

PLAY LIKE A
SOCCER LEGEND



30-DAY PROGRAM BUILDS SKILLS IN JUST 15 MINUTES A DAY



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Introduction to the Coerver Coaching Method

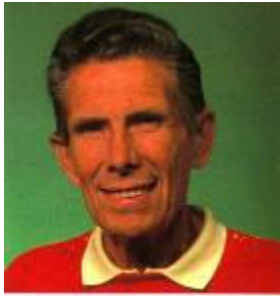
Focus ON Skills

In the late 1970s the great Dutch coach Wiel Coerver, aiming to improve individual soccer skills, developed a new way to teach soccer. In the years that followed, what became known as the Coerver Coaching Method was expanded by Wiel and fellow directors Alfred Galustian and Charlie Cooke to cover all aspects of the game. Improved individual skills led to improved team play, and the Coerver Coaching Method quickly became one of the most respected teaching methods for young soccer players worldwide.

Play Like a Soccer Legend provides a sampling of skill builders from the Coerver Coaching Method. Both the book and the Coerver Method encourage children to practice on their own or in small groups with friends or parents. Using soccer's greatest stars as models, the Coerver Coaching Method gives boys and girls a fun yet structured program of "homework." The Coerver Method is designed for players of all abilities, from age 6 and up. Coaches and parents with limited soccer knowledge and experience also enjoy learning about soccer using this step-by-step method. Youth soccer often focuses only on games and winning. But the Coerver Coaching Method encourages individual skill improvement instead. Young boys and girls find that learning individual skills is both challenging and fun. The result is increased enjoyment of the game of soccer- and the satisfaction that comes from playing well.

The Coerver Method introduces young players to basic skills and moves. Once they master the basics, the players move on to more advanced skills before they are plunged into the pressures of full-scale games. It also stresses that players should understand all the positions on the field - even an understanding of the goalkeepers position for non keepers (see page 38). Many things that happen in a game are beyond a player's control. But every player can learn to master the ball. The Coerver Coaching Method can give players that edge and is an ideal way for parents to take part in their children's soccer development.

What experts say about Coerver Coaching



WIEL COERVER

Wiel Coerver spent more than 25 years as a professional player and champion coach in the Netherlands. In 1970 he coached Holland's Feyenoord to the European club championship, one of soccer's highest achievements. He was also head coach of the Indonesian National Team and has served as technical adviser to Swedish, Dutch, English and other national federations. Some of the young players he developed now play on top European clubs.

Wiel has given many clinics for FIFA, soccer's world organizing body, and gives lectures worldwide on the Coerver Method. He has written two books and produced three videos on the Coerver Coaching Method and currently coaches in the United Arab Emirates.



ALFRED GALUSTIAN

Alfred Galustian is the International Director of Coerver Coaching. He worked for many years with Wiel Coerver and in 1985 was asked by Wiel to head up Coerver internationally. He has since been responsible for establishing programs in Europe, Canada, Japan, Australia, Africa and in the U.S. with Charlie Cooke.

Alfred is currently a coaching consultant to the English Schools Football Association and the Football Association of Ireland.

Alfred started his soccer career as a player with Wimbledon in England, moving into coaching after an injury. He has earned his licenses in both the United Kingdom and the U.S. In addition to coaching, Alfred is a consultant to SOCCER AMERICA, SOCCER JR., SHOOT and WORLD SOCCER magazines. He wrote and edited the new Coerver Coaching videos.



CHARLIE COOKE

Charlie Cooke played for Aberdeen FC and Dundee FC in Scotland's First Division before joining Chelsea FC of the English First Division. He made 360 league and cup appearances and played in four cup finals, winning the English FA Cup in 1970 and the European Cup-Winners Cup in 1971. He represented Scotland in international matches 16 times.

Charlie also played for the Los Angeles Aztecs, Memphis Rogues and California Surf of the North American Soccer League and was head coach of the Wichita Wings of the Major Indoor Soccer League.

Charlie has written for SOCCER AMERICA and SHOOT magazines and produced the video "Learn the Skills of the All-Time Greats." He is head coach of the Cincinnati Classic Soccer Club and director of Coerver Coaching (USA).

What experts say about Coerver Coaching



FRANZ BECKENBAUER, Coach of 1990 World Cup champion Germany: "I appreciate the Coerver Method very much. It is essential that youth players be skillful. The Coerver Method greatly improves technical skills. I wish all coaches had the chance to train youngsters in such a skillful, technical way."



GRAEME SOUNESS, Liverpool and Scotland player/manager/coach: "Practicing with the ball is the top priority for all young players. The Coerver Method shows you many ways to improve yours skills."



KARL-HEINZRUMMENIGE, Inter Milan player and German World Cup captain: "Coerver Coaching is one of the best youth instructional programs I've ever seen in my worldwide travel."



GORDON STRACHAN, Leeds United and Scottish international player, formerly with Manchester United and Aberdeen: "I've been in the soccer profession for 17 years, and the Coerver Method is one of the most refreshing approaches I've seen. It is as relevant to me as a senior professional as to my young sons who are taking their first steps in the game."



MICHAEL THOMAS, Liverpool and England player: "Brilliant! Great for all young players, whether beginners or advanced."



GEOFF HURST, England World Cup champion player: "Coerver Coaching is soccer for all. It's a terrific way to expose young people to soccer. It's about getting everyone to have coordination with the ball so they can enjoy the game. They can be taught very simply with the step-by-step methods. Whether a beginner or advanced, you will improve."

What experts say about Coerver Coaching



ALEX FERGUSON, Manchester United manager/coach, 1993 English League champions: “Soccer-skills training is important, but it is also important that players retain their individual styles. I can honestly say that the Coerver technique helps players achieve this. Individual style and technique, coupled with sound skills, make a great player stand out.”



GORDON BANKS, England World Cup champion goalkeeper: “All the great teams had skillful players, especially great dribblers. Coerver Coaching links the skills of such players to a teaching program suitable for young players of all abilities. It is a must for all youngsters.”



BORA MILUTINOVIC, coach of the U.S. National Team: “The Coerver video series is an outstanding tool for the technical development of the young player. Player who use this method can become the stars of the future.”



ROBERTO RIVELINO, Brazil World Cup champion: “The Coerver Coaching Method is a perfect way for children to improve and enjoy the game even more.”



ANSON DORRANCE, coach of U.S. Women’s world championship team: “I feel Coerver Coaching should be an essential part of a player’s development. I use it for my World Cup squad, and it is equally as important for young children wishing to improve.”



GEORGE GRAHAM, coach/manager Arsenal, 1993 English Cup winners: “Coerver Coaching is a tremendous way to teach skills. We at Arsenal endorse the Method and would like to see it spread.”

How to, use this book

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Dear Parent or Coach:

Play Like a Soccer Legend, along with the companion video with the same title, is designed to show boys and girls ages 6 up how to improve their moves and related skills quickly and dramatically in 30 days. Although the book is written so that children and their friends can **use** it on their own, progress will be faster if you get involved. All skills and moves in this book are broken down, step by step, for easy teaching and learning, and each practice can last from five to fifteen minutes. After 30 days - they need not be consecutive - your child's play (and yours) will have improved.

Why focus on individual skills and moves? Because it's the quickest and most dramatic way to improve a youth's play. Not only do players learn the moves, but they also improve their ball control and coordination at the same time. Of course no move is fully learned until a player can use it against an opponent. Encourage your child and his or her friends to play in small games (3 on 3, 4 on 4), where the child can try the new moves without fear of failure. Encouragement and enjoyment are the keys to steady improvement.

Although the program is not designed to be a test, we've included ways to score exercises so that progress can be measured. Use the scoring tips to provide extra fun and challenge for young players.

Finally, feel free to adjust practices according to age, ability and progress. For example, you can vary distances and speed or add incentives as you see fit. After 30 days of following the program, you can substitute any move in any of the other skill builders. We also hope you'll find these exercises useful for team practices.

Sincerely,

Alfred and Charlie.

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Dear Player:

This booklet has been written to help you become a better, more skillful soccer player. If you follow the program and work hard, you will improve. Study the photos and the diagrams—and if you don't understand one of the steps, ask your parent or coach for help. Remember, start slowly. Learn one step at a time. If you are older, or if you find yourself picking up skills quickly, vary the distance and the speed. Test yourself by trying the moves against an opponent. Don't worry about mistakes. Just be patient and keep practicing. The skills and the moves will come—and with **them** more confidence.

When you're practicing by yourself and learning the moves, you can be your own coach. Don't be shy! Repeat the steps to yourself out loud when you're practicing. And keep your parents and coach posted of your progress. Be proud and show your new skills to them!

Besides trying to do one of these practices every day, play in as many small games as you can: 2 on 2, 3 on 3 , 4 on 4.

Be sure to wear comfortable soccer shoes (outside) or flats (inside or on very hard outdoor surfaces). You should use a size 3 or 4 ball if you're 10 years old or younger, and a size 5 ball if you're 11 and over (and big enough to handle one). And whenever the directions for an exercise in this book say "use cones," you can substitute a shirt or any other safe object as a marker, such as plastic cups or rags.

Warm up before each practice for three to five minutes. Here's how we do it at our Coerver Coaching clinics and camps:

With the sole of your foot on top of the ball, roll it in front of you in a circle. Start slowly, then speed up. Use each foot!	Tap the ball from one foot to the other while staying on the same spot. Keep your knees slightly bent, and use a gentle touch.
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Step on and off the ball using alternate feet. Don't jump on the ball; just give it a gentle touch with the sole.	Continue tapping the ball from foot to foot, but now go forward and back.
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Try out your new skills in games. Be confident with the ball. But most of all, ENJOY YOUR SOCCER!

Best of luck,

Alfred and Charlie.

LEARNING FROM THE LEGENDS

ROBERTO RIVELINO

<p>ACHIVEMENTS</p> <p>CLUBS: Corinthians (Sao Paulo), Fluminense (Rio).</p> <p>Played in 121 games for Brazil (a record that still stands).</p> <p>PLAYED IN THE WORLD CUP FINALS: 1970(champions), 1974 (fourth place – captain), 1978 (third place).</p> <p>Twice South American Footballer of the year.</p> <p>Winner of the both the Brazilian Cup and League championships</p>	<p>Roberto Rivelino is considered one of the greatest, most magical stars in World Cup soccer history. He was famous for his skillful dribbling, close ball control and explosive left-footed shot. Opponents feared the Brazilian midfielder’s ability to bend and dip the ball – especially on free kicks. One memorable World Cup goal came on a 35-yard free kick against Czechoslovakia in the 1970 World Cup.</p> <p>Roberto struck the ball so hard that the goalkeeper had no time to dive; the ball flew past the keeper before he could react.</p> <p>Four years later, Roberto was Brazil’s World Cup team captain. He was twice named South American Footballer of the year and now serves as player-coach of the Brazilian Master World Cup team. Roberto lives in Sao Paulo where he has his own coaching school. He devotes his time to developing the Brazilian stars of tomorrow.</p>
	<p>WHAT MAKES THE ROBERTO A STAR</p> <ul style="list-style-type: none">✿ Explosive left-footed shot.✿ Ability to swerve and bend the ball, especially on free kicks.✿ Strong and brave.✿ Maintained Superb control even when tightly marked.✿ Inspirational captain and leader.

RIVELINO MOVE

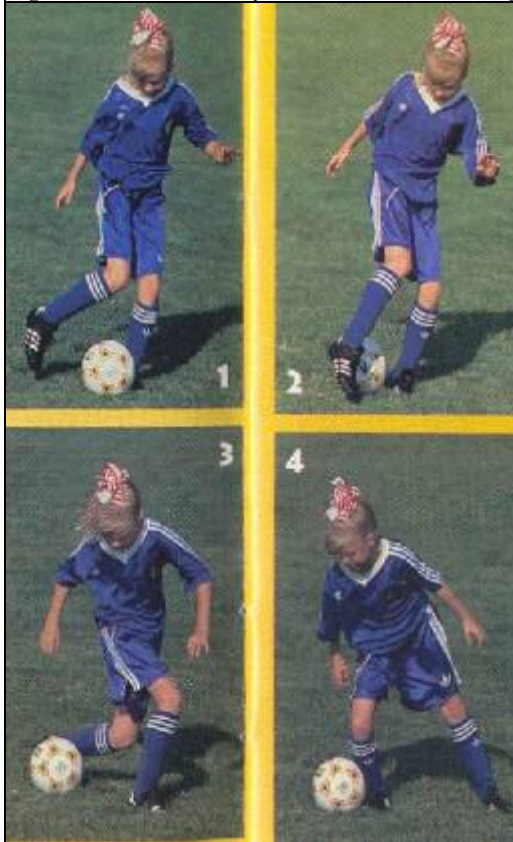
“I first started using this move playing soccer as a kid on the beach. Since then I’ve found it very useful to create space and time for myself to either pass or shoot.”



Starting Up

Walk through the move step by step, using the same order you see in the photos.

Now, jog behind the ball and do the move every 10 seconds. First use your right foot to go to the right. Then use your left foot to get the left.



1. You fake kicking the ball.....
2.but instead steps around it and
3. Plant your foot on the far side of the ball.
4. Then turn your body slightly and take the ball in the opposite direction, using the outside of the same foot.

Roberto's DOS AND DONTS

DO stay close to the ball. Step around the front of the ball if you can. Of course, sometimes when you’re running with the ball, this is impossible. Then just quickly fake over the top of the ball.

Make sure your step around is fast.

Stay low over the ball for better balance. Bend your knees, then explode out of the move in the opposite direction.

Try turning your hips and pointing your step-over foot in the fake’s direction. This makes the fake more effective and helps you twist out of the move strongly.

Don’t lift your foot too high over the ball. It takes too long and makes balancing difficult.

Coerver Tips

If you have trouble with the move, go back to the step-by-step approach – and remember Roberto’s Dos and Don’ts.

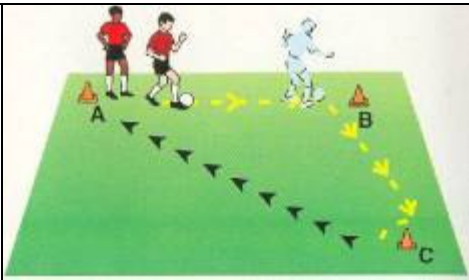
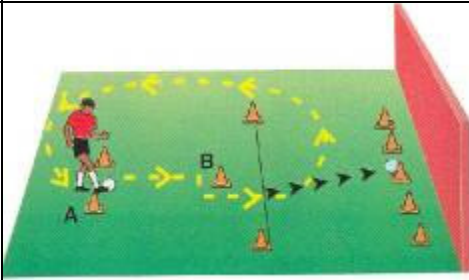
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D
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D
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3

<p>Coerver Coaching Tips</p> <p>Make sure you do the Rivelino move before reaching each cone.</p> <p>Keep the ball under control at all times.</p> <p>Remember, the ball can't be too far ahead of you as you go into the move.</p>	 <p>Starting up: Working with a friend or a parent, set up cones and start with the ball at cone A. Approach cone B and do the Rivelino move you before you get there. Then sprint to cone C and do the same Move. Pass to your teammate as he or she starts to run to cone B. You move to cone A as your teammate takes the pass on the run and does the same thing you just did.</p>
<p>Coerver Coaching Tips</p> <p>After you have made your move past cone B, lookup and strike the ball hard; don't pass the ball. Roberto was known for using his move and hitting the ball hard.</p> <p>Don't rush your shot. You need at least three steps after the move to get off a shot. It's better to be accurate than to be hasty.</p> <p>To hit the outer cones, try to curve the ball by striking it with the inside or outside of your foot.</p>	 <p>Starting up: Place several cones 1 yard apart in front of either a wall or a parent to teammate who can pass the ball back to you. Start at cone A go toward cone B; do the Rivelino Move; then shoot, trying to hit one of the cones. Receive the ball back from the wall or your teammate dribble around cone A; do the move; shoot-and repeat the sequence until you have hit all the cones. Scoring: After some practice see how many cones you can hit in 6 tries.</p>

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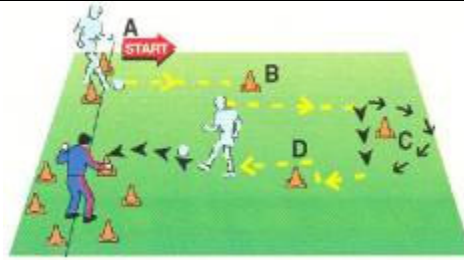
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Coerver Coaching Tips

At first, don't be concerned with speed. Good control is more important.

Try to keep your head up as much as possible when dribbling.

But when you're chipping. Strike the ball as low as possible, in a short, stabbing motion. Lean back a little so that the ball will rise.



Starting up: Start at cone A; your teammate stands in a 6-ft.-dia. circle of the cones. Dribble toward cone B and do the Rivelino moves before you get there. As you approach C, flick ball to the side of the cone, sprint around C and collect the ball on the other side. Head toward cone D, do the move again. Then flick up the ball to your teammate in the circle.

Scoring: 3 points for a chipped ball that reaches your teammate without bouncing; 2 points for a ball that gets there on one bounce.

Coerver Coaching Tips

Use plenty of passes to set up opportunities to use the move when your opponent least expects it.

Fake a pass to your outside teammate – but use your Rivelino move instead.

When passing, call loudly and run quickly for a return pass. Never stand around waiting for a pass.

If your opponent isn't pressuring you, collect points by doing as many moves as possible.



Starting up: In a 15-yard square, every player starts on a different endline. Two of the players play 1 on 1, trying to dribble across their opponent's endline. The other two players can receive and pass back to a player in the square, but they can't enter the square. The game ends when one player gets 12 points and then the players rotate. Scoring: 1 point for one completed pass; 2 points for one successful Rivelino Move; 3 points for one goal.

LEARNING FROM THE LEGENDS

SIR STANLEY MATHEWS

<p>ACHIEVEMENTS</p> <p>Clubs: Blackpool Stoke City played in England's first World Cup final round in 1950.</p> <p>Represented England 84 times in his 23 years in international competition. Played professional soccer for 33 years (a records that still stands). Won championships in 1933 (age 18) and 1963 (age 48) At 48 , he was the oldest player in English League game (his goal won the championship) European Footballer of the year, 1956.</p> <p>Twice voted England's Footballer of the year.</p> <p>Knighted by Queen Elizabeth II for his unique contribution to world soccer.</p>	<p>Sir Stanley Mathews, called the “wizard of the dribble,” played professional soccer for over 30 years in tough English League, A star for Stoke City and Blackpool , he was legend long before retiring from soccer at the unbelievable age of 50.</p> <p>Selected for the All-England schoolboy team at tender age of 14, Sir Stanley made his pro debut three years later. Not until he was 35 did he play on resent England internationally for seven more years.</p> <p>One of his greatest games came in the 1935 F.A. Cup final. He inspired his Team to come back from a 3-1 deficit, and in the final minutes he beat his defender and crossed for Blackpool's winning goal. The game is now known as the “Matthews final”.</p> <p>Always remembered as the “gentleman of soccer” because of his outstanding sportsmanship and the fair play, Sir Stanley was the first soccer player to be knighted by the Queen.</p>
	<p>WHAT MAKES SIR STANLEY A STAR</p> <p>One of the greatest dribblers of all time.</p> <p>Played 33 years as a professional – and never received a yellow or red card.</p> <p>Remarkable fitness – a dedicated athlete who played at the top of his professional 15 years after most players retire.</p> <p>Tremendous acceleration</p> <p>Wonderful crossing ability.</p>

MATTHEWS MOVE

“I used this move throughout my career with much success, it allowed me to beat defenders and cross the ball to my striking teammates.”



Starting up

D Walk through the move step by step, using the same order you see in the photos.

Then place a cone 3 yards in front of you. Head toward the cone. Stop and do the move around it.

A Finally, try a Drag-back Matthews Move. Standing still, pull the ball back with the sole of your foot. Then go through each step of the Matthews Move, as shown in the photos at right.



6 Lean and drag the ball across with the inside of your foot.

Slide your foot behind the ball and around the other side of it.

Take the ball in the opposite direction using the outside of the same foot

Sir Stanley's DOS AND DONTs

Do make sure you change pace(speed) as you pass the defender. Go toward the opponent slowly; then get away quickly.

Keep the defender guessing that you may go past on the inside.

Don't make the move too close to defender or he will be able to steal it.

Coerver Coaching Tips

If you have trouble, go back to the step-by-step approach - and remember Sir Stanley's Dos and Don'ts.

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7

D

A

Y

8

Coerver Coaching Tips

The most important part of any move is a change of pace: slow to fast or fast to slow. This move is most effective from a standing or slow-moving position. When you're first learning, stop 1 yard before each cone and do the move. As you improve, slow down 2 yards before, then jog forward and do the move.

Starting up:
Set cone 5 yards apart as shown. Start at the first cones, tapping the ball 20 times between your feet. Then dribble from cone to cone, doing the Mathew move before each one. When you reach the final cone, do 20 more ball taps, then sprint back as quickly as possible to the starting cones.

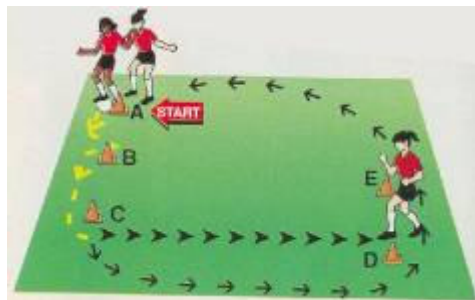


Scoring: If you have a stop watch, time your self and try to beat your record. Or you can set up two courses and race against a friend or friends.

Coerver Coaching Tips

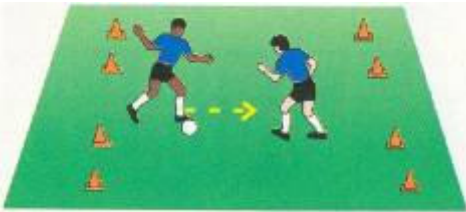
As in a game, try to look up before you make your cross. You can adjust the distances according to age and ability.

Starting up:
This practice helps you improve your crossing skill. You'll need friends to try it. Set Cones A, B and C 5 yards apart; set Cones D and E 3 yards apart with a friend standing between them. Cones D and E can be up to 15 yards away from Cone C. Dribble from Cone A toward Cone B. Stop and make the Matthews move. Now sprint past Cone C, slow down and try to cross the ball between Cones D and E. Your defending partner can try to block your cross – but only after you've gone past Cone B. Rotate positions after each attempt.




Scoring:
You get 1 point for every accurate cross.

D A Y 9

<p>Coerver Coaching Tips</p> <p>Keep your opponent guessing which Matthews move you'll do: going to the outside or faking to the inside. You can also play this game as 2 on 2 or 3 on 3, but you'll need to increase the playing area.</p>	<p>Starting up: Make a square measuring 15 yards by 15 yards. Add Cones to make two "goals" on each endline, 2 yards apart. Play 1 on 1. When the ball is kicked out, or a goal is scored, the other player restarts from the endline.</p>  <p>Scoring: 1 point for going over endline; 2 points if through goals; 5 points if through goals</p> <p>using a Matthews Move.</p>
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D A Y

<p>Coerver Coaching Tips</p> <p>Left-footed players can use their left foot through the circuit. Before you can improve your speed, you must master control and practice your moves. Running with the ball quickly can be difficult, but it's one of the most important skills to work on</p>	<p>Starting up: To make a Matthews Circuit, arrange Cones as shown, 15 yards apart. Start at A and run to Cone B. Tap the ball forward with the outside of your right foot only. Stop just before B and do the Matthews move. Go to Cone C, stop and do the Drag-back Matthews Move. Proceed to D. Now, pull the ball back with the sole of your foot and then push it forward with the inside of your foot. Repeat this push-pull move as you go to Cone E. At E, juggle the ball (between 3 and 20 times, depending on ability). Finally, sprint back to A.</p>  <p>Scoring: Time yourself and work to beat your last time.</p>
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LEARNING FROM THE LEGENDS

KARL – HEINZ RUMMENIGGE

<p>ACHIEVEMENTS</p> <p>CLUBS: Bayern Munich , Inter Milan , Servette (Switzerland)</p> <p>Played 83 times for West Germany.</p> <p>Competed in three World Cups: 1978, 1982(captain), 1986 (captain).</p> <p>Led the Bundesliga (German League) in scoring three times.</p> <p>Twice European Footballer of the year (1980 , 1981).</p>	<p>Karl-Heinz (Kalle) Rummenigge, known as the one-man strike force, was one of the greatest strikers in soccer history. He played 83 times for West Germany, including three World Cups(1978,1982 and 1986).</p> <p>Karl Heinz played in one of the greatest games in World Cup history: the 1982 West Germany-France semifinal match. France led 3-1 with 20 minutes to go; Karl Heinz was on the bench, injured. Yet he came on the field and within a minute scored his team's vital second goal. West Germany went on to win the five-ever World Cup penalty-kick shootout.</p> <p>In 1984 he joined Inter Milan for a world-record transfer fee (the amount paid by his new team to his old team). A decade later he remains a legendary figure, traveling the globe promoting and coaching soccer.</p> <p>Karl-Heinz recently was made vice president of Bayern Munich, the club he joined at age 19. He also spends much of his time championing antidrug programs.</p>
	<p>WHAT MAKES KARL-HEINZ A STAR</p> <p>Terrific goal scorer.</p> <p>Fast, strong, with great balance.</p> <p>Great heading ability.</p> <p>Outstanding team leader (captain of West Germany Nation Team).</p>

D A Y 11

RUMMENIGGE MOVE

“All strikers need to have the ability to beat the opponents 1 on 1, I encourage all young players to practice and improve this valuable skill.”

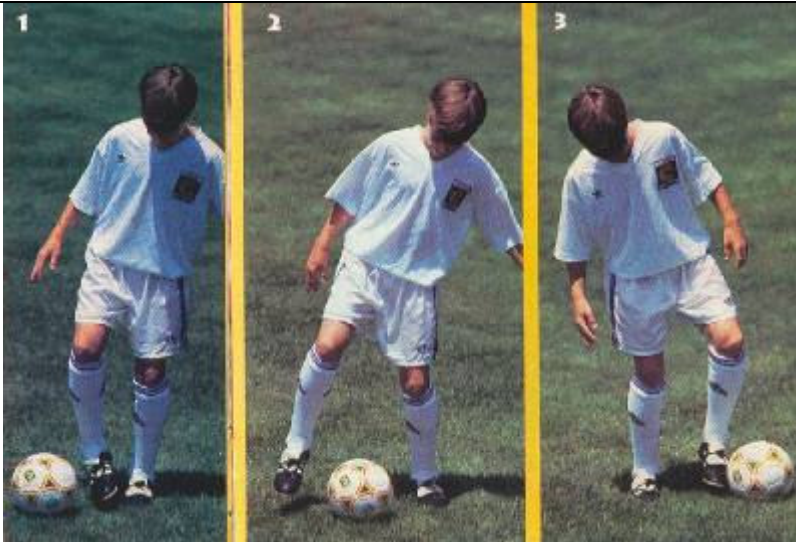


Starting up

Walk through the move step by step, using the same order you see in the photos. Then jog behind the ball. Do the move every 10 seconds.

First, step right behind the ball and go left; then step left and go right.

Finally, add a double move: step right, step left, then take the ball right with the outside of your right foot.



1. Stand behind the ball and fake a pass with the outside of your right foot.
2. But step to the side instead....
3. And take the ball in the opposite direction, using the outside of your left foot.

KARL-HEINZ DOS AND DON'TS.

Do stay close to the ball for an effective fake.

Bend your knees as you make the move.

Get away quickly after completing the move.

Don't be afraid to take on opponents 1 on 1 especially in the goal area.

Don't hesitate to shoot once you have made space for yourself.

Coerver Coaching Tips

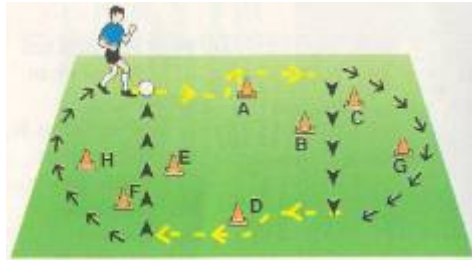
Short steps behind the ball make for a quicker move. You can coach yourself by talking through the moves: “Step right, step left, take the ball right.” If you have trouble, go back to the step-by-step approach – and remember Karl-Heinz Dos and Don'ts.

D A Y 12

Coerver Coaching Tips

Concentrate on close control when you run with the ball. Don't over hit your pass through the gates; if you do, you won't be able to collect it as you run around. Sprint hard around the end markers. When you're running with the ball, a flick pass with the outside of your foot often is the best pass to make.

Starting up: Set up Cones as shown. Cones B - C, and E - F are gates 2 yards wide. Start 5 yards from Cone A. Head toward cone A; step to the right behind the ball, but take it left with the outside of your left foot. As you approach Gate B - C, flick the ball through with the outside of your foot, then sprint around cone G to meet the ball. Now go toward cone D; step right, go left. Dribble toward Gate E - F; flick the ball through with the outside of your right foot, then sprint around cone H and take the ball.



around cone H and take the ball.

Scoring: Try to do four circuits without

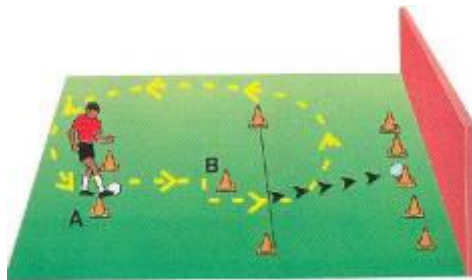
letting the ball stop or losing control of it.

D A Y 13

Coerver Coaching Tips

Low shots to corners often are the hardest for keepers to save. Look up and aim at your target before shooting. If you want to shoot with your left foot, just change the Rummenigge move to "step right, go left."

Starting up: Set cones against a wall. Cones A and B are 8 yards apart; cones C and D are 1 yard inside A and B. Cones E and F are 6 to 10 yards away from A and B. Dribble the ball toward cone X; step right and go left, taking the ball toward cone O. Now step left but go right inside the cone and shoot before you reach cones E and F. As the ball bounces back, be ready for rebounds. Follow up and try to score again.



Scoring: 3 points for one goal between cones A and C, or D and A; 2 points for

one goal between cones C and D; 1 point for one follow-up goal. See how many points you can score in five tries.

D
A
Y
14

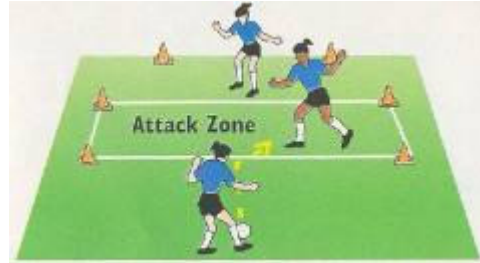
Coerver Coaching Tips

Go straight at your opponent as you prepare to do the Rummenigge move.

Moves are important in a game because they create space to shoot. Once you have space, don't hesitate. Go for it!

The moves in this section give you the option of beating opponents to the right or the left.

Starting up: Set up a goal 6 to 18 yards wide and an attack zone 15 yards by 15 yards. Your opponent cannot come out of this zone. Dribble into the attack zone. Use a Rummenigge move to get out of the zone and try to score. If your opponent



wins the ball, change roles.

Scoring: you can shoot only if you get out of the attack zone without losing the ball. See how many goals you can score in five tries.

D
A
Y
15

Coerver Coaching Tips

Lean over the ball to make sure your shot doesn't go up in the air.

Talk and give advice to your teammates.

The parent/coach should always roll the ball to one side or the other, never in the middle.

Starting up: Divide the teams and give each player a number. Teams lock arms and line up in front of 8-yard wide goals. A parent or coach rolls a ball to one team and calls a number (or numbers). The players with the number called play 1 on 1 (or 2 on 2, etc.). Play restarts whenever a goal is scored or the ball goes out of




play.

Scoring: A goal can be scored only on the ground. If defenders unlock their arms, their opponents can restart the game with an extra player. 3 points for one goal; 2 points for one double Rummenigge move; 1 points for one single Rummenigge move.

LEARNING FROM THE LEGENDS

GEOFF HURST

<p>ACHIEVEMENT</p> <p>CLUBS: West Ham United, Stoke City, Seattle Sounders.</p> <p>Made 49 international appearances for England, scoring 24 goals.</p> <p>Played in two World Cup finals.</p> <p>The only man to score the three goals in World Cup final.</p> <p>Scored over 200 goals in his professional career.</p>	<p>Geoff Hurst is the only player in the history to score three goals in the World Cup final match. He did it in 1966. If that's not enough to earn him a place in the second goal remains one of the most controversial ever scored in a World Cup final.</p> <p>Geoff's shot hit the underside of the crossbar and came straight down. Teammate Roger Hunt, following closely, turned and celebrated a goal instead of finishing off to score. The referee checked with the linesman, who signaled a goal. To this day many fans – especially Germans whose team suffered defeat – wonder if the ball actually crossed the line, Of course, Geoff insist it did.</p> <p>In many case, the goal was no fluke. Geoff scored 220 goals in a professional career that spanned over 500 games. Truly one of the finest strikers in the world, he finished his playing days with the North American Soccer League's Seattle Sounders.</p>
	<p>WHAT MAKES THE GEOFF A STAR</p> <ul style="list-style-type: none">✿ Strong brave and determined✿ Great first touch – he could receive, shield the ball and turn almost in one motion.✿ Cool and confident at penalty area✿ A consistent scorer, averaging almost one goal every two games✿ Always played fair, a gentleman of soccer.

D A Y 16

HURST MOVE

“As a striker I often received the ball with my back to the goal and had an opponent behind me. I often used this cut move to turn past them. In fact, the inside-foot cut created the chance for me to score the second goal in the World Cup final against Germany.”

Starting up

<p>Walk through the move step by step, using the same order you see in the photos. Repeat, but this time cut the ball with the inside of your foot. Set up two cones 10 yards apart. Move slowly between the cones, cutting the ball with the outside of the foot in one direction and the inside of the foot in the other.</p>	<p>Geoff's Dos and Don'ts</p> <p>DO Try to keep your body between your opponent and the ball to shield it.</p> <p>Stretch to put your foot beyond the ball.</p> <p>Twist your hips to cut the ball.</p> <p>Cut the ball into the direction you want to go.</p> <p>DON'T run past the ball before you make you cut.</p>
<ol style="list-style-type: none"> 1. Stretch to stop the ball moving away from you. 2. Lean over the ball and stop it (cut) with outside of your outstretched foot. 3. Then go in the opposite direction and push quickly away. 	

Coerver Coaching Tips

At first you can use two touches to cut the ball, but eventually try to change direction (cut) with just one touch.

Remember to push the ball forward, then stretch and stop it using the inside or outside of your foot.

If you have trouble, go back to the step-by-step approach - and remember Geoff's Dos and Don'ts.

D A Y 17

Coerver Coaching Tips

Take two touches to turn. Imagine each cone as an opponent. When you make the move in front of the cone, you are learning the very important skill of shielding the ball. As in all moves, go in slowly and come out quickly. You're doing the move correctly if you come out of it facing the next cone. If you're left footed do the outside cuts first, then the inside

Starting up: Set up cones 4 to 8 yards apart in a zigzag formation as shown (use more cones for older players). Place cones 3 yards apart to serve as goals. Start in one goal and go from cone to cone. Alternate inside-foot cuts, and outside-foot cuts, until you reach the opposite goal. Then turn and pass the ball through the starting goal.



ball through the starting goal.

Scoring:

Set up two courses

and play against your friends in a relay race. Score 5 points for the team that finishes first and 1 point for each goal. If you touch a cone go back to start.

D A Y 18

Coerver Coaching Tips

The pass from the server should be appropriate for the age and ability of the receiver. Try to turn using only one or two touches. Always try to pass accurately.

Starting up: Set up cones 10 yards apart. Begin at B and move toward your partner who gently pushes the ball through your spread legs. Spin around and try to stop the ball (using either the inside- or outside-foot cut) before it gets to cone C. At first, try to pass the ball back to your partner on the ground. Later to chip the ball at your partner's chest.



Scoring: 3 points for one cut before C; 2 points for two cuts before C; 1

point for three cuts before C.

D
A
Y
19

D
A
Y
20

Coerver Coaching Tips

Adjust distances according to age and ability.
 When you start, you can use two touches to cut the ball.
 Indicate to the passer to which side you want the ball passed.
 Look up to shoot accurately.

Starting up: Start with a goal keeper in a goal 6 to 8 yards wide. Set a cone 12 yards for older players). Start in front of the cone with your back to the goal. After receiving the ball from a server move to the right side then cut it with the inside of your right foot across your body and shoot at goal. Next, receive the pass to your left side; cut with the outside of your right foot. Turn and shoot with your left foot.



Scoring: 2 points for one goal; 1 point for one cut.

Coerver Coaching Tips

Accelerate out of your cut, then sprint to another area before cutting again.
 Look up so that you don't crash into a teammate.
 Always make sure your pass is accurate and easy to receive.
 The receiving player should take the ball while moving away, rather than stopping it and then moving away, just as you would in a game.

Starting up: Six or more players form a circle. Two players start with balls. They sprint across the circle and change direction, using outside- and inside- foot cuts. After three changes of direction, pass to a teammate and switch places. If there are fewer than six players, only one goes into the circle at a time.



LEARNING FROM THE LEGENDS

MICHELLE AKERS-STAHL

<p>ACHIEVEMENTS</p> <p>CLUBS: Swedish League/Tyreso, F.C. Caliber (amateur) Orlando, FL. Plays for U.S. National Women's Team. Helped U.S. team win first-ever Women's World Championship in China, and scored two goals in final game. Top goal scorer in 1991 Women's World Championship final round.</p>	<p>Michelle Akers-Stahl, Striker for the U.S. National Women's Team, is considered the best female soccer player in the world today. Her two goals against Norway, including the game –winner in the final minutes of the final match, gave the Unified States the gold medal in the first-ever FIFA Women's World Championship.</p> <p>A top player on club and regional teams in the girl's soccer hotbed her Washington state, Michelle continued to hone her skill by playing three to four hours a day at University of Central Florida. She was a logical selection for the first U.S. National Woman's Team, where her teammates look to her not only to score goals but also to lead.</p> <p>Because there is no professional women's soccer league in the United State, Michelle has had to go to Sweden to play as a semipro. She is married to a leading coach Roby Stahl. Michelle helps Roby run his strikers camp- a natural choice!</p>
	<p>WHAT MAKES MICHELLE A STAR</p> <ul style="list-style-type: none"> ✿ Tremendous shot with both feet ✿ Great grasp of tactics; true student of the game ✿ Hard trainer (90 minutes a day with ball; also sprinting and weight-lifting practice) ✿ Inspirational leader

D A Y 21

AKERS-STAHN MOVE

“This is a move greats like Marco Van Basten of Holland use to wrong-foot their opponents and create space to shoot. It’s sometimes called the scissors move.”



Starting up

Walk through the move step by step, using the same order you see in the photos.

Then slowly repeat each step, gradually speeding up until you can do the move in the motion.

Once you can do the move, practice it while moving. Every 10 seconds push the ball a head and do the move.

First do a right-foot step-around and go to the left with the outside of your left foot. Next step around with your left foot and take the ball to your right with the outside of your right foot.

Finally, try the double move. First slide your right foot around and in front of the ball then do the same with your left foot. End by taking the ball away with the outside of your right foot.



1. Face your opponent and fake a pass with the out-side of your foot.
2. But instead of passing, step around the ball.
3. Now step all the way to the opposite side of the ball.
4. Then quickly take the ball the opposite way, using your other foot.

Michelle's Dos and Don'ts

Do move around the ball as quickly as possible.

Accelerate away with the opposite foot as soon as you made your step around.

Don't make the move too close to your opponent.

Don't lift your step around too high over the ball it will slow you down.

Coerver Coaching Tips

If you have trouble, go back to the step-by-step approach – and remember Michelle's Dos and Don'ts.

D A Y 22

Coerver Coaching Tips

Accelerate sharply out of the move.

Lean to the side to draw your partner to you, then change direction quickly.

It is important to make moves both to the left and right to keep opponents guessing.

Starting up: Place two cones 6 to 8 yards apart. Stand between them with the ball. Working between the cones, do the Akers-Stahl move in either direction.

After some practice, get a partner to face you between the cones. Now try the move toward either cone; your



partner tries to get to (and touch) the same cone

before you. Switch around after five tries.

Scoring: 1 point for reaching the cone before your teammate touches it.

D A Y 23

Coerver Coaching Tips

When doing the double move, push the ball forward strongly enough that you have to sprint to keep up with it.

If you do you a double move against an opponent, remember to be quick with your step rounds.

The first step-around in a double move must come early, perhaps 2 to 3 yards away from an opponent.


Starting up: Set up cones as shown; cones A and B should be 3 yards apart. Start between cones A and B. Push the ball forward; without touching the ball, do as many double moves as you can before reaching cones C and D which are fifteen yards away. Then turn and pass the ball into the horseshoe formed behind cones A and B.




Scoring: 1 point if the ball stops in the horseshoe without hitting

any of the cones; 2 points for each double move you do before the ball stops.

D A Y 24


<p>Coerver Coaching Tips</p> <p>Look up before doing your move to make sure you can go into space.</p> <p>Concentrate on keeping close control so that you can react quickly to the signal to change.</p>	<p>Starting up: Four or more players form a circle. Each player has a ball except one. Everyone dribbles in the circle, looking for space and doing as many single and double moves as possible. On a signal, everyone steps on their ball, stops it dead and sprints to take another player's ball (no tackling!). Someone new becomes the only player without a ball.</p>  <p>Scoring: The player without the ball gets 1 point. The first player to get 5 points does five pushups.</p>
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D A Y 25

<p>Coerver Coaching Tips</p> <p>If teammates or friends want to play, split into twos and play each other – or play 2 and 2 or 3 on 3 using a bigger area.</p> <p>When you play 2 on 2 or more, you'll see how valuable these moves can be. You can pass (or fake a pass using a teammate as a decoy), then do a move past them.</p>	<p>Starting up: Set up four goals in an area 20 yards by 20 yards, as shown above. Each goal is 2 yards wide. Players play 1 and 1. They score by dribbling the ball between goals. One player starts with the ball; the other starts 3 yards away. If the ball is kicked out of the square, the other player restarts from one of the goals. The player who starts with the ball can score in any goal except the one he or she starts in; the opponent can score in any goal after winning the ball.</p>  <p>Scoring: 4 points for doing a move that leads to a goal; 3 points for one goal; 2 points for doing a double move; 1 point for doing a single move.</p>
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LEARNING FROM THE LEGENDS

GORDON BANKS

<p>ACHEIVEMENTS</p> <p>CLUBS: Chester-field, Leicester City, Stoke City, Ft . Lauderdale Strikers.</p> <p>World Cup winner 1966.</p> <p>Represented England 73 times in international competition</p> <p>Played in over 500 professional games.</p>	<p>Gordon Banks was perhaps the greatest keeper of all time. Although his career highlights include playing keeper during England's World Cup championship in 1966 and his 1972 selection as footballer of the year, Gordon is best known for his save against Brazil in the year 1970.</p> <p>In the game, a cross came in, and Gordon moved to his near post. Suddenly Pelé rose above the English defense and headed powerfully down to the far post. It seemed a certain goal but somehow Gordon managed to dive all the way across the goal mouth and deflected the ball away from the goal. Even Pelé said it was the greatest save he ever saw.</p> <p>Gordon starred for Leicester City and Stoke City in the English First Division before losing sight in one eye in an auto accident. Despite that injury, he joined the North American Soccer League and for two years thrilled American fans with his play for the Ft. Lauderdale (FL) Strikers.</p>
	<p>WHAT MAKES THE GORDON A STAR</p> <ul style="list-style-type: none">✿ A master of goalkeeping technique- great shot steeper, agile superb positioning.✿ Reliable, confident, safe; never a showman.✿ Fearless✿ He inspired his teammates.

BANKS MOVE

The save Gordon Banks made a deny Pelé a goal in the 1970 World Cup required two special skills: the ability to move quickly across the goal mouth and dive at full stretch to catch or push the ball away.



Starting up

Setup cones 3 yards apart against a wall; stand 2 to 3 yards away. Throw the ball so that it comes off the wall at an angle. Sidestep, skipping quickly along the ground, to get in line and then catch the ball. Next have a friend or parent stand behind you and throw the ball between the cones. You've to save it as it comes back. Try not to look behind you before the throw.



Scoring: challenge your partner take five turns each. You get one point for each save

Gordon's Dos and Don'ts

DO stand with your feet shoulder width apart, knees slightly bend, and your hands held out in front of your body.

Watch the ball all the way into your hands.

Move across the goal with a sidestepping motion. Face the wall.

DON'T bounce on your toes. You can't move quickly from that position.

Don't cross your feet as you move across goal.

Coerver Coaching Tips

It is important to time your jump correctly for high balls. If you jump too early or too late, you'll miss the ball or fail to hold it. If you have trouble, go back to the step-by-step approach - and remember Gordon's Dos and Don'ts.

D
A
Y
27

Coerver Coaching Tips

Two of the most important things in soccer are concentration and quick reactions.

All field players should try these skill builders. Once you do, you'll better appreciate the skills needed by a goalkeeper.

Starting up: Working with a partner, put both hands on his or her shoulders. B holds the ball chest high, facing A. A looks B in the eyes. When B drops the ball, A must react quickly and catch it before it hits the ground. Start with one ball and then, after you get good at it, try the same thing with two balls.



Scoring: Take 10 turns each; 1 point is given each time you catch the ball

before it can hit the ground.

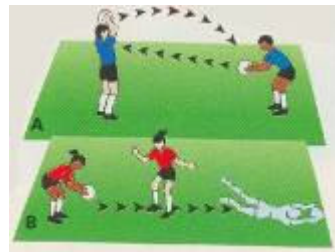
D
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28

Coerver Coaching Tips

Start slowly, then speed up. Be careful when you dive. Don't dive on top of the ball. Your body should touch the ground in this order: legs, torso, then arms.

Use your hand nearest the ground to stop the ball. Place your other hand on top and pull the ball into your body.

Starting up: (A) Stand 2 to 3 yards away from a partner and throw balls to each other at the same time. To keep the balls from colliding, one of you should throw the ball high while the other throws on a straight line. (B) Your partner rolls the ball through

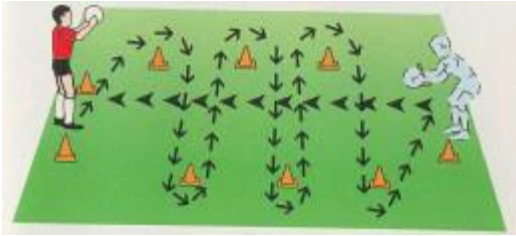
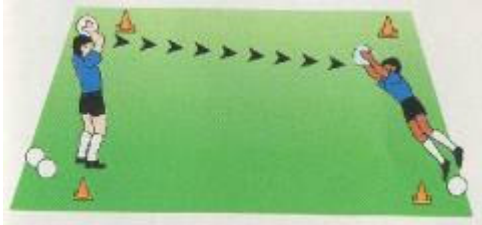


your legs from 1 to 3 yards away. Spin around, dive and catch the ball. Roll it to your partner,

who does the same. Finally, lie down 1 to 2 yards from the server. The ball is thrown side to side. Use your upper body to stretch and catch while the bottom half of your body stays on the ground, legs out.

D
A
Y
29

D
A
Y
30

<p>Coerver Coaching Tips</p> <p>Sliding sidesteps are the best way to move across your goal mouth.</p> <p>Throwing accurately to teammates is an important skill. It can mean sudden counterattacks when least expected.</p> <p>Try to catch the ball with your body behind it. If the shot is high, jump and make sure your hands are behind the ball. Then bring the ball safely to your chest before throwing it.</p>	<p>Starting up: Set up two rows of markers or cones 6 to 8 yards apart in a zigzag pattern as shown. Add 3-yard goals at each end. Holding the ball in front to you, sidestep around each marker, always looking ahead. When you reach the end, turn and throw the ball through the opposite goal. If you've got someone to work with have him or her stand in the goal. Sidestep back to the start while continuing to toss and receive the ball with your partner.</p> 
<p>Coerver Coaching Tips</p> <p>Always be ready.</p> <p>If you dive, get up quickly.</p> <p>Don't react badly if your opponent scores. Just concentrate on keeping the next one out!</p> <p>When you save the ball, bring it quickly to your chest and protect it with your arms.</p>	<p>Starting up: Your partner stands 10 to 15 yards away. You both have as many balls as possible behind you and stand between cones placed 6 to 8 yards apart that serve as goals. Throw the ball, trying to score in your opponent's goal.</p>  <p>Alternate throws. Take only one step before throwing.</p> <p>Scoring: Each game lasts three to five minutes. See how many goals you can score or how many saves you can make. You can also say that the first one to score five goals wins.</p>