


coerver® home

Ball Mastery Warmup Developmental	Details –Attacking V (Pull Push) Use sole to pull back and outside of foot to push out wide. How many can you do in 1 min try it 3 times	Join Coerverkids from around the world! https://youtu.be/eRet92O5DfU
Ball Mastery Warmup Advanced	Details –Attacking V with Stepover Building on previous plans using combinations w/Stepovers Try both feet!	https://youtu.be/hOjTOKgwvtw Check out Coerver Conor working out! https://youtu.be/TmOb84Gi3mM
Move (right/left) Developmental Advanced	Stops and Starts to unbalance defenders High Wave Pull Push	 https://youtu.be/y-9rTGYdPp0 https://youtu.be/_4F9Tb9i6dw
Fitness	Coach Bri Fitness with a ball this week Repeat 4 times!	Dribbling and pull push https://youtu.be/y7i6BgOGdVw
More FREE Online Coerver AZ Training 	Sign up form if not already in Coerver AZ programs to receive videos https://forms.gle/VyMe3SLbCPAKotb1A http://www.coerverarizona.com/ You Tube Channel	Follow us on social media for new challenges https://www.instagram.com/coerverarizona/ https://www.facebook.com/Coerverarizona https://www.facebook.com/coerverhawaii https://www.instagram.com/coerver_hawaii/

More likes on Social Media to keep the videos coming...

Summer camps will be smaller this year, so they will sell out FAST! Get your spot now...
 Coerver AZ will modify group sizes and be in compliance with social distancing standards.
 Coerver will move your registration to a later camp or program if not able to hold in early June.

BE SAFE...BE WELL!