

# SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.6



## SKILL DRILL 6



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### PURPOSE

To improve receiving, first touch and 1v1 moves with full pressure defending.

### AGES

6-17 years

### SETUP

Two teams face each other 12 yards apart. Two small goals are facing each other 20 yards apart.

### ACTION

Defender begins play with a pass across the area. Attacker receives and uses speed and skill. Attackers can only score within 4-5 yards of the goal. Defenders can score if they win the ball.

### VARIATION

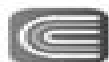
Coaches can vary the space between the teams as well as the goals to suit the team's needs. Coaches can progress to 2v2, 2v1.

### PLAYER TIP

The first touch to receive is crucial to get away from pressure. If you can get to the goal with speed, do so. Use Change of Direction moves, stops and starts and feints. Focus on using speed and less touches to get away from the defender. Use a push pass to score.

### COACHES TIP

Demand high pressure from both teams. Encourage recovery from defenders. Enhance the player's enjoyment of defending and winning the ball.



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# Coerver Coaching Manual

**Nico Pronk, Barry Gorman**



## **Coerver Coaching Manual:**

*Youth Soccer Training Workbook* Evan Hayes, 2025-10-30 Youth Soccer Training Workbook Drills Tactics Practice Plans Are you tired of disorganized practices unmotivated players and slow progress on the field Most youth coaches and parents struggle with the same challenges keeping kids engaged teaching real soccer skills and structuring practices that actually improve performance This workbook solves that problem with proven drills age appropriate tactics and ready to use practice plans designed specifically for youth soccer Inside you ll discover How to run fun and effective practices with step by step drills for ball control dribbling passing shooting and defense Tactical lessons simplified for kids including positioning teamwork and small sided game strategies Weekly practice templates for U6 U8 U10 and U12 players complete with warm ups skill drills and scrimmages Creative fitness and agility games that build endurance and speed without boring repetition Printable tracking sheets checklists and goal setting tools to monitor progress and keep kids motivated This workbook isn t just about drills it s about transformation Young players develop confidence teamwork and game IQ while coaches and parents gain structure clarity and proven strategies that save time and deliver results Whether you re a new coach an experienced trainer or a parent supporting your child this book will help you create practices that kids love and that lead to real improvement on the field Perfect for categories like Soccer Coaching Youth Sports Training Coaching Children s Sports Take the guesswork out of youth soccer With this workbook in hand you ll have a complete playbook to build stronger smarter and more confident young athletes      *Soccer Coaching, Ages 5-12* Andy Caruso, Andrew Caruso, 1996      *Football Manual - 78 Exercises for Youth Players- Aged U10- U16* Paolo Tirinnanzi, 2014-01-01 This manual for football coaches is made personally by the author during his experiences between 2006 and 2013 passing through Psychology Sport Psychology Pro semi pro and amateur as football player Head Coach in US Arezzo Football Academy Technical Director and Head Coaches of Coerver Coaching Malaysia working with many young players The book contains 78 different football soccer in USA exercises for the player development from U10 to U16 how to increase the agility coordination and speed ball domain ball control and passing dummy without and with the opposing player shooting and attacking phase      **Encyclopedia of British Football** Richard Cox, Dave Russell, Wray Vamplew, 2020-07-24 This reference work aims to provide sports enthusiasts journalists librarians students and scholars with an authoritative source of information on a comprehensive range of subjects covering the history and organization of football in Britain Over 250 entries focus on key organisations or individuals famous clubs major competitions events venues and incidents institutions and organisations as well as key issues such as gender racism commercialization professionalism and drugs alcohol and football      **Playing Out of Your Mind** Alan Goldberg, 1997-09      *Subject Guide to Books in Print* , 1993      **Coaching Youth Soccer Vol. 2** Neil B. Ingels, 1985-12      **Coerver Coaching: Improve Your Game** , 2009      **The Coaching Manual** Julie Starr, 2021-10-19 Translated around the world and recommended reading on many coaching programmes this bestselling book is trusted globally as the definitive

guide to coaching This carefully revised edition will guide you through the entire process from first meeting to when coaching ends with methods tips and techniques that simply work Understand and develop the core skills and beliefs of an effective coach Know how to ask insightful questions that deliver valuable answers Gain practical help to plan coaching assignments that accelerate and improve your results Adeptly handle the main barriers to great coaching Feel fully confident in your ability to coach in any situation Whether you re new to coaching or already an experienced coach you ll find clear guidance and principles to help you coach more effectively and with greater impact To support you further The Coaching Manual has a range of free to download resources templates tools and checklists Soccer Everyone Nico Pronk, Barry Gorman, 1991

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