



10 Week First Skills Homestudy Plan

Each week we will introduce 1 Coerver Ball Mastery Skill and 1 Coerver Move. We encourage all players to practice these skills at home between training sessions. Each skill & move has a Coerver New York YouTube link to review if you missed a session or want to take another look.

WEEK	BALL MASTERY SKILL	MOVE
Week 1	Sole Taps: https://youtu.be/cCDDJuVa_fU	Drag Back: https://youtu.be/kwrZnRcKrfw
Week 2	Shuffles: https://youtu.be/noTf7FR7aeA	Step On: https://youtu.be/lZSa9lqczE
Week 3	Slides: https://youtu.be/t71kOhe3gBw	Side Step: https://youtu.be/459x-SwnoTs
Week 4	Heel Toe Rolls: https://youtu.be/vRCNh7tSmos	Scissors: https://youtu.be/Ta38M5_9aig
Week 5	Sole Circles: https://youtu.be/_mK1o_JTsAY	Inside Cuts: https://youtu.be/cPOzbZJ5On8
Week 6	Slap Stops: https://youtu.be/KsrxwsnzAk	Stepover Turn: https://youtu.be/8DptBPzkKqg
Week 7	Take Stops: https://youtu.be/0OwyfFWfKoc	Double Side Step: https://youtu.be/2hErW39pRQE
Week 8	Dribble Cut: https://youtu.be/1qJqxVDBwMs	Outside Cut: https://youtu.be/pZB_LBmqQ1o
Week 9	Shuffle Stops: https://youtu.be/pl1_uOLAAMU	Stepover: https://youtu.be/C0-a6lxaxSc
Week 10	Pull Push: https://youtu.be/KIETBJDI5XM	Double Scissors: https://youtu.be/ARoOu1yCwMq