

"Creating and Converting More Goal Chances - The 4S Coerver® Way"

9:00AM - 4:30PM, Saturday, May 30, 2009

Starfire Sports Complex, Tukwila, WA

9:00 AM - 9:30 AM

Classroom

- What is Coerver® Coaching?
- Pyramid of Player Development©.
- Pyramid of Moves©.
- Graduated pressure learning.
- Benefits of Coerver® Coaching for both players and coaches.

9:45 AM - 11:45 AM

Field Session, Individual Skill Development

- Pyramid of Player Development© - Ball Mastery; Moves & Speed.
- Three methods of Ball Mastery skill practice in groups.
- Ball Mastery (ground juggling) skills appropriate for most players.
- Speed practices with variations.
- Graduated Pressure examples.
- Change-of-Direction Moves.
- Stop & Start Moves.
- Feint Moves.
- Graduated- to Full-Pressure Individual Moves & Finishing practices.

11:45 AM - Noon

Questions & Answers

Noon - 1:30 PM

Lunch

1:30 PM - 2:15 PM

Classroom, Creating and Converting More Scoring Chances, the Coerver 4 S Way

- Pyramid of Player Development.
- Finishing.
- Group Play.
- Session Planning.
- Small-Sided Game Study.

2:30 PM - 4:30 PM

Field Session, Group Play & Fast Break Attack

- Group Speed exercises with variations.
- Overlapping, screen runs and takeovers.
- Graduated pressure finishing.
- Fast-Break Attack: Finishing 1v1 through 4v4.
- Small-sided 3v3 game using Fast Break.