



Ballymoney United Youth Academy
Coerver Based Sessions
2013/14





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| Group | Under 9's | Session | 1 |
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Session Objectives:

- To improve confidence on the ball
- To be able to use a range of techniques to retain possession



Inside and Outside Hook

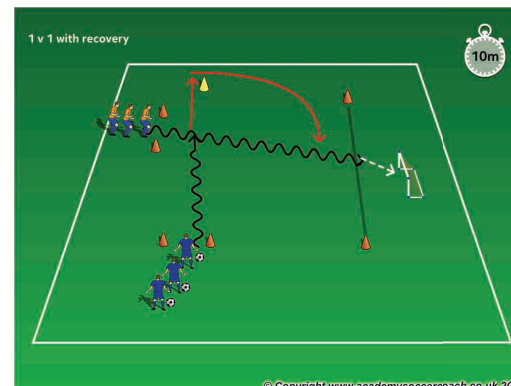
| Warm Up | Passing | 1v1 | SSG |
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- Coerver Moves**
1. movement side to side to cone w/o ball
 2. movement to cone with ball using outside of foot
 3. facing cone using toe taps, go forwards and backwards, figure of 8
 4. step ups
 5. push pull
 6. drag and back flick
 7. w shape
 8. foot on ball hop around on ball of other foot
 9. two bounces then step over
 10. dribble through cones in your row/ coach signal change of direction
 11. perform skill on coaches call move to next row quickly



Numbers Keep Ball
 Players given number each and pass the ball in that sequence, focus on movement into space after pass. Introduce on call of number that player enters opponents area and tries to intercept ball. Play for either set time with spare balls on side or give point to team who intercepts first.



1 v 1 with recovery run
 blue player starts with ball and dribbles towards yellow cone, once they are inline with orange team they stop ball for orange player to come out and collect ball. Orange player then dribbles towards goal and is allowed to shoot when they reach the orange line. Once blue player has set ball they sprint around yellow cone to apply pressure on orange player. Rotate roles after each rep.



3 v 3 Reverse goals
 players start on opposite cones and on call three players from each team enter the area. Play for set time. if balls leaves area coach restarts play. Work on combination play. Progress to scoring with one touch finish.

Progressions/ Evaluation

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| Group | Under 9's | Session | 2 |
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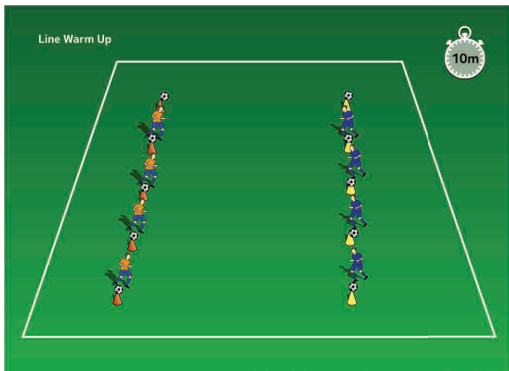
Session Objectives:

- To improve speed and dribbling technique
- To develop shooting technique and select between power or accuracy

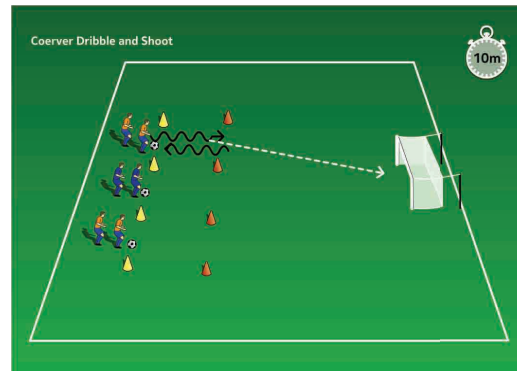


Matthews and Cryuff

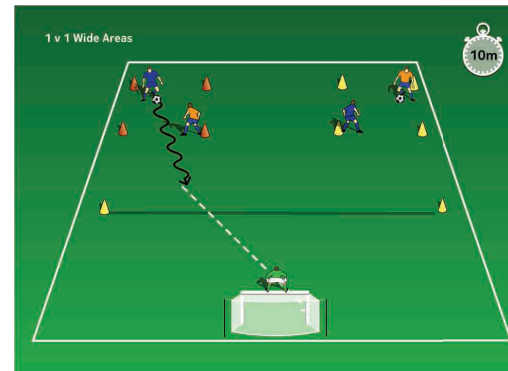
| Warm Up | Dribbling | 1v1 | SSG |
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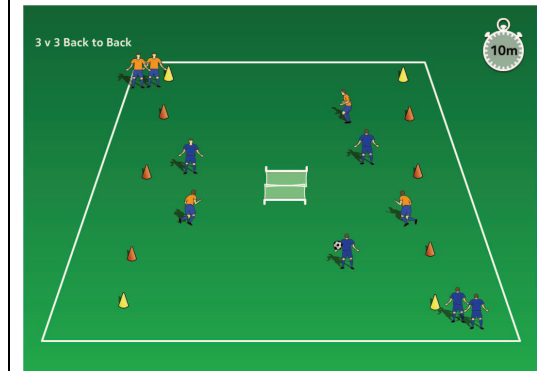
Line Warm Up
 1. On coaches call players swap sides w/o ball, then with ball
 2. As 1 only not allowed to go directly opposite w/wo ball
 3. players dribble in through cones on own side
 4. All players start at bottoms cones, dribble to first cone then meet opposite player in middle perform a turn then come out working up the line.



Coerver Dribble and Shoot
 First play in line dribbles to orange line performs turn and goes back to yellow line before performing another turn and then sets to shoot. First player to score is the winner.
 Progressions: Coach calls turn - set number of turns - specify foot that you use to dribble and shoot.



1 v 1 in Wide Areas
 Blue player starts with ball inside 10 x 10 square, they must beat orange defender who is restricted to staying within grid. Once blue player gets outside grid they set to shoot before yellow line. Once complete orange player on other side performs same sequence. rotate defenders and players also work on shooting from both sides.



3 v 3 Back to Back goals
 players start on opposite cones and on call three players from each team enter the area. Play for set time. if balls leaves area coach restarts play. Work on combination play. Progress to scoring with one touch finish.

Progressions/ Evaluation



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| Group | Under 9's | Session | 3 |
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Session Objectives:

- To improve dribbling and awareness of space
- To improve decision making within game

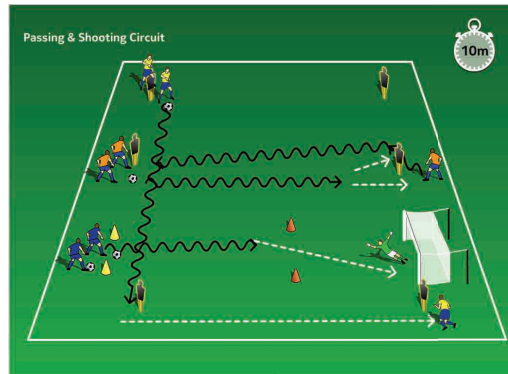


Stop Turn and Drag Back

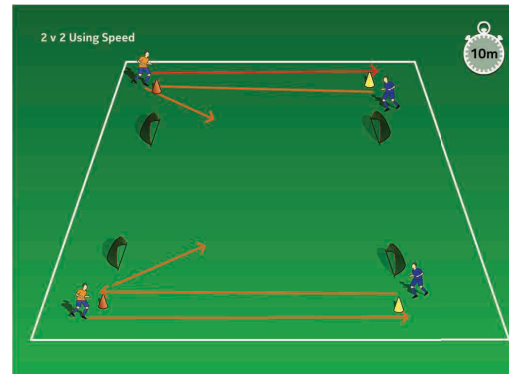
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| Warm Up | Awareness | 2v2 | SSG |
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Warm Up - Dribble & Touch
 Players jogging around grid performing range of movements. Each player goes to cone and stays at cone with ball, perform a range of coerver moves such as step ups, toe taps, push pull, w shape, pass ball around cone. Take ball and dribble around area. Coach calls colours and you must dribble past that colour.



Passing & Shooting Circuit
 Blue players line up facing goals, on call first blue player dribbles and shoots before reaching cones, at same time orange player dribbles across grid and plays a wall pass and set with other orange player. Yellow player dribbles with ball across area and passes ball to next player. They then dribble around grid to corner.



2 v 2 Using Speed
 Players start in corners, on call players sprint around opposite goal and back to own goal. coach then passes ball into grid and players play 2 v 2 trying to score into either of their opponents goals. After goal or when ball goes dead coach passes another ball in. Play for set time or set number of goals.



5 v 2 Possession Game
 Split into two teams of 5, 3 players on outside of grid and the other two in the middle, the two middle players work with their supporting players to retain possession. If ball is intercepted coach plays ball into other grid and other team must retain possession. Rotate roles regularly.

Progressions/ Evaluation



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| Group | Under 9's | Session | 4 |
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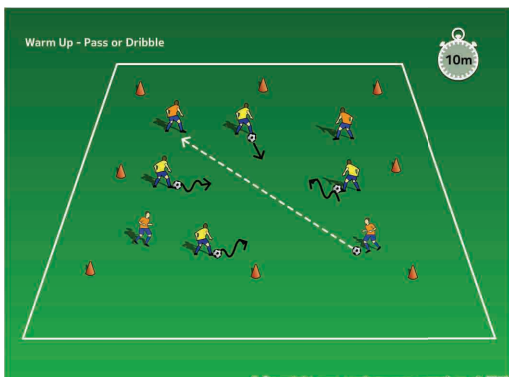
Session Objectives:

- To improve passing technique
- To be use speed and skill to beat an opponent

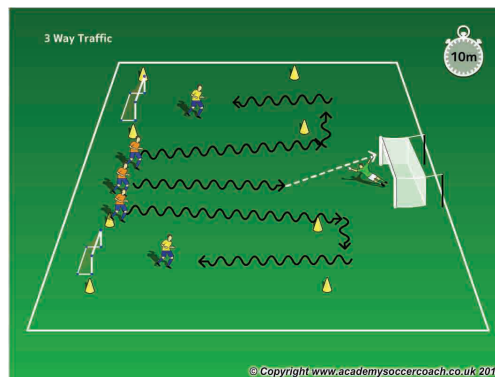


Step Over and Scissors

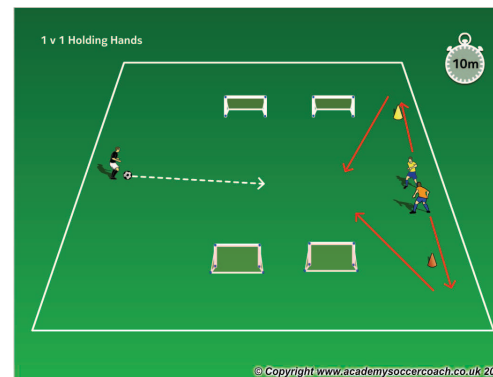
| Warm Up | Shooting | 1v1 | SSG |
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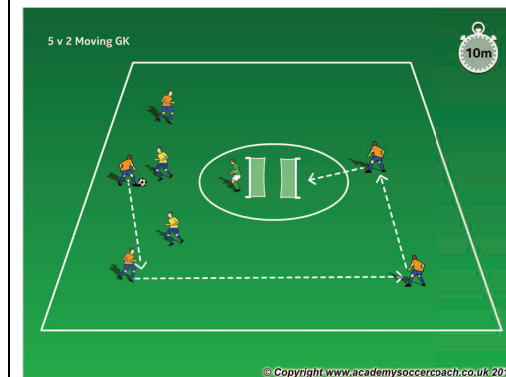
Warm Up - Pass or Dribble
Orange players play possession game under pressure from yellow team who are dribbling ball trying to close the space down. Rotate roles and then limit amount of touches.



3 Way Traffic
3 orange players start together, player in middle dribbles and shoots prior to cones, two wide players dribble around cone and then play 1v1 against yellow defender into small goals. Rotate roles every couple of repetitions.



1 v 1 Holding Hands
players hold hands on coaches call of go they release and run around cones in corner to enter middle to play 1v1 to score in either of opponents goal. Progress to 2v2 where player 2 starts at cone in corner.



5 v 2 Moving GK
Orange team of 5 start with ball and must make 5 passes before they can shoot, yellow team need to make one pass before they can shoot. Both teams can score in either goal but are not allowed inside gk area. Goalkeeper moves between goals. Rotate roles as necessary.

Progressions/ Evaluation





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| Group | Under 9's | Session | 5 |
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Session Objectives:

- To improve combination play and awareness of space
- Decision making and beating an opponent

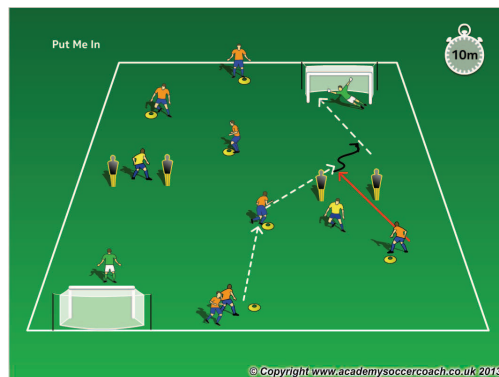


Inside and Outside Hook Twist

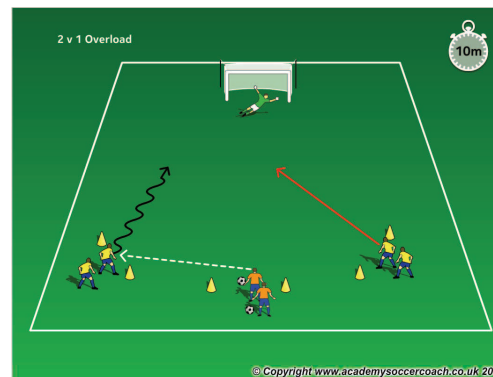
| Warm Up | Finishing | 2v1 | SSG |
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Warm Up ABC's
Working with partner try and catch them within grid, how many times can you catch your partner with 30 seconds?, swap roles then challenge someone else. Progress to adding a ball, pass then run around cone to come back into grid, can we play one touch?



Put Me In
Orange player starts with ball and passes it in to either striker, they take touch and try to play other striker in. Player who takes shot joins back of other group. Rotate players and change defenders regularly.



2v1 Overload
Player in middle passes to any of one of the player at start of other line. they then join with this player to play as a 2 against the player from the start of the other line.



4 v 4 Multi Goal
Split group into three teams of four, play starts when one of the goalkeepers rolls a ball into team who try to score in one of the other three goals. Adjust balance of teams if necessary for success.

Progressions/ Evaluation



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| Group | Under 9's | Session | 6 |
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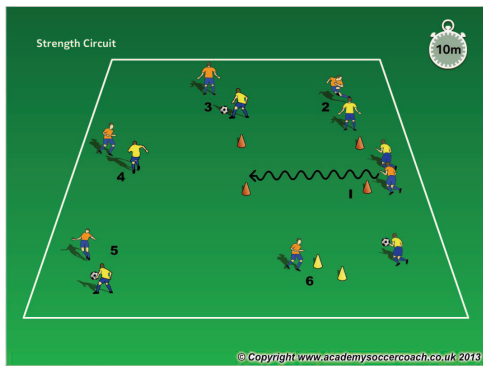
Session Objectives:

- To improve strength and conditioning
- To focus of quality of pass and using support players

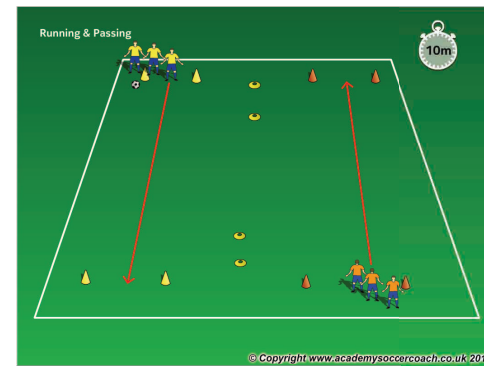


The 'L' and 'V' Shape Turn

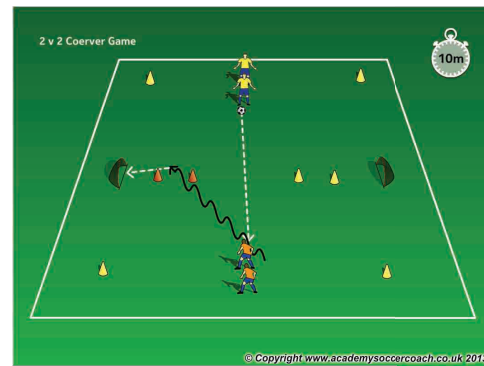
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| Warm Up | Passing | 2v2 | SSG |
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Strength Circuit
 1. Toe taps to cones then dribble back, 2. Side plank, 3. Balance on right volley with left, 4. front plank, 5, Balance on left volley with right, 6. S shape then head. (20 seconds each station)



Running & Passing
 Start with basic sprinting, then introduce dribbling at speed working on big touches out in front. Progress to Yellow player dribbling ball towards yellow cones and when they are near they pass to orange player through the small yellow cones.



2 v 2 Coerver Game
 Yellow team start with ball and pass to player at front of orange team, both teams enter field of play, only methods of scoring are by going through cones prior to shooting or by passing through cones for your partner to score with a first time finish.



7 v 6 SSG
 GK starts with ball on endline and passes ball out for orange team to attack, they play as normal. If yellow team get possession that can attack either of small goal that are unguarded. Can we vary between short and long passes? can we give options? can we play first touch?

Progressions/ Evaluation

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| Group | Under 9's | Session | 7 |
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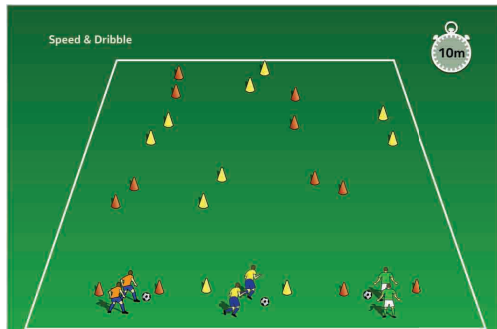
Session Objectives:

- To improve running speed agility and quickness
- To be able to use a range of techniques to beat opponent

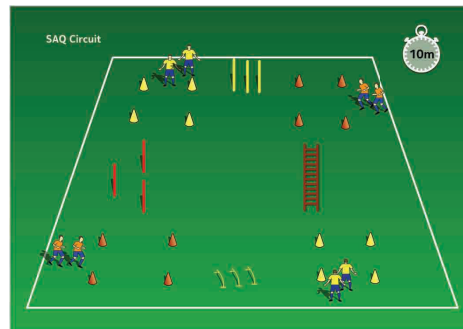


Ronaldo Chop and Maradona 360⁰

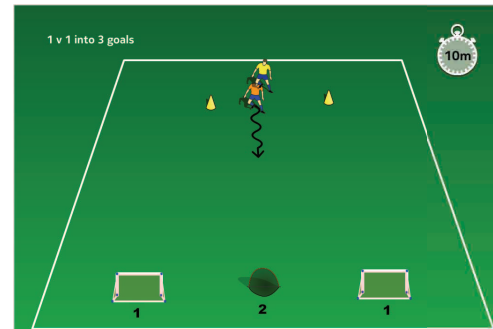
| Warm Up | SAQ | 1v1 | SSG |
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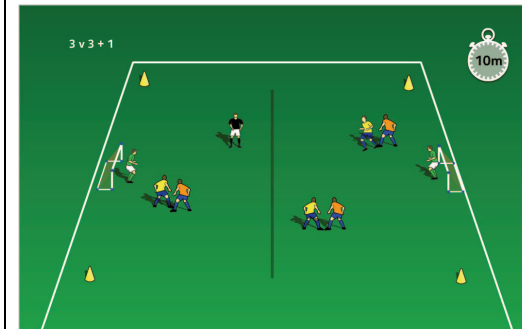
Speed and Dribble
On coaches call first player from each team must sprint through number of gates called out by coach. Introduce ball and the players now dribble through set number of gates. Progress to going through cone performing a turn and then coming back out.



SAQ Circuit
Start from bottom left, orange player sprints across to tag yellow player who sprints, complete circuit until all players are back in starting position. Progress to dribbling, then add SAQ first play hurdles then tag yellow who does through ladder, then quick feet through posts and finish with zig zags. Final repetition add ball player dribbles to equipment passes ball to player at start of next group before going through SAQ.



1 v 1 into 3 Goals
Orange player starts with ball and dribbles into area followed by yellow player. The orange player stops ball for yellow player to take over and they play 1v1. Middle goal gets 2 points and you get 1 point for wide goals. Progress to players starting on cones then pass to coach to switch and then play 1v1.



3 v 3 plus 1
Play 3v3 with floating player 'Messi,' teams aren't allowed over half way line so as to create 2v1 or 3v2, Messi also not allowed to dribble across line ball must be passed. Rotate roles and overloads regularly.

Progressions/ Evaluation

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| Group | Under 9's | Session | 8 |
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Session Objectives:

- To focus on angle of support and quality of pass
- To be able to use a range of techniques to retain possession

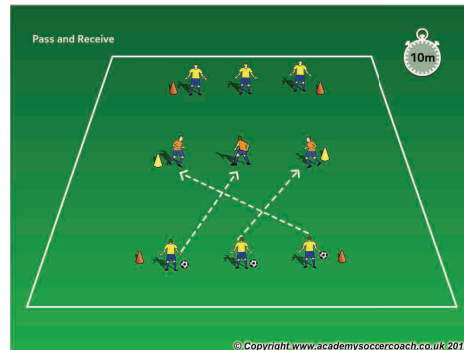


The figure of 8

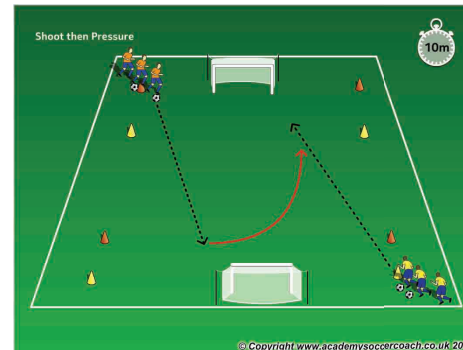
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| Warm Up | Passing | 1v1 | SSG |
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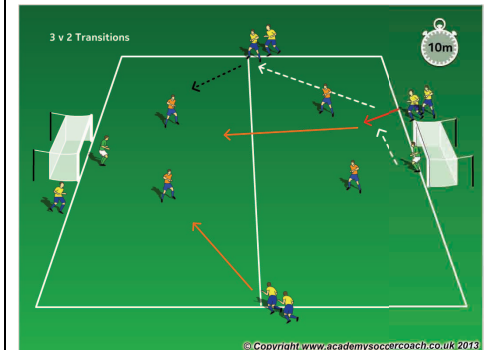
End Zone Tag
 Players jog inside grid trying to avoid the two taggers, if you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.



Pass and Receive
 Yellow players start with ball and pass to orange player in middle who takes a touch and passes to yellow player on other side. Coach pace of pass, direction, player dropping off then coming to receive, open position. Progress not allowed to pass straight. Working on yellow pass to yellow bouncing ball off orange player. Rotate roles.



Shoot then Pressure
 Orange player starts with ball and dribbles up to orange line and then shoots, as soon as they shoot yellow player starts an attack on goal and orange player must come across to put pressure on yellow player. Drill continues that everytime you shoot you have to defend.



3 v 2 Transitions
 Goalkeeper rolls ball out to first yellow player who passes to either wide man, they join together as 3 attackers to take on the two defenders. They play until they score or play goes out of play. Game resumes from other side by gk rolling ball out to yellow player.

Progressions/ Evaluation