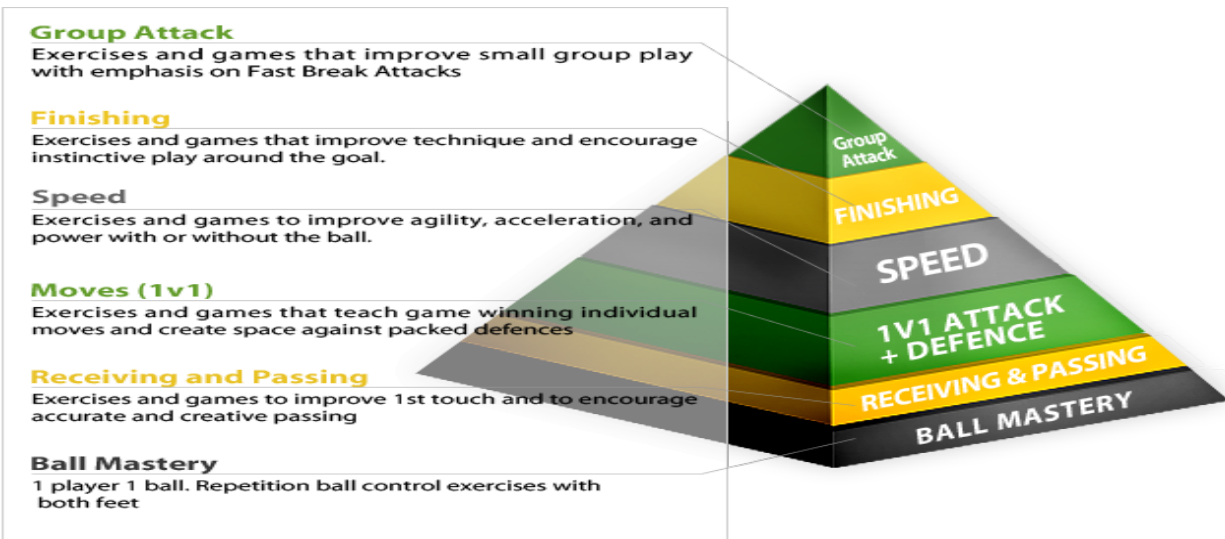




## Coerver Pyramid of Player Development



### 4 Curriculum Phases

U5-8 (Phase 1) Technical Skills and Fun

U9-10 (Phase 2) Single Topic Per Week (Limited Decision Making)

U11-12 (Phase 3) Single Topic Per Week (Multiple Levels of Decision Making)

U13-14 (Phase 4) Combined Topics Per Week (Multiple Types/Levels of Decision Making)

#### Phase 1 - U7-8 (Technical Skills and FUN)

Week #1 - Ball Mastery

Week #2 - Dribbling - Controlled vs Speed

Week #3 - Attacking Moves

Week #4 - Attacking Moves

Week #5 - Change of Direction

Week #6 - Change of Direction

Week #7 - Stop Starts

Week #8 - Stop Starts





**Phase 2 - U9-10 Single Topic Per Week (Limited Decision Making) (First Attacker Focused)**

\*While not always the primary focus, passing and receiving plays a key part in EVERY session.

- Week #1 - Dribbling (Running With The Ball)
- Week #2 - Attacking Moves (Focus on Move)
- Week #3 - Attacking Moves (Make a Yard of Space)
- Week #4 - Overloads (2v1's, How to Initiate)
- Week #5 - Change of Direction (Protect The Ball)
- Week #6 - Turn and Pass (Release The Ball/Support Play)
- Week #7 - Fake Change of Direction (Stop Starts)
- Week #8 - Fake Change (Releasing The Ball, After The Move)
- Week #9 - 270's (Limited Space, Avoid The Tackle and Escape)
- Week #10 - Passing and Receiving (Technique, Body Shape and Movement)

**Phase 3 - U11-12 Single Topic Per Week (Multiple Levels of Decision Making) (First and Second Attacker Focused)**

\*While not always the primary focus, passing and receiving plays a key part in EVERY session.

- Week #1 - Dribbling (Moving/Getting Behind Defenders)
- Week #2 - Attacking Moves (Comfortable Going Left and Right)
- Week #3 - Attacking Moves (Used To Make a Pass or Shot)
- Week #4 - Overloads (Front Foot Pass)
- Week #5 - Overloads (Wall Pass/Overlaps)
- Week #6 - COD (When to Turn Into vs. Away From Defender)
- Week #7 - COD (Angles and Distance of Support Player)
- Week #8 - FCOD (Creating a Cross or Switch Play or Shoot)
- Week #9 - 270's (Create in Number's Down Situations)
- Week #10 - Passing and Receiving (Combination Play)

**Phase 4 - U13-14 Combined Topics Per Week (Multiple Levels of Decision Making) (First, Second and Third Attacker Focused)**

- Week #1 (Attacking Move vs. Combo Move)
- Week #2 (Attacking Move vs. Front Foot Pass)
- Week #3 (Attacking Combination To Penetrate vs. Support)
- Week #4 (Change Direction to Support vs. Fake Change to Attack)
- Week #5 (Change Direction to Support vs. 270 to Penetrate Inside)
- Week #6 (Fake Change to Attack vs. 270 to Switch Point of Attack)
- Week #7 (Switch Point of Attack Through Passing and Receiving)
- Week #8 (Play Through Targets Through Passing and Receiving)
- Week #9 (Midfield Combinations Through Passing and Receiving)
- Week #10 (Crossing and Finishing)

\*Ages are not strict guidelines, phases can be blended, entered earlier or later depending on each team's current level and rate of progress. New teams may need to start at a lower phase than what their age specifies, depending on their current level of play.

