


coerver® home

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| Ball Mastery Warmup Developmental | Details –Dribble Cuts Using the outside and inside of foot to cut Do 1 minute on right then left How many can you do in 1 minute? | Join Coerverkids from around the world! https://youtu.be/Oam-wn1MNd8 |
| Ball Mastery Warmup Advanced | Details –Ball Mastery and quick cuts for speed and fitness Check out the change of direction cuts College girls use the wall for extra touches | Check out Lauren University of Hawaii and MJ University of Portland https://youtu.be/61Hek0VX8Yk https://youtu.be/5OmAoFGB524 |
| Move (right/left) Developmental Advanced | Change of Direction -use both feet and have a bold take away to get separation Hook Turn or Cruyff Reverse Cut Check out Coerverkids making it look easy! | Coerver Moves https://youtu.be/RQFs_no6MGs https://youtu.be/4U66P3KGccs Coerverkids https://youtu.be/g5vWQXYDILs |
| Fitness | Core work with Coach Bri Planks – keep back straight and pull in stomach to spine Do each exercise 3 times! | Planks Exercises 1-4 https://youtu.be/3L2rEXa42jY |
| 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!