

*Make Your Move Proven Drills To Sharpen Skills*







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MAKE YOUR MOVE groups twenty-six moves, eighteen drills, and games that Coerver Coaching uses in an at-home guide for coaches and young players to learn and master soccer's most expert skills. This practical and effective book is the next best thing to having a personal coach.

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DISC 1: STOP AND START MOVES: Step On, Double Step On, Pull Push, Step Kick, Half Pull Spin, 180 Spin, Fake Inside Cut, Double Spin. 11 DRILLS: You also get 7 Change of Direction skill drills and 4 Stop and Start skill drills. Use the drills to practice integrating these moves in your game.

### **Coerver Coaching Make Your Move - 5 DVD Set**

The Make Your Move Drill eBook combines two of our most popular products, the soccer drills found in Make Your Move and The New Era Series. Combined, that's 112 pages of different drills. And, each page has a Coaching Tip and a Player Tip. Also included are variations tips for each drill and ways to progress [...]

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