

Bollhantering

Coerver Coaching – Ball Mastery

- The Sole/Heel Role - The Toe Roll
<https://www.youtube.com/watch?v=y8TWiytY8c&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X>
- The Inside Roll – The Outside Roll
<https://www.youtube.com/watch?v=vy3Vp0nVYE4&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=2>
- Toe Taps + Outside Roll
<https://www.youtube.com/watch?v=LX7vCvuJ-Ic&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=3>
- Inside/Outside Rollovers
<https://www.youtube.com/watch?v=rFjBvGVEeM&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=4>
- V Outside Pull Push
<https://www.youtube.com/watch?v=hOhVg8KRrCU&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=5>
- Pull Push Stepmover
<https://www.youtube.com/watch?v=eBmdW7YLELQ&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=6>
- Toe Taps Slaps Stepmover
<https://www.youtube.com/watch?v=1zKoA3BxYRQ&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=7>
- Outside Roll Step Behind Turn 90
https://www.youtube.com/watch?v=a_kzsM66g6c&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=8
- Outside cut, single scissor
<https://www.youtube.com/watch?v=luKFOBnmw3c&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=9>
- Pull back / Around the foot
<https://www.youtube.com/watch?v=QGtvUj1QECg&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=10>
- Double outside cuts stepovers
<https://www.youtube.com/watch?v=FyDtiF7MDgs&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=11>
- Double outside cuts stepover + scissor
<https://www.youtube.com/watch?v=gpqKKNVFSUM&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=12>
- Stepmover, double scissor
<https://www.youtube.com/watch?v=jN-xl8gIf04&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=13>
- Inside rollover, step on
<https://www.youtube.com/watch?v=sRzbWEB30BI&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=14>
- Sole/Heel Step behind turn 90
https://www.youtube.com/watch?v=HN_65PuJpbA&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=15
- Fancy Toe Tapping
<https://www.youtube.com/watch?v=XjLtlxnes9A&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=16>
- Tripple Scissor
<https://www.youtube.com/watch?v=nQdTgtl8XG0&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=17>
- Pull push, push behind
<https://www.youtube.com/watch?v=ORsJM-BvzI&list=PLKXC9J7xmNIHPmXr6qFX0rFc0A3xkfi3X&index=18>