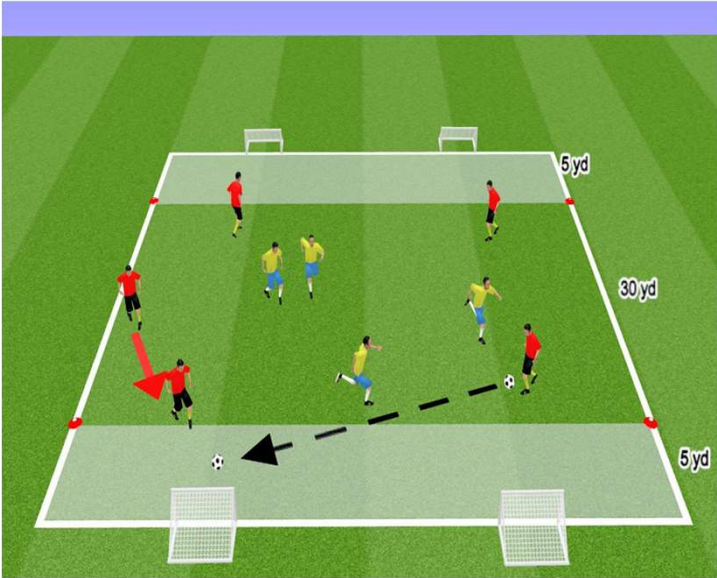
The defender and goalkeeper try and stop the goal.

**COACH TIP TO PLAYER.**

Look up before any shot. Get in the habit of communicating and advising teammates when not in possession.



## Topic: Fast Finishing



**PURPOSE:** to improve fast combinations and the Killer Pass and the Killer Run

**SET UP.** A 40x25yd field. Players play 3 v 3, 4 v 4 in the 30 x 25yd middle zone.

### **ACTION.**

**V1:** After a minimum of 3 consecutive passes, the team in possession can score in either goal by passing into the shooting zone to one of their players to shoot; maximum two touches to score (note: defenders may not go into either end Zone).

Play 3 minute games and keep score.

**V2.** Add an extra neutral player who plays with the team who has the ball.

### **MAKE HARDER.**

**V3:** Shooter must score with their first touch.

**V4:** Add Wall passer.

### **COACH TIP TO PLAYER.**

Attackers: try to stay outside and don't enter the shooting zone until the pass is made.



## Topic: Fast Finishing



**PURPOSE:** To improve Fast Finishing.

### SET UP.

A 30 x 30 yd area with 4 small goals on each side.

Red team plays E & W and has two players positioned either side of their two small goals.

Yellow play N & S and also have two players positioned by the side of their two goals.

### ACTION.

**V1:** 4v4 in the middle. The perimeter players by the goals only have one touch each time they play the ball and try to set up their team mates to score with a first time shot . Only goals scored with first time shots count. 3 min games. Rest Repeat.

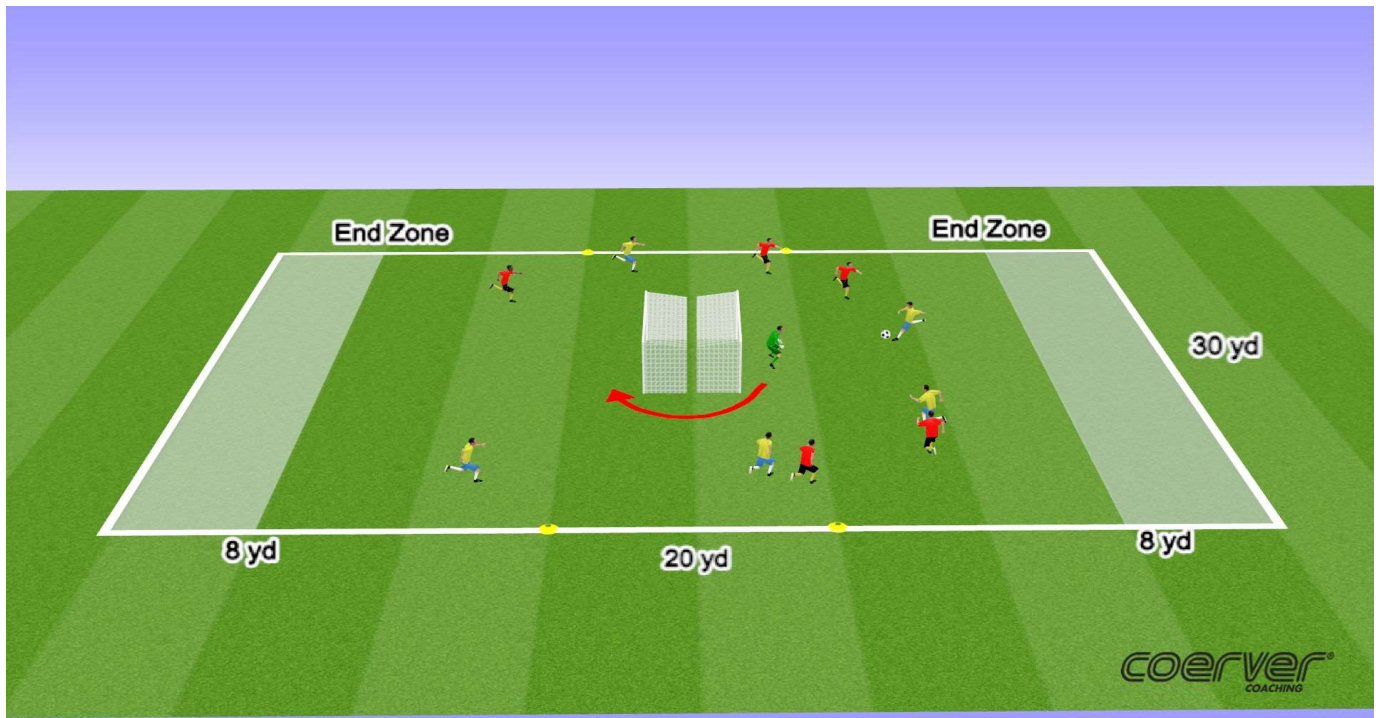
**V2: MAKE HARDER:** Only one Wall Passer at each goal

### COACH TIP TO PLAYERS.

Striker time your run and focus on the accuracy of your shot.



## Topic: Fast Finishing



**PURPOSE:** To improve first time finishing.

### SET UP.

5 v 5 (players around both sides of goal) 36 x 30 yard area.

Two goals back to back in middle.

Around the goals a box marked by 4 cones 12/15 x 12/15 yards.

Two end zones 8 yards long and 30 yards wide.

One Goal Keeper defends both goals.

### ACTION.

Player can only score with a first time finish within the box around the goal. Outside the box touches are unlimited. If Player takes the ball into the end zone no opponent can go into that zone. Player can only stay in end zone up to 5 seconds.

### COACH TIP TO PLAYER.

Attackers follow up shots by teammates.

Teams use the end zone to keep possession and start attacks.



# NOTES





**ONGOING SUPPORT FOR  
YOU, YOUR PLAYERS, YOUR  
TEAM & YOUR CLUB**



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# BE PART OF THE COERVER500

Our new Coerver® Partner Club programme is a fantastic way for us to share almost 40 years of experience. We will do this with unrivalled online resources, session plans, skills platforms, coach education webinars and team training sessions.

Our Coerver500 members also have VIP access to live and recorded webinars with some of the top world class managers and coaches. We are really excited about this new support package we provide to our clubs. A chance to be part of a global network, to support the growth of your clubs players & coaches..



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# PROGRAMME DETAILS

## Coach Education

- A series of webinars on our in-house coaches academy platform.
- Online partner club platform of drills, skills and sessions.
- VIP webinar series with top presenters and guests.
- Live Coach Education clinics are your club

## Team Training

- Coaching sessions for your teams spread over the season.

## adidas Benefits

- Optional Access to our adidas Lockerroom for discounted teamwear and equipment.

## Online Platforms

- Access to our brand new Players homework platform - Skills@Home.
- Access to our Global Partner Club platform for coaches.

## Camps/ Special Clinics

- Optional camps and special clinics for your club.
- Access to opportunities and training:
  - High performance
  - Pro
  - Coerver® Extra.

## Branding Opportunities

- Access to Coerver® Partner Club graphics.
- Social and Marketing partnerships with Coerver® /adidas.



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# SET UP A MEETING TO DISCUSS HOW WE CAN HELP YOUR CLUB

CONTACT our Technical Director Joe Jones

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