

# coerver® home

<p><b>Ball Mastery</b>  <b>Warmup</b>  Advanced</p>	<p>Details  Sole Roll with fake stepover  Join Coerver Conor #coerverkid  demonstrating advanced skills</p>	<p>Link  <a href="https://youtu.be/gvs8bon55bE">https://youtu.be/gvs8bon55bE</a></p>
<p><b>Ball Mastery</b>  <b>Warmup</b>  Developmental</p>	<p>Sole Roll  Start slow with dominant foot then get  faster from side to side using both feet</p>	<p><a href="https://youtu.be/v-zBa-nnlzE">https://youtu.be/v-zBa-nnlzE</a></p>
<p><b>Move (right/left)</b></p>	<p>Slap step over  Sole roll through legs</p>	<p><a href="https://youtu.be/dOiz7JqTZzM">https://youtu.be/dOiz7JqTZzM</a></p>
<p><b>Fitness</b>  T-Runs</p>	<p>Join coach Bri for fitness  Complete each activity a total of 4  times with 2Xs to the right and 2Xs to  the left  1-Running make sharp cuts at cones  2-Sprint, side shuffle, sprint, back  pedal  3-Inside cut with half Zico  4-Outside cut with reverse cut  5-Forward foundations with sole roles</p>	<p><a href="https://youtu.be/kxNQIn581qo">https://youtu.be/kxNQIn581qo</a></p>
<p><b>More FREE Online</b>  <b>Coerver Training</b></p>	<p>Sign up form if not already in Coerver  programs to receive videos  <a href="https://forms.gle/VyMe3SLbCPAKotb1A">https://forms.gle/VyMe3SLbCPAKotb1A</a>   <a href="https://coerverarizona.com">https://coerverarizona.com</a></p>	<p>Follow us on social media for new challenges  <a href="https://www.instagram.com/coerverarizona/">https://www.instagram.com/coerverarizona/</a>  <a href="https://www.facebook.com/Coerverarizona">https://www.facebook.com/Coerverarizona</a>  <a href="https://www.facebook.com/coerverhawaii">https://www.facebook.com/coerverhawaii</a>  <a href="https://www.instagram.com/coerver_hawaii/">https://www.instagram.com/coerver_hawaii/</a></p>

Coerver Coaching is dedicated to player development we invite your players to utilize our content as online training activities. 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 week from across the vast Coerver 50+ locations.

**BE SAFE...BE WELL!**