

Coerver Coaching



Our Philosophy:

Coerver Coaching Canada East believes the future of soccer depends on imaginative and effective coaching. In order to produce exciting and skilful players who are attack minded, skills and attitudes must be learned at a young age through constant repetition in a fun environment. Through year round programs we're looking to build a foundation of technical skill development that will foster the development of Canadian soccer at all levels of the game.



Curriculum:

The curriculum for the program is based on the Coerver Pyramid of Player Development. Providing the proper combination of skill development, technical and tactical training and most importantly- lots of fun!! The goal of our program is to ensure that all players improve their skill, confidence and most importantly, the pleasure they get from playing soccer. We believe the better a players technical skills, the better he or she is able to solve problems. All players can become successful if they are encouraged and stimulated in a the appropriate learning environment.

Youth Development Goals:

- To develop skilled, confident players
- To teach skill and technique that is crucial to the game.
- To inspire confidence in young players
- To encourage creative play
- To encourage excellence in sportsmanship
- To make the game enjoyable and **FUN**

Player Development

Each course is designed to meet the specific development needs of an age group. In order for a player to be successful at soccer, they must first learn and then attain a comfort level with the ball and the confines of space. We have often found that if players learn "first things first", are given the time to master a skill and taught in an environment that builds on what they do well, then it is inevitable that they will find greater pleasure in the game, finding the success that they are looking for. No student was ever ask to read a great novel before learning the alphabet, or explored Calculus before having a sound mathematical foundation. With that in mind, our curriculum follows a series of progressions, which if worked at, will guarantee a player will find success in soccer.



1. Control and Space

Players at all ages will learn to control the ball, to look for space, to learn how to create time with the ball under pressure and then make decisions as to what space is best to attack. This confidence will be gained through a wide range of fun games, ball mastery exercises and soccer moves. From there, players will progress to 1 v 1 games with varying degrees of pressure that allow a child the time to build confidence and self esteem with the ball.



2. Passing and Moving

With an understanding of control and space, players will learn to attack space with a partner, learning when to pass, who to pass to and how to do so properly. We will train players to look first before moving the ball, to control the ball under pressure with confidence to make the right pass to attack space with a partner. They will learn how to support a team mate properly, to open up to a player creating, to make space for them and to create options. With these skills understood and mastered, players will move the ball properly through out the field, keeping possession from their opponents.

Following the proper progression

3. Tactics – 3 main moments of soccer and small sided play

Our teaching is always centered around small sided games, ranging from 1 v 1 to 4 v 4, that teach the core tactical elements of the game. Children are often asked by coaches to perform in a variety of positions and roles within a team. Our mission is to ensure that they are equipped with the skills and cognitive abilities required for these roles. Through out our development process, the children will learn the 3 main moments of soccer and the core fundamentals of team tactics, learning to make the field big and create space offensively. They will learn how to make runs to get open, how to attack on angles and interchange spaces with other players, to take two steps wide and back to create space, to attack wide, to attack the right space at the right time and to keep possession of the ball. In addition, they will learn how to defend properly, starting with solid 1 v 1 pressure of the ball, working collectively to make the field small and take space away from opponents.



Coaching Ratio:

Coerver Coaching programs look to operate with a coaching ratio of 1 coach per 12 to 15 players, dependent on the registration numbers, skill levels of the players and experience of the coach. Our goal is to create an environment in which the coach has more time to identify teaching moments for your child and build the necessary coaching relationship to foster player development.

Program Director:

George Menges 613-213-3925

New this year, each program will have a local representative who will guide you through your soccer experience.

Registrations will still take place at the Coerver office at 1-866-925-0845, but any other questions about curriculum, and league details can be directed to your Director.

Registration Form

South Dundas
Call **1-866-925-0845**
to reserve your spot!

Childs Name: _____

Guardian Name: _____

Address: _____

City: _____ Postal Code: _____

Age: _____ Gender: _____ Birth Date: _____

Tel: _____

Alternate Tel: _____

E-Mail: _____

Program Choices: *Please circle choice*

Girls	Boys	Phase 1	Phase 2
U5-U7	U5-U7	\$45	\$45
U9	U9	\$45	\$45
U11	U11	\$45	\$45
U14	U14	\$45	\$45

Payment: *Please circle one*

Cash Cheque VISA MasterCard AMEXX

Card # _____ Exp Date. _____

Name on Card _____ Signature _____

Please make checks payable to 'Coerver Coaching Canada East'

Please mail completed form to:
Coerver Coaching Canada East
PO Box 847, Prescott, ON K0E 1T0

Programs

U5 and U7: This is the first step towards a player's lifetime enjoyment of the sport, so it is imperative that coaches keep things fun. An emphasis on enhancing fundamental movement and coordination skills is important. These include running, jumping, hopping, bending, stretching, twisting, pulling, pushing, reaching, throwing, catching and kicking. The child needs to explore the ball by rolling it, bouncing it, tapping it, and how to use different parts of the body to control it. Each of these skills is introduced and then enhanced through a series of fun soccer games, that not only teach skill, but create a tactical knowledge base for future development.



U9 and U11: At this stage, concentration on individual skills, first touch, quick feet and moves to beat an opponent are the focus. Players will have countless touches on the ball, learning to master it with confidence and self assurance. Small sided games are used to encourage the application of learned skills in match like conditions. Each session ends with a small sided game that focuses on teaching the three main moments of soccer.



U14: The focus of this program is on the individual's role within a small group and in fast attacking situations, often a transitional role. Players will become proficient with ball mastery at game speed, can pass accurately and receive the ball under pressure. A series of exercises focused around group play, building up towards the goal and in front of the goal, and getting players in the right position to finish.



School Elements

- 6 sessions
- 1 hour of skills training and fun games each session
- Follow a progression of training
- Emphasis of countless touches on the ball to develop coordination, balance and confidence on the ball
- Moves: changing direction and attacking moves
- Finishing: lots of chances to score and finding success for every player

Street Soccer Challenge:

gives players a fun way to reinforce what they have learned and apply it to match simulated situations (3 v 2, 4 v 1 etc)

- In each session they are awarded points for success during drills and competitions
- In each game they will be partnered or teamed with different team members, allowing for fun competitions, countless opportunities for points (success moments) and for friendship development



Sample Session: Lesson plans are based on our international programs and follow a progression of training steps for children to follow. Each session follows a progression of training that allows for introduction of skills with no pressure, moving to limited pressure and then full pressure games. The actual games, exercises and skills are review by the program director in cooperation with coaching staff each week to ensure the that curriculum meets the specific needs of the group and the individuals

A typical session would run as follows:

- 5 min Fun Game - light introduction of skill
- 10 min Skills Development - no pressure
- 10 min 1 v 1 - limited pressure
- 10 min 2 v 1, 3 v 2
- 25 min small sided game

Coerver Coaching Fall Soccer League

Phase 1— 6 Sessions
(November 13 to December 19, 2008)
 @ Seaway District High School

Day	Times	Group	Cost
Thursday	6:00-7:00 pm	U5 - U7	\$45
Thursday	7:00-8:00 pm	U9	\$45
Friday	6:00-7:00 p.	U11	\$45
Friday	7:00-8:00 pm	U14	\$45

Groups and times may be adjusted according to enrollment

Phase 2—6 sessions
(January 15 to February 20, 2009)
 @ Seaway District High School

Day	Times	Group	Cost
Thursday	6:00-7:00 pm	U5-U7	\$45
Thursday	7:00-8:00 pm	U9	\$45
Friday	6:00-7:00 pm	U11	\$45
Friday	7:00-8:00 pm	U14	\$45

To Register:

Call 866-925-0845

OR

Mail this form to:

Coerver Coaching Canada East
 PO Box 847, Prescott ON KOE 1T0



Coerver Coaching South Dundas Indoor Soccer

Thursday/Friday
 Evening's
 November 13, 2008
 to
 February 20, 2009

At
 Seaway District
 High School



To reserve your spot!
 Call 866-925-0845
 www.coervercanada.com