


coerver® home

Ball Mastery Warmup Developmental	Details –Roll ups outside using both feet Get comfortable using all surfaces of foot	Join Coerverkids from around the world! https://youtu.be/hSOKJNTDuuc
Ball Mastery Warmup Advanced	Details –Sole roles and touches using every surface of your foot. Start slow and find the pattern then get it FASTER! Do Ball Mastery going both directions	Check out Lauren University of Hawaii and MJ University of Portland Coerver Trainers with FOCUS https://youtu.be/CDRx2tuba1w
Move (right/left) Developmental Advanced	Using the sole of our foot to manipulate the ball and big take away touches with outside of foot. Roll and Take Slap Cut	Coerver Moves -Check out MJ from Univ of Portland and Lauren from Univ of Hawaii https://youtu.be/eBIDDCjVZQE https://youtu.be/v--8h76UzyQ
Fitness	Running and Sole Roles with Coach Bri Start with running -no ball 3 times Add ball w sole roles – 4 times each side	Running and add a ball https://youtu.be/7u4BzlyLzIE
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!