


coerver® home

Ball Mastery Warmup Developmental	Details –Basic feint moves around the ball. Scissors and Stepmover make sure body is over the ball with FAST feet! Scissors Stepmovers	Join Coerverkids from around the world! https://youtu.be/ZEVyQWJgK20 https://youtu.be/YYUs6YLGshE
Ball Mastery Warmup Advanced	Details – start with FAST scissors in place 12 total then forward with a drag scissor. Repeat 5 times	Check out Lauren University of Hawaii and MJ University of Portland https://youtu.be/j1gXuzQBQC4
Move (right/left) Developmental Advanced	Fast Feet with strong take away touch Perfect this move fast with both feet Scissors Stepmover Drag Scissors	Coerver Moves https://youtu.be/QpLPYdHIGGs https://youtu.be/wM34eUPOe5I https://youtu.be/o4Cipn1vPhY
Fitness	Join coach Bri for scissor/stepover sprints Repeat 10 times with 5 scissors then 5 stepover. Be FIT with FAST FEET!	https://youtu.be/LXDQ0xAptw https://youtu.be/Rs5FkBX6cvU
More FREE Online Coerver 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/

Coerver Coaching are specialists in technical skills training and have created the Coerver@Home series to help our players keep training. We are posting new challenges for players every day from across the vast Coerver 50+ locations on our social media.

Interested in virtual private 30 min session? [Coerver@Home Private](#)

99 Skills to Ball Mastery only \$9.99 [Coerver Coaching App](#)

BE SAFE...BE WELL!