

## **Coerver Moves:**

**15 - Step-ups:** alternating feet bottom of foot touches the top of the ball

**15 - Forward and backward step-ups:** same as above but moving the ball forward and then backwards. – 5 steps forward then 5 steps back (repeat 3 times for total of 15)

**35 - Pendulums or foundations:** move ball from right foot to left foot with the inside of the feet.

**10 - SI:** pull ball back with bottom of right foot and then hit ball forward about 12 inches. Repeat 10 times with right foot. The repeat 10 times with left foot.

**10 - SII:** pull ball back with bottom of foot and then hit ball forward with the inside of foot, repeat with other foot.

**10 - Roll 1-2:** put right foot on right side of ball. Roll ball with the inside of the right foot towards left side of body. Complete a two touch pendulum starting with the left foot (left foot then right foot). Ball should then be on left side of the body, roll ball with the inside of the left foot towards right side of body. Complete a two-touch pendulum starting with the right foot.

**10 - Step over 1-2-3:** Place ball in front of right foot. In a circular motion, swing right foot and leg around ball from left side of the ball to the right side of the ball. Be sure not to touch ball while swinging foot around ball (Step over). Then complete a 3-touch pendulum starting with the right foot (right-left-right). Ball should be in front of the left foot. With left foot and leg, swing foot around the ball starting from the right side of ball to the left. Complete a 3-touch pendulum starting with left foot (left-right-left). Ball should be in front of right foot. Repeat 10 times.

**10 - Weaver Push:** Place ball in front of feet. With the right foot, swing foot and leg around ball from right side to the left side of ball. Outside of right foot should be next to the ball. With outside of the right foot, hit ball towards the right side of body. Move body toward ball and complete a 3-touch pendulum starting with the right foot. Ball should be in front of body again. Step over the ball with the left foot and leg from left side of ball to the right side of ball. Hit ball with outside of foot toward the left. Complete a 3-touch pendulum starting with the left foot. Repeat 10 times

**10 - L and backwards L:** place ball in front of right foot. Pull back with bottom of right foot, in a continuous motion, turn hip and foot towards right and hit ball to the right with the inside of the right foot. (Ball should move in an L shape). Then put left foot on ball, pull ball back and in a continuous motion turn hp and foot, then hit ball forwards with the inside of the left foot. (ball should make a backwards L shape.) Repeat 10 times.

**10 - Pull back:** Place ball in front of the right foot. Pull ball back with the bottom of right foot. Then hit ball behind left foot and leg with the inside of the right foot. (Ball should move in a backward L direction) Ball should be on the left side of the body. Pull ball back with the left foot and hit ball behind the right leg and foot with the inside of the left foot. (Ball should move in a L shape) Repeat 10 times

**10 - Triangle:** Place ball in front of right foot. Pull ball back with bottom of right foot. 2-touch pendulum starting with the right foot (right-left) then with right foot hit ball diagonally forward in front of the left foot. Pull ball back with bottom of left foot, 2-touch pendulum starting with left foot (left-right) then with left foot hit ball diagonally forward in front of right foot. Repeat 10 times

**5 - Step over outside:** Place ball in front of right foot. Step over ball in a circular motion from left side of the ball toward the right side of the ball with the right foot. Then hit ball towards left side of body with the outside of the left foot. 2-touch pendulum starting with left foot. Step over ball with the left foot starting on the right side of the ball, then hit the ball towards the right side of the body with the outside of the right foot. 2-touch pendulum starting with the right foot. Repeat 5 times.

**15 - Pull back touch:** Pull ball back with the right foot, then touch ball forward with the outside of the left foot. Pull ball back with left foot, then touch ball forward with the outside of the right foot. Repeat 15 times.