



# NEFC CORE MOVES (Drill and Practice)



Independent Juggling Goals (Alternating Feet) - 3/15 25 juggles / 6/1 50 juggles (video or test w/ coach for validation)

Core Move	Video Link	Introduce	Reinforce	Mastery
Stop Hop Foundations	<a href="https://www.youtube.com/watch?v=hPVSIxJbCM">https://www.youtube.com/watch?v=hPVSIxJbCM</a>			
X Factor	<a href="https://www.youtube.com/watch?v=6yWiR7ETdul">https://www.youtube.com/watch?v=6yWiR7ETdul</a>			
Pull Laces	<a href="https://www.youtube.com/watch?v=WE21rSletII">https://www.youtube.com/watch?v=WE21rSletII</a>			
3 Foundations Push	<a href="https://www.youtube.com/watch?v=NT0c9QVrbE0">https://www.youtube.com/watch?v=NT0c9QVrbE0</a>			
Triangle	<a href="https://www.youtube.com/watch?v=sKNaKUP32JI">https://www.youtube.com/watch?v=sKNaKUP32JI</a>			
L	<a href="https://www.youtube.com/watch?v=nAM7RJSEJ2c">https://www.youtube.com/watch?v=nAM7RJSEJ2c</a>			
Roll Foundation	<a href="https://www.youtube.com/watch?v=AhJnfDjLVvs">https://www.youtube.com/watch?v=AhJnfDjLVvs</a>			
Rolls	<a href="https://www.youtube.com/watch?v=iz-Vn4NxKJY">https://www.youtube.com/watch?v=iz-Vn4NxKJY</a>			
2&2	<a href="https://www.youtube.com/watch?v=t3AJax1zMk0">https://www.youtube.com/watch?v=t3AJax1zMk0</a>			
Box	<a href="https://www.youtube.com/watch?v=oWBkXYtZDUQ">https://www.youtube.com/watch?v=oWBkXYtZDUQ</a>			
Compass	<a href="https://www.youtube.com/watch?v=l35xdj9jENA">https://www.youtube.com/watch?v=l35xdj9jENA</a>			
Shaboopies	<a href="https://www.youtube.com/watch?v=U45fNwhjcS8">https://www.youtube.com/watch?v=U45fNwhjcS8</a>			
Irish Jig	<a href="https://www.youtube.com/watch?v=leugRAvH9Qc">https://www.youtube.com/watch?v=leugRAvH9Qc</a>			
2 Footed V's	<a href="https://www.youtube.com/watch?v=u8rz78UzKk8">https://www.youtube.com/watch?v=u8rz78UzKk8</a>			
Toe Taps	<a href="https://www.youtube.com/watch?v=FXOFw8CHyo8">https://www.youtube.com/watch?v=FXOFw8CHyo8</a>			
Cruyff Foundation	<a href="https://www.youtube.com/watch?v=fAYi5F8SqmY">https://www.youtube.com/watch?v=fAYi5F8SqmY</a>			
Squeeze Push	<a href="https://www.youtube.com/watch?v=i50K-YsAgZs">https://www.youtube.com/watch?v=i50K-YsAgZs</a>			
Foundations	<a href="https://www.youtube.com/watch?v=b4WxWOPNB1k">https://www.youtube.com/watch?v=b4WxWOPNB1k</a>			
Left Inside Out	<a href="https://youtu.be/dDSI-ufX-qY">https://youtu.be/dDSI-ufX-qY</a>			
Right Inside Out	<a href="https://youtu.be/x98dYbR0ESI">https://youtu.be/x98dYbR0ESI</a>			
Cone Single Touch	<a href="https://www.youtube.com/watch?v=aS5J7BYKJv0">https://www.youtube.com/watch?v=aS5J7BYKJv0</a>			
Cone 2 Foundations Roll	<a href="https://www.youtube.com/watch?v=v8RJ20D2n_A">https://www.youtube.com/watch?v=v8RJ20D2n_A</a>			
Cone Outside Inside Left/Right	<a href="https://www.youtube.com/watch?v=GNvCiK8lp4E">https://www.youtube.com/watch?v=GNvCiK8lp4E</a>			
Cone Outside Inside	<a href="https://www.youtube.com/watch?v=9mT_PswftDk">https://www.youtube.com/watch?v=9mT_PswftDk</a>			
Cone Double Touch	<a href="https://www.youtube.com/watch?v=vt-3PpyJPDM">https://www.youtube.com/watch?v=vt-3PpyJPDM</a>			
Cone Double Touch Left/Right	<a href="https://www.youtube.com/watch?v=hp5JqpHxx98">https://www.youtube.com/watch?v=hp5JqpHxx98</a>			
Cone Roll Pass Push R Cone Roll Pass Push L	<a href="https://www.youtube.com/watch?v=TZcdl-IT_yc">https://www.youtube.com/watch?v=TZcdl-IT_yc</a> <a href="https://www.youtube.com/watch?v=cdqamsDploc">https://www.youtube.com/watch?v=cdqamsDploc</a>			
Cone Box Right/Left	<a href="https://www.youtube.com/watch?v=bAWxEZHpu7s">https://www.youtube.com/watch?v=bAWxEZHpu7s</a>			
Cone 2 Foundations Push	<a href="https://youtu.be/HW35YHYX0XA">https://youtu.be/HW35YHYX0XA</a>			

Player \_\_\_\_\_ Juggles 3/15 \_\_\_\_\_ Juggles 6/1 \_\_\_\_\_