



# Teaching “Special Player” Skills





*Coerver® Czech Director – Tomáš Klečka*



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**COERVER®**  
COACHING



**TURN IT**



**OFF**





*Instructor*

*Alf Galustian - Coerver® Co-founder*



*coerver*<sup>®</sup>  
COACHING



***Taught At The World's  
Top Federations &  
Clubs For Over  
30 Years...***







# Elite Coach Education at 15 of the 20 Premier League Clubs







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COACHING



# Lecture 1 Part 1

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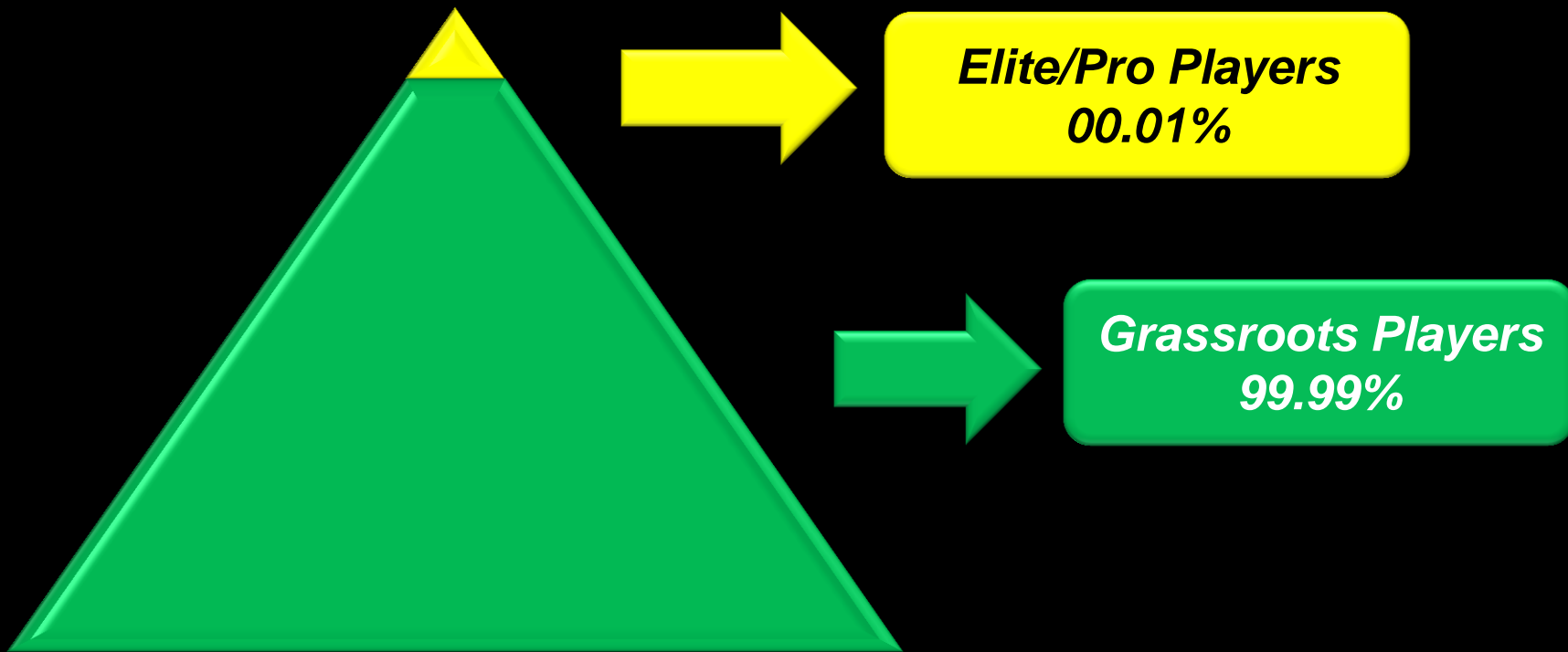
***“It’s not that I know;  
I believe  
(experience/philosophy)”***



# Course **Goal:**

*To expand your knowledge  
of the 1 v 1 topic*

# Who For?...



# Module Handbook

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## The COERVER® Coaching 1 v 1 Curriculum

### Moves Pyramid©2003

#### Changes Of Direction

Used to shield the ball and to turn into space

#### Stops & Starts

Create space by using changes of pace

#### Feints

Create space to either side of an opponent so that you can shoot, pass or run with the ball



*"While I was Technical Director of the French Federation, I invited Alfred Galustian to work with our National and Regional coaches at our National Training Centre at Clairfontaine and around the country.*

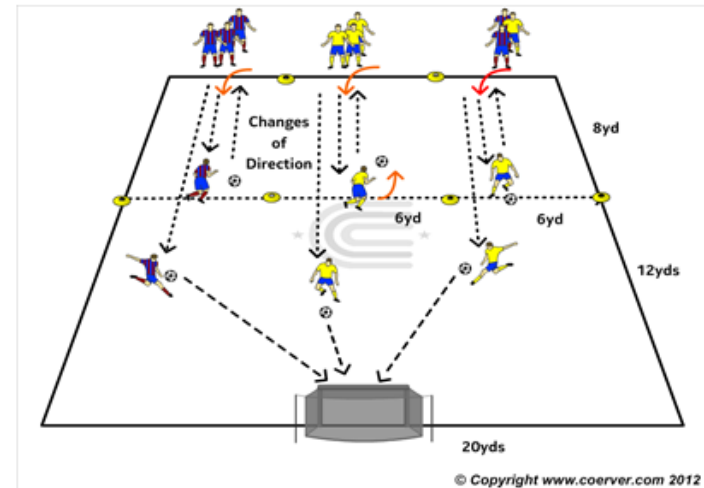
*I asked him to focus on skills, especially 1 v 1, as taught in the Coerver® Coaching Programme. The influence of this in France has continued to this day, and, in my opinion, has been a big factor in producing many of our new rising stars".*



**Gerard Houllier**  
Former Technical Director  
FIFA World Cup™ Champion  
France - 1998

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## Change Of Direction - Drill 1



**PURPOSE.** To improve change of direction speed through competition.

#### SET UP.

Three teams of three or four players at the end of each 8 x 8 yard grid with a goal in the middle of the end line at the opposite end from the teams.

#### ACTION.

On the Coach's signal, a player from each team dribbles to the end of the grid and make the first of four Change Of Direction moves on each end line. Once the fourth Change Of Direction has been completed, the players dribble out of the grid and look to shoot at goal. The First player to score wins.

Change Of Direction Moves to be used are:

1. Inside Cut.
2. Outside Cut.
3. U turn.
4. Hook Turn.
5. Step on.

#### COACH'S TIP.

This can be an "Individual Test" for each player as well as a team competition. Each player makes the move as often as they can in a set time, Coach counts number of 'good' moves.

#### PLAYER'S TIP.

Turn with one Touch, "Eyes Up" before you Shoot.





# *What Is Coerver® Coaching?*





COERVER<sup>®</sup>  
COACHING

THE WORLD'S  
**NO.1**  
SOCCER SKILLS  
TEACHING METHOD



**WIEL  
COERVER**



**ALFRED  
GALUSTIAN**



**1984**



**CHARLIE  
COOKE**





# 1. A Global Soccer Education Company (Founded In 1984)





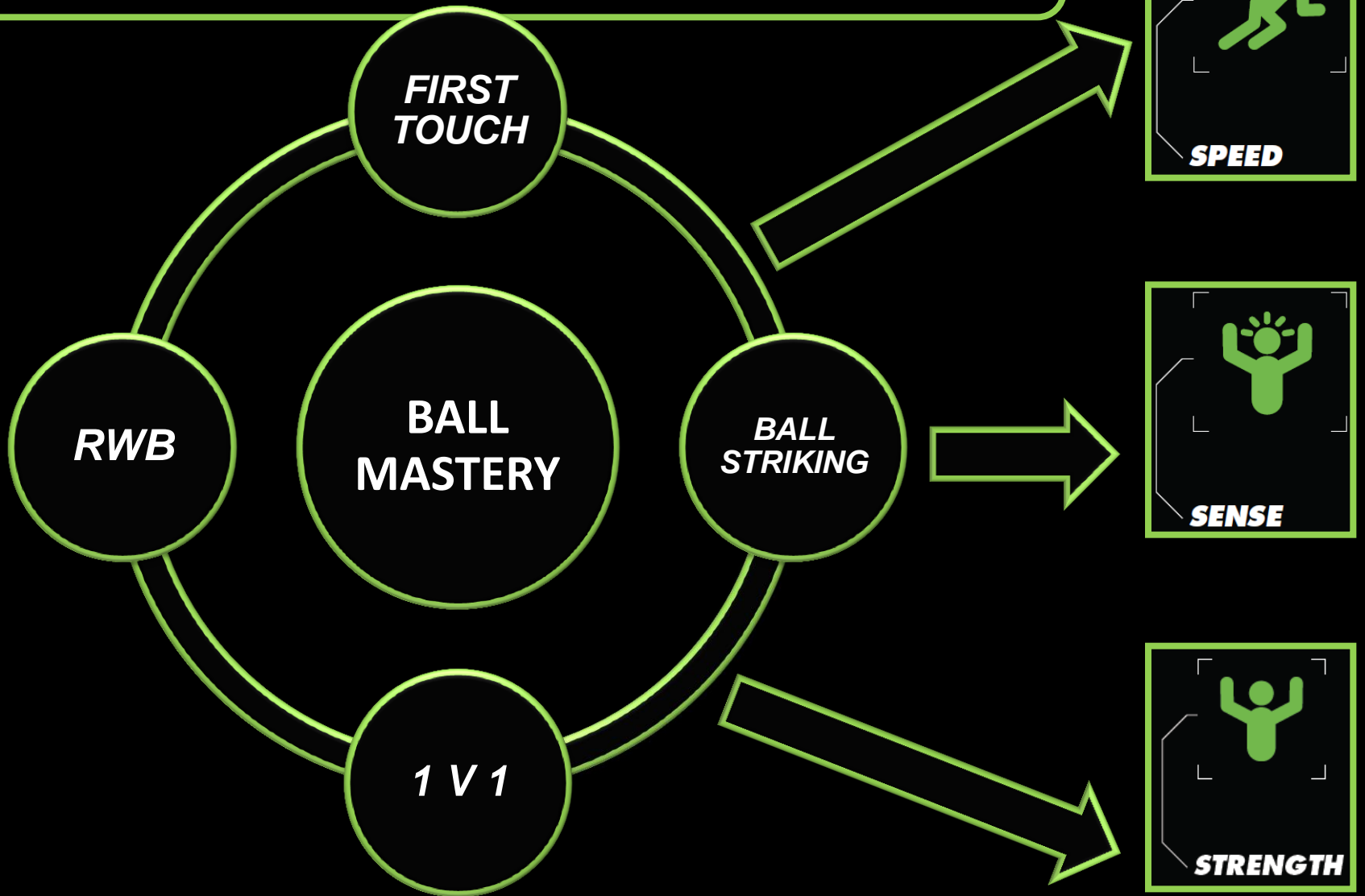


## 2. A Coaching System (Evolved Over 30 Years)



***“Coerver Evolution”***

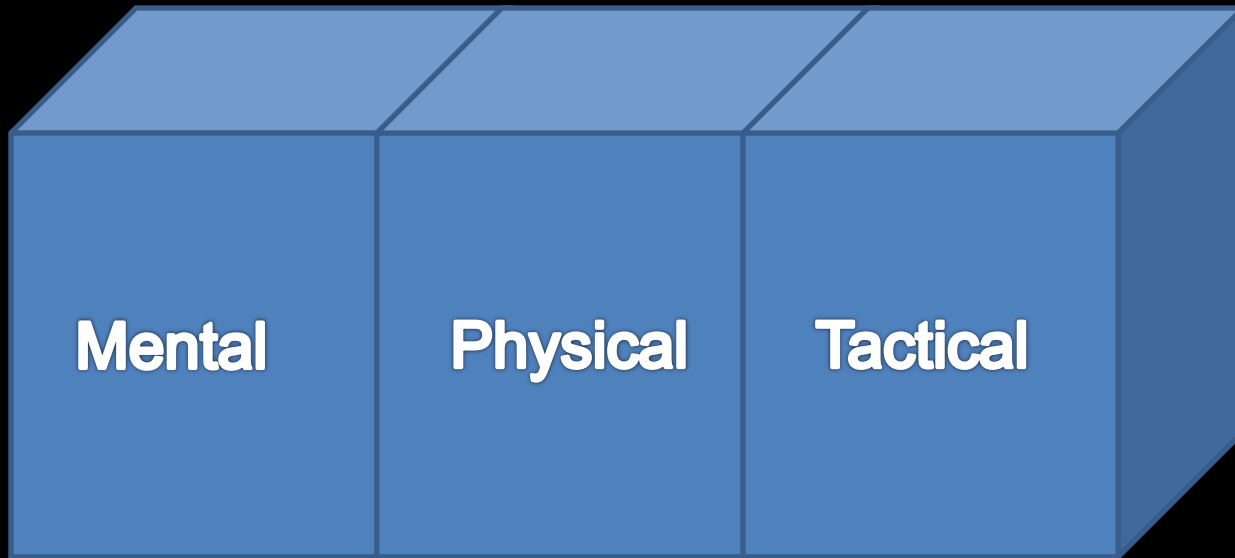
**1984 > 2013**





# *The Importance of the 1 v 1 topic*

# *1 v 1 Value*



# ***Mental***

## ***Improves:***

- ***Confidence***
- ***Concentration***
- ***Creativity***



# *Physical*

## *Improves:*

- *Coordination, Flexibility, balance*
- *Provides Football relative fitness training*
- *Fast feet*
- *Quad muscle building*

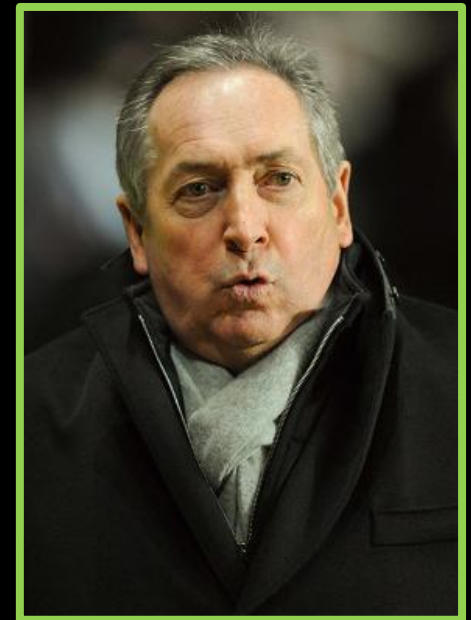
# *Tactical*

*In an era of packed defences, 1 v 1 is the one topic that can destroy the shape/organization of any formation*

# Expert Opinions...



***“1 v 1 is a “special”  
player quality, we  
need more such  
players in the game”***



**Gerard  
Houllier**

**“1 v 1 Players can *make the difference in the game.***  
***In these days of packed defences; every team needs such players”***

***Vicente Del Bosque***  
**Head Coach**  
**Spain National Team**



***“1 v 1 Skills is a must for all players to learn. It’s not just a trick, there is a purpose.*”**

***Robin Van Persie***

*“I wish I had had an expert coach in 1 v 1; It would certainly have made me a better player, and I have no doubt I would have scored more goals”*

*Jurgen Klinsmann*





# *The Difficulty Of the 1 v 1 topic*



➤ *Messi Played in **11** Champions League Games in The 2012-13 season*

➤ *Messi attempted to beat an opponent in a 1 v 1 situation, **51 times during 11 games***

➤ *Messi beat his opponent **19 times** giving him a **37.25%** 1 v 1 skill conversion ratio*



© Action Images



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***What To Coach?***

***How To Coach?***

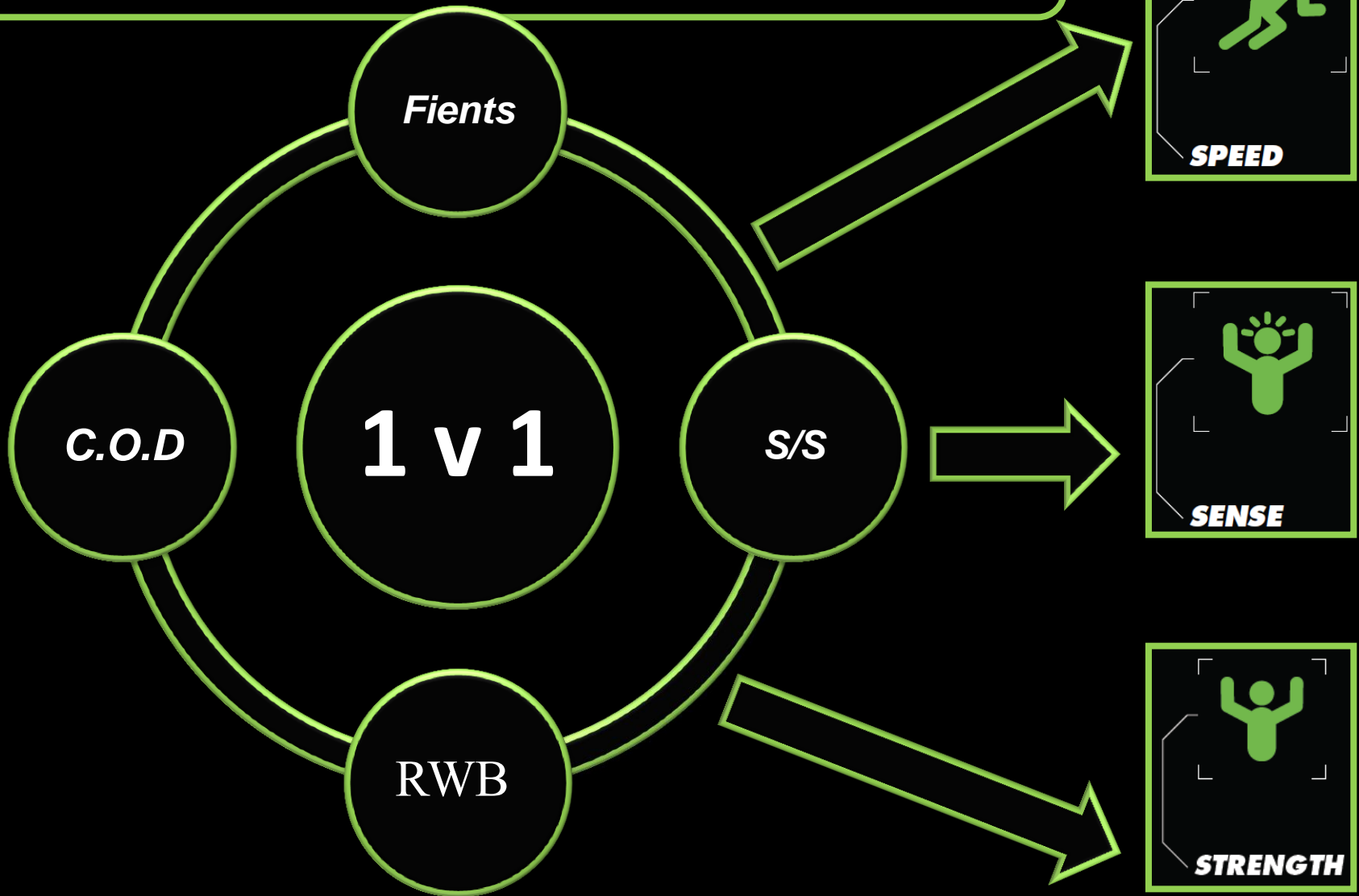
***When To Coach?***



***29 Years Of Teaching***  
***1 v 1***  
***Using Star Models***

# *What To Coach...*

# *Technical > Team Use*



# *Questions?*







# Lecture 1

## Part 2

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# *The Importance of the 1 v 1 topic*

***What To Coach?***

***How To Coach?***

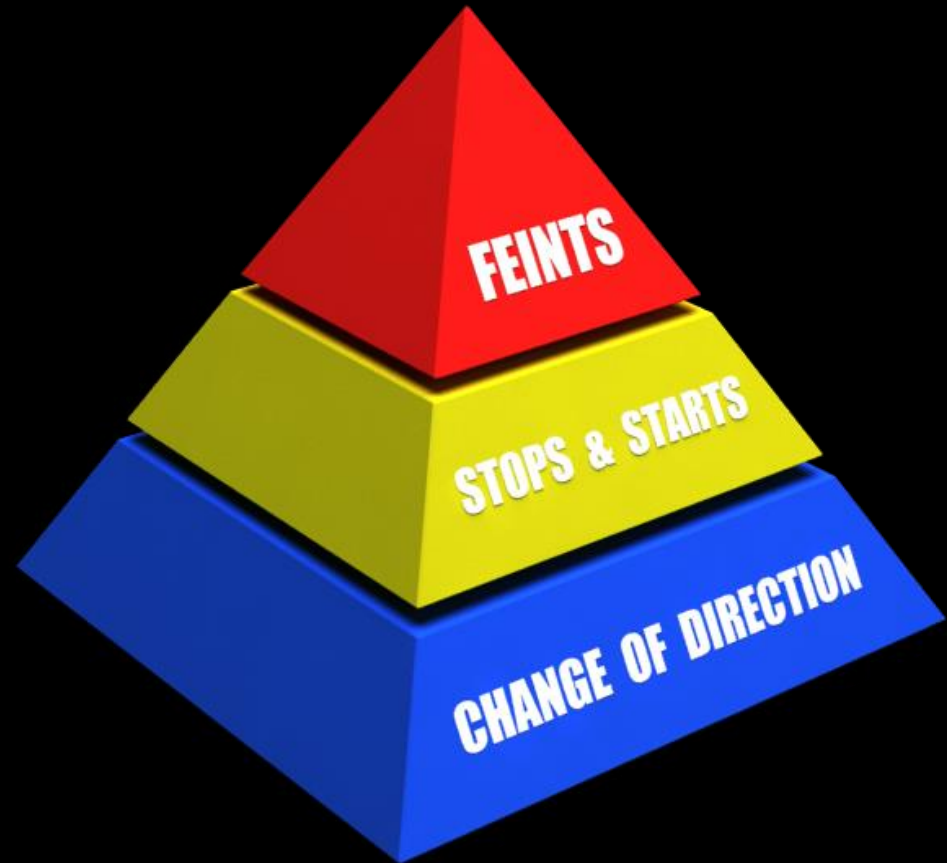
***When To Coach?***

# *What To Coach...*



# Coerver® Pyramid Of Moves©2004

- *3 Groups*



***Purpose:***

***Used to shield  
the ball and to  
turn into space***

***Opponent:***

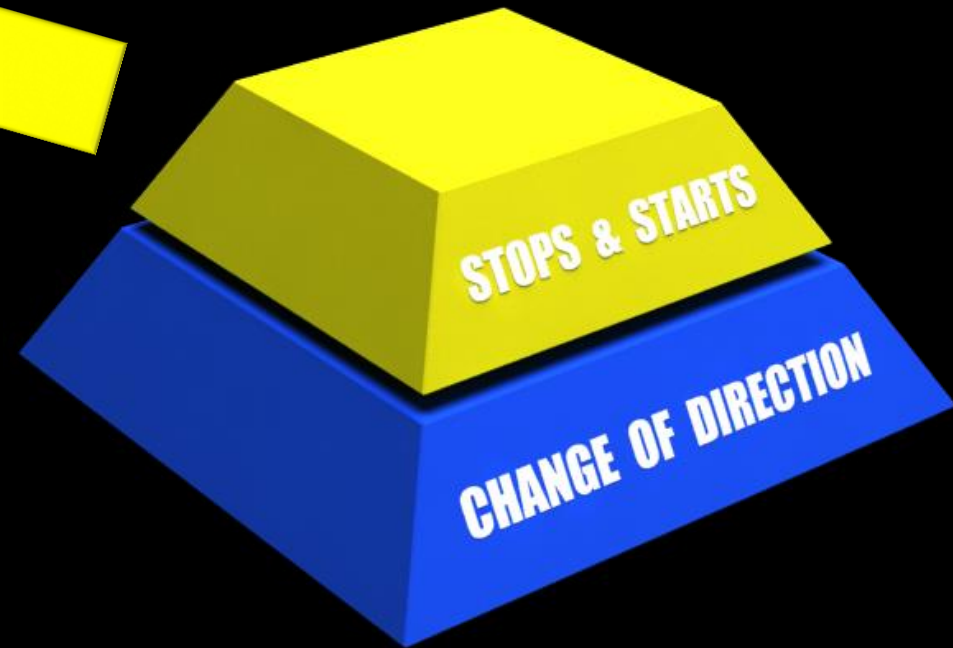
***To The Side  
In Front***



## ***Purpose:***

***Create space by  
using changes  
of pace***

***Opponent:  
To The Side***

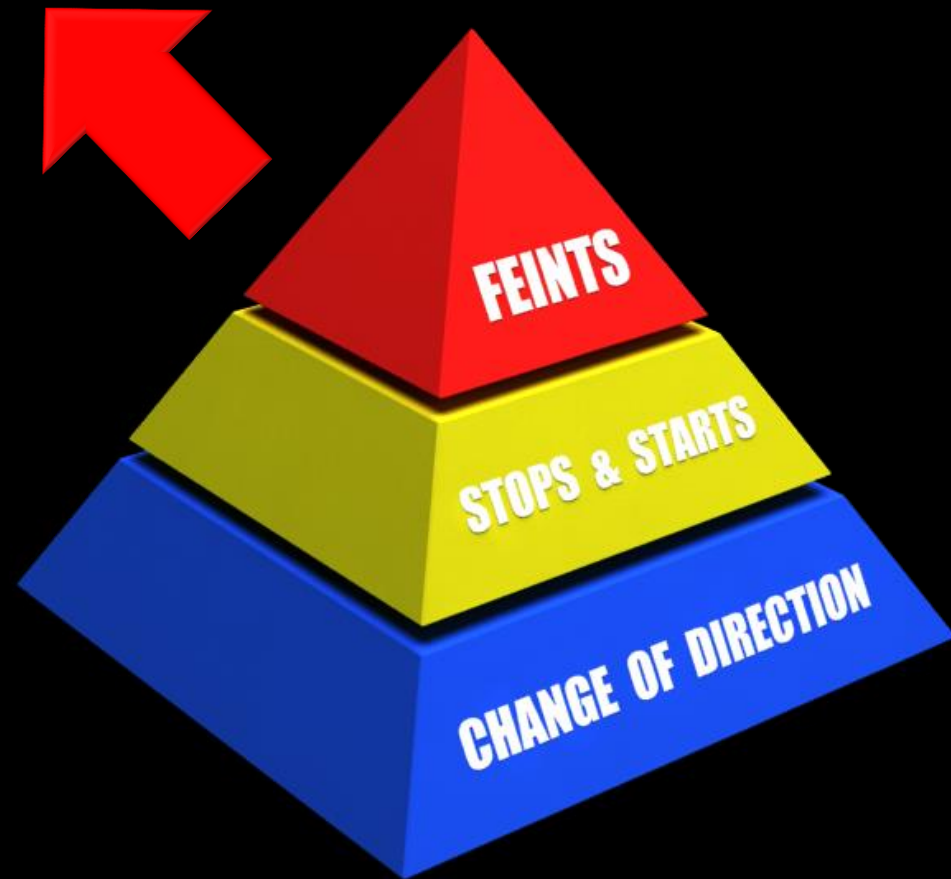


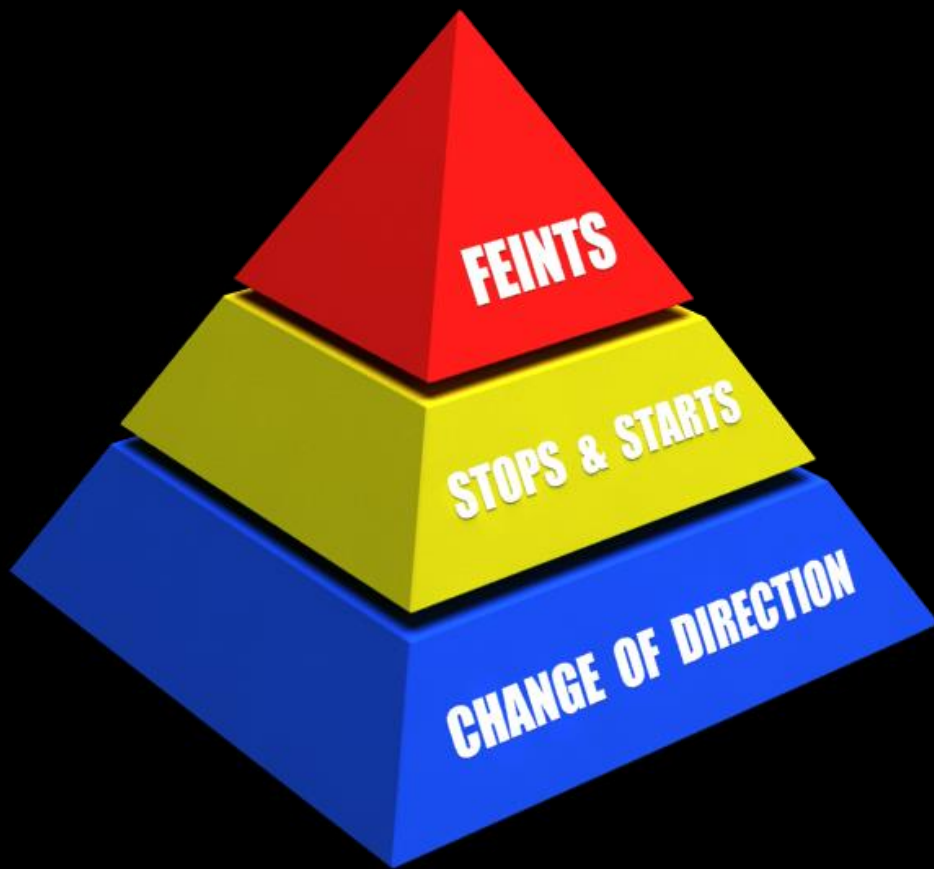
## ***Purpose:***

***Create space either side of an opponent so you can Run, Shoot or Pass***

## ***Opponent:***

***In Front  
Behind***





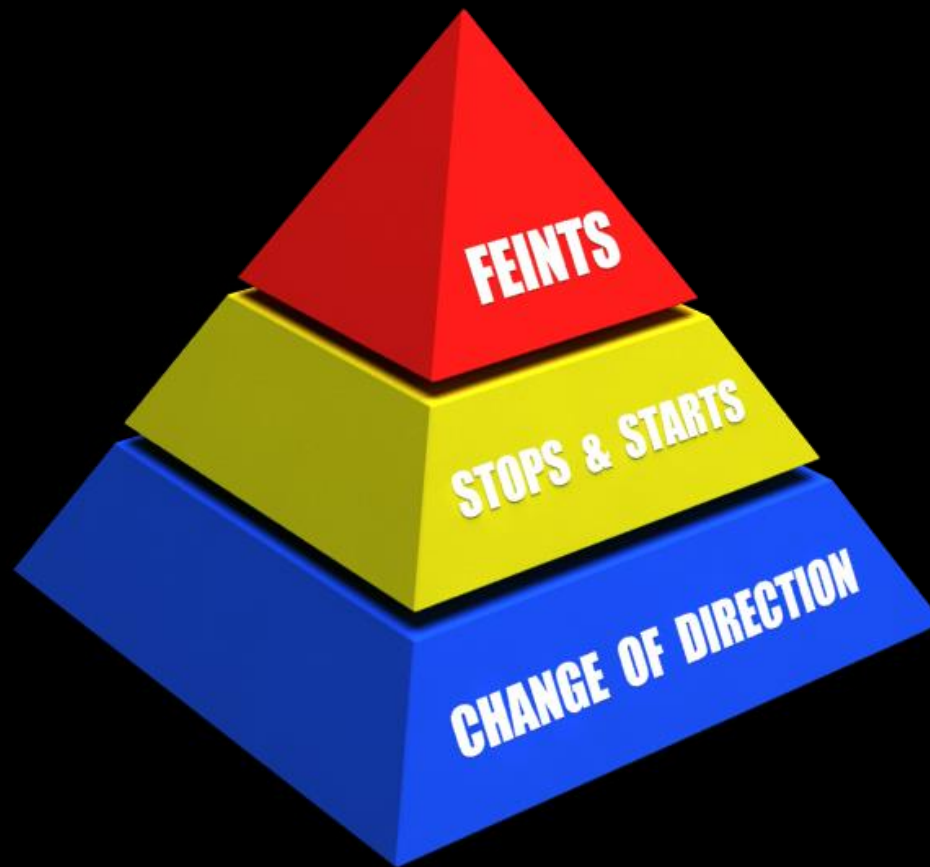
**47 x 1 v 1's**

**8 Sets**





# 1 v 1 Combination “Partners



# *How to Coach...*

# *The Coerver Coaching Method* ©1986



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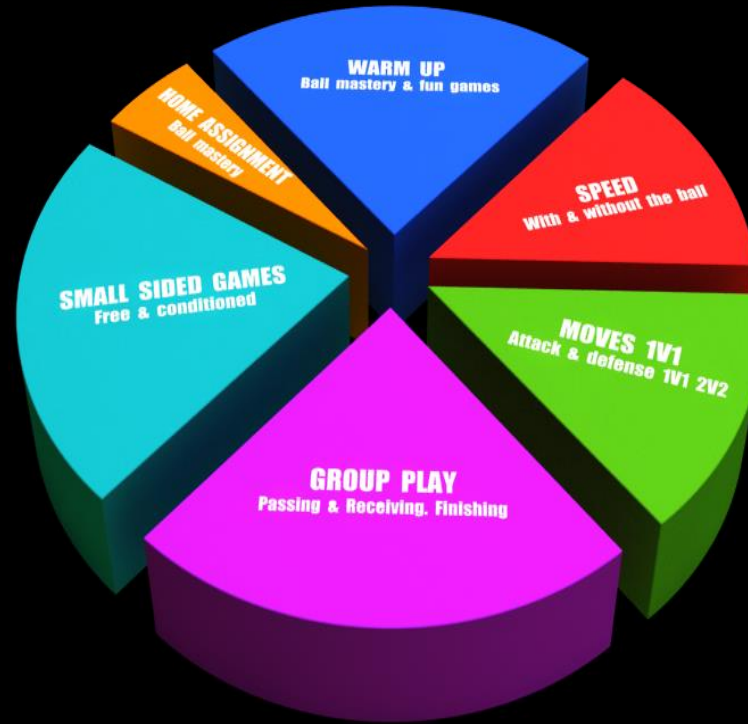
# *The Coerver Skills Bridge©2009*



1. Skill Introduction
2. Skill Training
3. Skill Game



# 1 v 1 Session Planning



1 v 1 / 2 v 2 / 3 v 3

# *Communication*

***Format***

***Communication***

***Demo***

***Feedback***

# *Format*

# Coaching Instruction Steps

**First get into the correct coaching position  
so all can see & hear you**

- 1. Introduce topic**
- 2. Explain drill purpose**
- 3. Demonstrate with main tips**
- 4. Action (Analyse)**



**Reinforce  
with tips**



*Demo*

# Learning Demonstration & Communication Skills



# *Demonstration Tips*

- *Show, don't describe, explain rules, conditions, and safety points clearly*
- *Show correct & successful skill*
- *Show how to be **Limited Pressure Defender***

➤ **Show how to serve (on the ground/air)**

➤ **Show slowly then at game/full speed**

***Feedback***



# *(When) Focus Ages for 1 v 1*

- *4- 6 = Balance, Coordination, Fun*
- *7-11 = Perfecting the Skill, Fun*
- *12-16 = Game Effective use*
- *17-21= Position Specific sessions*



# *Pro Club Model*

# *Position Specific Training*



**Example**  
**Strikers individually**  
**Creating goal chances**



# Attackers – Towards Goal



## 1 v 1 - Moves



**Drag Push**



**Drag Scissors**



**Side Step**



**Double Side Step**

# Attackers – Across Goal



## 1 v 1 - Moves



**Step-On**



**High Wave**



**Inside Cut**



**Double Touch**



# Attackers – Back To Goal



## 1 v 1 - Moves



**Stop Step-Over**



**Stop Shimmy**

# Attackers – From The Flank



## 1 v 1 - Moves



*The Chop*



*The Hook Turn*

# *My Top Ten Tips*

1. *Have a written plan for every session.  
Use the **Session Planner***

2. *Focus on **Performance** in the formative years*

3. *Use the great players and teams as models and  
inspiration to **MOTIVATE/EXCITE/INTEREST***

4. *Try not to **Over Coach***

5. *Praise **Effort** Be relentlessly*

**6. Make Practice *FUN!* Play competitive games and drills.**

**7. Balance between *confidence building* and *challenging/increasing difficulty***

**8. How to Judge “Level Appropriate”**

**9. Never stop *Learning***



# 10 – Enjoy !





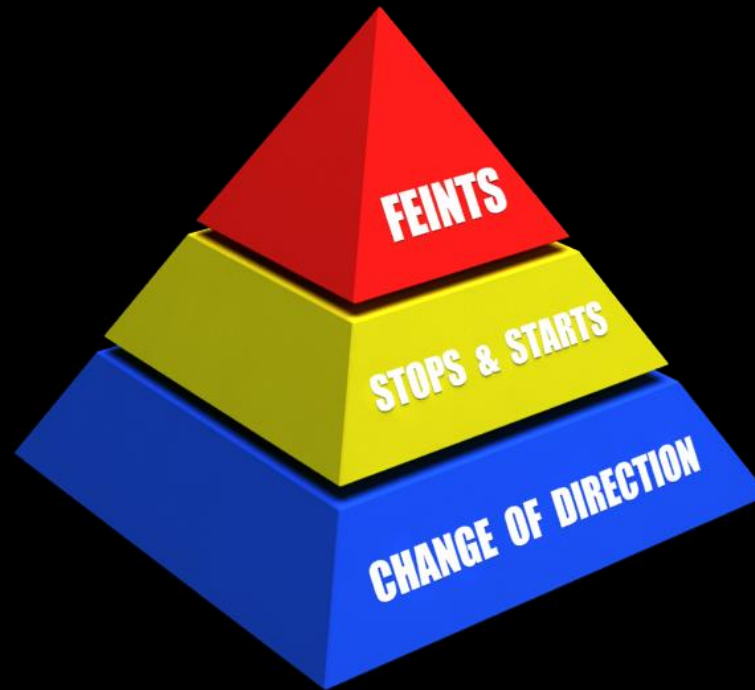


# Elite Coach Education at 15 of the 20 Premier League Clubs





# *Practical*



# Practical Sessions...



***Participation***



***Our Method***



***Planning Tips***