



## Coerver/Skill Acquisition Skills

1. Toe touches
2. Foundation touches
3. Toe touch, foundation touch combination
4. Heel to toe
5. Side to side
6. Right foot triangles
7. Left foot triangles
8. Pull stop
9. Inside-outside
10. 2-footed inside of the foot V
11. 2-footed outside of the foot V
12. 1-footed inside of the foot V
13. 1-footed outside of the foot V
14. 2-footed inside of the foot L
15. 2-footed outside of the foot L
16. 1-footed inside of the foot L
17. 1-footed outside of the foot L
18. Stationary scissors
19. Stationary step-overs

## Turns

1. Inside cut
2. Outside cut
3. Sole turn
4. Pull back
5. Stop turn
6. Heel turn
7. Cruyff turn
8. 1-footed step over turn
9. 2-footed step over turn

## Video Examples

Visit the YouTube link: <https://www.youtube.com/channel/UCoR5iMVfUhk9sIS1fUFM07A>.

These videos were made by Coach Cam Nikkel during my time as Assistant Technical Director at Winnipeg South End United. Feel free to share the link with your players as well!