


# coerver® home

<b>Ball Mastery Warmup</b> <b>Developmental</b>	Details -light touch sole alternating feet. Start slow for balance then increase speed. 10 Toe Taps then dribble using outside and inside of foot. Repeat 4 times.	Check out MJ from University of Portland <a href="https://youtu.be/NY963GnwK-U">https://youtu.be/NY963GnwK-U</a>
<b>Ball Mastery Warmup</b> <b>Advanced</b>	Details – dribble inside outside of foot Perform a U-Turn and U-Turn Stepmover Practice with both feet! 10 with right then 10 with left	Check out Lauren University of Hawaii and MJ University of Portland <a href="https://youtu.be/rBJKkg7JEgw">https://youtu.be/rBJKkg7JEgw</a>
<b>Move (right/left)</b> <b>Developmental</b> <b>Advanced</b>	Pull Ball with sole in front toward other foot- <u>Get it right then get it FAST!</u> U-Turn U-Turn w Stepmover	<b>U-Turn</b> <a href="https://youtu.be/n4FaeICzPtM">https://youtu.be/n4FaeICzPtM</a> <b>U-Turn Stepmover</b> <a href="https://youtu.be/BlaDpzFWdNo">https://youtu.be/BlaDpzFWdNo</a>
<b>Fitness</b>	Join coach Bri for Hurdle jumps and U-Turns - Do 3 times then rest for 1 min and repeat 3 sets total  Lauren and MJ partner work (6ft apart) Use shoes or cans if no cones	<a href="https://youtu.be/fieuRJOZAEk">https://youtu.be/fieuRJOZAEk</a>  <a href="https://youtu.be/8GSsO5tCWls">https://youtu.be/8GSsO5tCWls</a>
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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!**