


# coerver® home

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| <b>Ball Mastery Warmup</b><br><b>Developmental</b>  | Details –Shuffle Stop Skip<br>Ball comfort using balance and control<br>Break it down into easy steps then put them all together!  | Join Coerverkids from around the world!<br><a href="https://youtu.be/2agENbsRknQ">https://youtu.be/2agENbsRknQ</a>   |
| <b>Ball Mastery Warmup</b><br><b>Advanced</b>   | Details –Step Kick with Reverse Cruyff<br><br>How many can you do in 1 min alternating feet?   | Check our Coach Trevor<br><a href="https://youtu.be/Dh54SMXoljo">https://youtu.be/Dh54SMXoljo</a>  |
| <b>Move (right/left)</b><br><b>Developmental</b><br><br><b>Advanced</b>   | Feints – forward moves to get into the space behind the defender. Sell it with upper body!<br>Side Step Feint<br><br><b>Combining our moves</b><br>Flick Slap Stepmover with a twist off   | Check out our moves...<br><br><a href="https://youtu.be/4Hn_PGikAY8">https://youtu.be/4Hn_PGikAY8</a><br><br><a href="https://youtu.be/BHLAJQkCGu0">https://youtu.be/BHLAJQkCGu0</a>   |
| <b>Fitness</b>  | Coach Bri Fitness Figure 8 FAST FEET<br>Repeat 5 times FAST  | <a href="https://youtu.be/dzVnUI7vDic">https://youtu.be/dzVnUI7vDic</a>  |
| More FREE Online Coerver AZ Training<br> | Sign up form if not already in Coerver AZ programs to receive videos<br><a href="https://forms.gle/VyMe3SLbCPAKotb1A">https://forms.gle/VyMe3SLbCPAKotb1A</a><br><br><a href="http://www.coerverarizona.com/">http://www.coerverarizona.com/</a><br><br><a href="#">You Tube Channel</a> | Follow us on social media for new challenges<br><a href="https://www.instagram.com/coerverarizona/">https://www.instagram.com/coerverarizona/</a><br><a href="https://www.facebook.com/Coerverarizona">https://www.facebook.com/Coerverarizona</a><br><br><a href="https://www.facebook.com/coerverhawaii">https://www.facebook.com/coerverhawaii</a><br><a href="https://www.instagram.com/coerver_hawaii/">https://www.instagram.com/coerver_hawaii/</a> |

**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!**