

Seven Minute Coerver Drills

• **FAST FOOTWORK**

- **1 *Inside Roll*** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- **2 *Outside Roll*** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- **3 *Side to Side Push-Pull*** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.
- **4 *Side to Side Step-On*** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- **5 *Side to Side Front Roll*** -- Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.
- **6 *Pull Instep Push*** -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.
- **7 *Pull a Vee*** -- Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.
- **8 *Pull & Take with Outside of foot*** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
- **9 *Pull & Roll Behind*** -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.
- **10 *Pull turn*** -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.
- **11 *Inside of foot turn*** -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.
- **12 *Outside of foot turn*** -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.
- **13 *Cruyff*** -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
- **14 *Stepover Turn*** -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.
- **15 *Full Sole Roll*** -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.
- **16 *Scissors*** -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.
- **17 *360*** -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.
- **18 *Kick Over ball*** -- Kick over ball with inside of foot then pull it back with the sole of the same foot.

• **MOVES TO BEAT AN OPPONENT**

- **1 *Hip Swivel*** -- Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
- **2 *Mathews*** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)
- **3 *Cap*** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
- **4 *Stepover*** -- With ball moving, stepover ball so ball is outside of stepover foot, turn and take the ball with the other foot.
- **5 *Scissors over ball*** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
- **6 *Rivolino*** -- Same as stepover, but take the ball with outside of stepover foot.

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- 7 *Vee* – Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
- 8 *Cruyff* -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
- 9 *Inside of foot cut* -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
- 10 *3/4 Inside of foot turn* -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot
- 11 *3/4 Outside of foot turn* -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot
- 12 *Scissors behind ball* -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (easy to learn)
- 13 *Scissors in front of ball* -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
- 14 *Double Scissors* -- Push ball forward, make alternate scissors steps and take with outside of first foot. (ineffective close to opponent)
- 15 *Reverse Mathews* -- Fake with outside of one foot, step behind and take with outside of opposite foot. (also called body swerve or Touch'n go)
- 16 *Stepover - Scissors* -- Ball rolling. Stepover followed by scissors with same foot and take with outside of other foot.
- 17 *Front Roll* -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

• SEVEN MINUTE DRILL

- 2 Rolls (4 each foot)
 - 1) Inside Roll
 - 2) Outside roll
- 3 Foundation (4 each foot, alternating feet 3 touches between moves)
 - 1) Side to Side Push-Pull
 - 2) Side to Side Step-On
 - 3) Side to Side Front Roll
 - 4) Pull back and go.
- Do sequence with one foot then switch (4 times each foot)
 - 1) Pull, Instep Push
 - 2) Pull a Vee
 - 3) Pull & Take with Outside of foot
 - 4) Pull & Roll Behind
- 5 Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (4 times each foot)
 - 1) Pull Turn
 - 2) Inside of foot turn
 - 3) Outside of foot turn
 - 4) Cruyff
 - 5) Stepover Turn
- 6 Change of direction with fakes, 3 touches between turns (4 times each foot)
 - 1) Hip Swivel
 - 2) Mathews
 - 3) Cap
 - 4) Stepover
 - 5) Scissors
 - 6) Rivolino You can substitute any of the "Moves to Beat an Opponent".
- The Complete Seven Minute drill is more than 575 touches on the ball. Spend another ten minutes passing against a wall, both feet, both one and two-touch,

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instep and inside of feet, include fake kicks. Keep feet moving and work on accuracy.

- o **Spend ten minutes juggling the ball trying to get 100 consecutive juggles.**
- o **Do 50 to 100 sit-ups, then stretch.**
- o **Try to do complete workout every day. This workout can be done anywhere that there is little danger of breaking things, for instance in a basement, playroom or outside.**

Moves You Can Use!

1. Drop shoulder -simplest, easiest and, because of this, the most important move to master; fake kick, dropping opposite shoulder of the faking foot, push off of standing foot and explode outward with outside of foot; or, with inside of foot, explode turning inward across the body or, chip or lift while exploding in either direction using upper toe area
2. Cruyff -fake cross, using faking foot touch behind standing leg with inside of faking foot, shift weight to faking foot, turn toward standing foot then explode with instep of standing foot in any direction depending upon the placement of the defender; great simple move on the wing and when dribbling laterally across the field
3. Stepmover turn- -fake instep kick or inside of the foot kick, continue moving foot around the front of the ball to the other side and back several inches, step down, shift weight to this foot and turn body back toward the ball and explode with other originally standing foot using inside of foot or instep (shoe laces area); great move on the wings or when pinned into a tight space
4. Stepmover chip -after turning the body back toward the ball after stepover turn, jam toe under ball chipping ball to self
5. Stepmover flick -after one foot executes stepover, body shifts weight to other foot and ball is flicked with outside of same stepover foot as body and ball change directions
6. one foot Stepmover lift -after turning the body back toward the ball after stepover turn, explode with the outside of the same foot that stepped over the ball
7. double Stepmover -execute stepover turn and instead of exploding in opposite direction, use other foot to execute another stepover and explode into original direction
8. V-cut -with sole of foot farthest from the ball pull the ball back across the body and explode away with outside of same foot
9. pull turn -with sole of foot pull the ball back toward same foot and behind body as body turns toward ball and explode with instep of same foot
10. Fake V-cut -after pulling the ball across the body, push the ball back into the same direction with inside of the foot
11. Fake V-cut chip, lift -same as fake V-cut except instead of using inside of foot, chip or lift the ball to yourself(lift the ball by bringing knee up)
12. Full chip, lift or flick -fake toe kick the ball resting the sole of the foot on top of the ball; pull ball back and push ball to left, forward or to tight with chip, lift or flick (flick the ball by thrusting the foot forward after allowing ball to roll up the foot no further than the toe area); great but risky move, for use inside opponents penalty area or when in pinned into tight space
13. Scissors turn -with foot nearest to the ball lift foot toward other foot behind the ball then in a circular motion around and in front of the ball and out to the side, shift weight to this foot and explode away with outside of other originally standing foot with instep chip or outside of foot push
14. Double scissors -after shifting weight on first scissors, use other foot to perform 2nd scissors shifting weight to this foot and exploding away with other (1st scissors) foot
15. Scissors drag -after shifting weight on scissors, drag ball with inside of standing foot across the body
16. Scissors drag turn -after scissors drag, bring foot which is dragging the ball around the back of the ball and explode in opposite direction with outside of this same foot
17. Scissors roll drag turn -after shifting weight on scissors, drag ball with sole of standing foot making the ball roll and with outside of this same foot change directions and explode away with outside of foot
18. Side roll and push -with the ball of the sole of the foot roll ball across the front of your body, step down, shifting weight to this same foot, explode going forward with inside or instep of originally standing foot

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19. Stand and role -fake toe kick, rest sole of foot and weight of the entire body standing on ball; your forward momentum will let you fall off the front of the ball at which time you pinch the front of the ball with your heel, forcing forward ball spin and the ball roles past you; nice change of speed and good deception here
20. Inside of foot turn -fake instep kick, turn the ball with your inside of foot back across front of the body, shift weight to this foot, explode with outside of other originally standing foot
21. Double inside of foot turn or Swivel Hips -execute inside of foot turn and, after shifting weight, use other foot to do another inside of foot turn which will return you to traveling in your original direction; great move when defender running along side you and you want to make him hesitate; remember to turn your hips facing the defender during the first half of this move and return your hips forward during the second half
22. Outside of foot turn -fake toe, instep or outside of foot kick and turn ball with outside of foot 180 degrees back, shift weight to this foot and explode with inside or instep of other foot
23. Heel turn -fake forward kick, continuing faking kick past the ball, heeling ball back behind you, turn toward standing foot to get ball, explode with instep or toe
24. Matthews -with ball on the instep toe area, toe pointing down, drag the ball a few inches in toward other foot and explode out; or drag the ball a few inches out away from body and quickly drag back across body; or chip, lift or flick at forward angles; the small drag to one side and the lightning fast explosion in opposite direction is the key to Matthews moves
25. Beckinbauer -fake instep or toe kick, bring ball of foot to top inside of ball, move ball forward, out and back with ball of the sole of the foot, touch ball behind standing leg with inside of same foot, shift weight to this foot, explode with outside or instep of originally standing foot
26. Baggio -take instep or toe kick, pull ball very briefly back with bottom of toe to back foot while body suspended in air; explode forward with instep, inside or outside of back foot; great for sprint dribble to goal and one defender to beat
27. Maradona (Spin Turn) -fake kick over the ball; while body suspended in air using ball for balance but no weight on the ball, spin in the opposite direction of the balancing foot; switching feet midair on the ball, pull the ball in a continuing forward direction or to slight angle; ball continues while body rights itself facing forward again; explode forward with either foot
28. Pele' (The Hat) -fake kick, pull the ball back with sole of the foot so it roles on top of the toe area, flick the ball up about 1 to 2 feet high, instep volley the ball up and back over your own head or forward over opponents head or to the side and second touch over opponents head, retrieve ball before it lands, explode with any surface (chest, head, thigh, foot); the sheer joy when you succeed with this move is worth the risk; when in a tight spot give it a try; you have nothing to lose but possession of the ball which, since you are in a tight spot, you were probably going to give up anyway; superb when defender on your back, keeper coming to tackle or defender patiently containing