

Using Soccer Drills

The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training. Authors Paul Laursen and Martin Buchheit—both well-known, expert-level HIIT researchers as well as practitioners and endurance athletes—do a masterful job of blending science-based concepts of HIIT with practical application strategies. Laursen, Buchheit, and a team of highly qualified contributors—who bring hundreds of years of combined HIIT science and application experience from across all sports—have written *Science and Application of High-Intensity Interval Training* to provide practitioners and athletes an understanding of the foundational principles of HIIT programming. Chapters in the first section describe five types of training, how to manipulate HIIT variables to maximize improvements in physical performance, and how to incorporate HIIT into a general training program. Readers will also learn the influence HIIT can have on fatigue, stress, and an athlete's overall health. The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in their respective sport. These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U.S. and international individual and team sports. Each chapter also contains sport-specific preparation and competition phases, an overall one-year training program, and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition. Knowing the proper ways to incorporate high-intensity interval training into a fitness or conditioning program is of vital importance: Not following proper protocols can lead to excessive and prolonged fatigue, illness, or injury. *Science and Application of High-Intensity Interval Training* is an essential guide for those who want to incorporate HIIT into their own training or their athletes' programming. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Science and Application of High-Intensity Interval Training Online CE Exam* may be purchased separately or as part of the *Science and Application of High-Intensity Interval Training With CE Exam* package that includes both the book and the exam.

This book provides 117 drills for teaching soccer skills through fun, easy to use games. The drills are designed to teach the fundamentals of soccer in an enjoyable, positive manner that keeps children focused, engaged, and entertained. Your team will get a great workout, maximum touches on the ball, and develop the basic soccer skills needed to be successful soccer players. Whether you have never coached soccer before or are an experienced coach, you will find useful drills in this book to hold the attention of 5, 6, and 7 year olds! In addition to the 117 soccer drills found in this book you will find 107 variations so there is always a fresh way to teach or reinforce a skill. Topics covered: Warm up, Dribbling, Defending, Passing, Receiving, Long Kicks, Shooting, Team Play, Throw-ins

Finally, a book for players who want to go the extra mile to improve their game. Charlie Inverso has put together several outstanding drills that you can do on your own or with one or two friends outside of the team training environment. Without the proper all-around skills, no soccer player can reach his or her potential, and without skilled players, no team can play on the championship level. Players and coaches, then, need more than just a routine collection of offensive drills to be successful. In addition to goal scoring, players need instruction in ball or field control, perhaps the most important skill that needs to be mastered. This handbook is designed to help the soccer coach, amateur or expert, to instruct players in, first, the most elementary skills, building up to the drills for sophisticated "plays" common in higher levels of game play. This book illustrates the exact method for teaching each individual skill, showing correct body positions and the various progressive stages of each drill.

Presents eighty-four soccer drills for beginning and intermediate players that cover basic spacing, dribbling, passing, and shooting skills for ages five through twelve.

Youth Soccer Drills, Third Edition, presents 100 drills and games for developing skills in dribbling, passing, collecting, heading, and shooting. All are easy to follow with clear descriptions and kid-friendly field diagrams, making them easy for coaches to teach and players to understand. Sample practice plans, variations, and coaching tips are included.

This text offers soccer trainers over 1000 ideas and methods for the whole training year. From the preseason period through to the following resting period, the training sessions ensure systematic and successful training and can be adapted to suit all teams and managers.

A PAPERBACK ORIGINAL A games-based alternative to tedious rote exercises, guaranteed to keep practices fun, engaging, and productive *Great Soccer Drills* provides soccer coaches with a great way to make every soccer practice active, fun, and productive. Coaches get 125 games guaranteed to keep kids moving and excited while teaching them basic skills, sharpening their reflexes, and building their confidence and decision-making ability. Written by two of North America's foremost names in youth soccer coaching, it also includes guidelines on how to create just the right blend of drills to hold the attention of six- to twelve-year-old players. *Great Soccer Drills* can be used in conjunction with the bestselling *Coaching Youth Soccer: A Baffled Parent's Guide* or as an excellent stand-alone resource for spicing up any practice.

It is the goal of this book to teach the reader the fundamentals of soccer training especially for children or kids. There are a few differences between the adult and children's soccer and this book is targeted towards the latter. This book can also be an indispensable resource for the novice soccer coaches making the transition from regular to kid's soccer training. One of the differences for example is your restricted to less

physical movements. One must also bear in mind that children must do this for fun first and foremost otherwise they might go to hate this sport and avoid training. Intensity of training also cannot be as intense as children in general suffer from attention difficulties and do get bored easily. Needless to say, you need just to be more gentle in general. This book is specifically for the goal of helping kids improve their game performance and help them enjoy the training. Likewise, for the newbie coaches who must learn the fundamentals of kid's soccer training. Here Is A Preview Of What You'll Discover... Introduction Soccer Tips: Blocking Selecting The Right Gloves For Goalkeeping In Soccer Coaching Soccer Soccer Tips: Drills Handling Shin Splints Efficiently Coaching Girls In Soccer Proper Hydration Exploring Different Types Of Soccer Training Camps Exploring The Benefits Of Soccer Training For Children Finishing The Shot Fundamental Skills Required For Soccer Training Speed Soccer Stamina Soccer Dribbling Training Dribbling Abilities Dealing With Head Injuries Important Coaching Accessories For Soccer Training Boosting Speed Soccer Shoes Balls Outfit Shoes Much,much more!!!

Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold! Creative Soccer Training includes 350 modern practical games and drills that build on basic playing skills. Foregoing theoretical introductions, the authors focus on presenting comprehensive exercises and particular skills that go beyond standard training. This book includes a great variety of creative training exercises that will form intelligent soccer players. Numerous graphics help soccer coaches implement training content with their own team in a simple and fast way. The practice-oriented design additionally makes this compilation an optimal resource for training players at advanced levels.

With the soccer season looming just around the corner it's never too early to start getting your soccer drills ready. Soccer is an intense game of skill and fitness, and it's going to take a lot of fun work on your part to make sure that you're ready to stay ahead of and dominate your competition out on the field. The big question is, do you know what it is you have to do to refine your drills and get yourself in fit, fighting form before soccer season starts? Or are you just aimlessly jogging around your block a couple of times a day hoping that it will provide your muscles with the conditioning they need to keep up with ninety minutes of fast paced, non-stop action once you hit that turf? If you are among the latter group there are two things you should know. One is that not focusing on your drills and fitness isn't going to get you anywhere, and two, that you're in very good company. Many people do not realize that training for a competitive sport such as soccer requires you to have high levels of endurance and cardiovascular fitness. Plus the work rate required to improve your drills and skills is much higher than the half hearted effort we all make to get in shape every New Year, before we eventually deciding to throw in the towel. If you are going to get serious about soccer, you need to get serious about your drills and fitness and this book is the first step you need to take to achieve those goals.

The world's best soccer players are incredibly fit, fast, lean, and strong. Achieving this level of athleticism requires a rigorous soccer fitness training program applying the most effective drills, exercises, and core training methods. In Soccer: Functional Fitness Training, the authors present numerous drills for this training. Based on the latest the findings in sports science and on the authors' long-term coaching experience, they present an extensive practical guide to help you improve your team's performance through core training, soccer specific exercises, and drills. The exercises can be used for amateurs and professional players, youth and adults alike. Your players can learn how to score the most exciting and acrobatic goals, how to tackle without fouling, and how to avoid injuries. The drills in the book create typical match situations to help your team prepare for the game and stay motivated. Many of the fitness exercises require no extra equipment and rely only on bodyweight, thus targeting many different muscles at once. The book is easy to use on the pitch and the ideal tool to turn youth players into the next Cristiano Ronaldo, Zlatan Ibrahimovic, or Bastian Schweinsteiger.

Are you ready to take your soccer game to the next level? Or just looking for ways to improve your team? This book can help solve your problems. Whether known as football or, as in the US, soccer; the "beautiful game" is the most popular sport in the world. The best players earn millions of dollars per year, and the greatest clubs are icons in their regions. Children love putting down a couple of jerseys and having a kick around. It is, globally, the team sport that has the greatest public participation and, at the highest level such as the World Cup, top leagues and cup finals, matches are watched live by tens of thousands of cheering fans. Support is only limited by stadium size, with tens or even hundreds of millions following their team on TV. It is therefore no surprise that so many people love to play the game, and want to become better at it. Youngsters dream of becoming the next Pele, Messi, Maradona or Ronaldo. This book offers coaches and players an insight into how to become a better soccer player. There are chapters on the role of the individual in this team game, and the role of the team in a sport lit up by the brilliance of individuals. There are drills listed to help the player and his side. Indeed, it is drills that lead to players becoming experts, as good as they can be. Drills take the individual components of soccer and allow practice in a pressure free, or pressure controlled, environment. What you very much do not want is to be learning new concepts under the pressure of the examination hall. That is the place to show what you can do, not try out risky ideas. In many ways, sport is the same. For soccer, the examination is the match; learning the skills is like gaining your understanding of Shakespeare; applying those skills is automatic in the chaos of the game. Those exercises you worked on in training ensure that you are fit enough to survive the game at your best. And just like a piece of great literature, so a great soccer performance is made up of separate elements, which combine to produce the art form that is the "beautiful game." Just as you could examine character, plot, language and metaphor when studying "Macbeth", a great performance in soccer is made up of control, passing, shooting, defending and teamwork. Those elements can be broken down, practiced and perfected during drills. The drill allows for experimentation; failure and error does not matter. Indeed, we learn through our mistakes. There is less pressure during a drill, so time can be spent getting the individual skills and movements right. A good coach can help a player focus on areas of weakness. Pressure can be introduced slowly, and in a controlled way, ratcheted up to recreate conditions more like those in the match situation. During practice sessions, often younger (and probably older!) players long for the "game." "Can we play a match now?" is the sort of request coaches of younger players will recognize readily. And that is fine, a little match - perhaps one that reinforces the skills on which the session focuses on, makes a fun and useful end to a coaching session. But drills are crucial in helping players to become the best they can be. These skill sessions can be focused on the individual, working on technique perhaps in groups of two to four; they can also be larger group drills, or whole team activities which help mutual understanding and coordination. Here's a Preview of What You'll Learn from This Book: Soccer for the Individual Soccer for the team Keeping Possession Short Passing Drills Shooting Drills Long Passes Drills Dribbling Drills Fitness Drills Communication Drills Team Passing Drills Team Interception Drills Possession Drills Scroll up and download now

Do you want to learn how to improving your defensive game? Or looking for ways to solidify your team's defense? This book is your answer. As was said by a great soccer manager, 'Offense wins games; defense wins titles'. This is the case with every level of the professional and amateur game in all countries across the globe. Although there is a correlation between scoring the most goals and winning leagues, it does not seem to be quite as strong as having a watertight defense. So, we might conclude that while scoring goals thrills the crowd and helps a team to win, to be a champion it is even more important that the defense is as strong as it can possibly be. We hope that we have made our case. Defense is key to a team's success. But there is another important reason for this coaching book on a team's defensive unit. We can coach attacking play; set moves, individual skills and so forth can all help a team to create and score chances. However, goals often result from a touch of magic. The thirty-yard screaming shot; the piece of dribbling brilliance, the through pass hit with precision and vision. These are hard attributes to train. Or they can result from an error by the opposition. A mishit clearance, a goal keeping mistake, a positional defect or communication lapse. Consistent training and coaching can make a bigger impact with defense than can be with offensive players. Movement that becomes second nature, knowledge, technique, experience and positional awareness - allied to teamwork and communication - these are the elements that come together to produce a defense hard to breach. They are all factors which the coach can

improve with their team through drills, team and individual coaching. It is true, if not often said, that attackers thrill the crowd while defenders win matches, at whatever level we play the game, from professional to Under ten teams playing on a Sunday morning. And it is there, with the match winning defense, that a coach earns his salt. Here's what's included in this book: The 4 Elements of a Soccer Game and how to defend in each of them Which defensive system is better? Man to Man or Zonal? The answer may surprise you The most efficient drills to organize your team for set pieces 9 Different Defensive Formations with Drills to Incorporate Each In your Team How 3 v 2 drills are powerful methods to improve with transition in defensive Individual Goalkeeping Drills and Strategies to Improve Positioning, Communication and Timing The 2 qualities of a great defender and drills to improve them Even if you're a die-hard center forward who believes that all 11 players should attack the opposition goal all day, you'll gain a lot from this book. Scroll up and click 'Add to Cart' Now.

Are you stuck at home or unable to get access to a soccer field? Are you worried about a lack of practice and reduced fitness? This book is your answer. Whether it's a pandemic caused by an extremely infectious pathogen or a harsh winter that causes 10 feet of snow to pile up on the soccer field, there are times when soccer takes a back foot. As we have discovered, soccer isn't more important than life or death, despite the claims to the contrary. So many coaching books require complex equipment, copious resources and fantastic facilities. In writing 'Practice Soccer at Home', we are seeking to offer a guide for those times when we train alone, in our back yard, with little more than a ball and our immediate environment. Undertaking this additional work is important whether we are professionals seeking to perfect our technique at the highest level (why else would top professionals build home gyms into their luxurious houses?) or, more relevantly for this book, keen amateurs or youth players looking to develop our own game. With jobs to hold down, school to attend and such like, it is unlikely that, in the best of times, we will get more than two formal training sessions per week, plus a match at the weekend. Realistically, it is likely to be just one session. In order to maximise our potential, we must do some work on our skills and endurance alone. The most practical place for many of us is to undertake this training at home. Why get in the car to drive to the gym or park if we have a back yard we could use instead? The answer is, of course, what to do in the back yard, and what to do it with! This book provides some answers to those questions.

101 Great Youth Soccer Drills is an exhaustive collection of the very best drills available, providing a solid foundation for you to build your players' skills. Filled with simple step-by-step instructions and diagrams, plus a sample practice program, this encyclopedia of drills provides you with solid skill-building fundamentals as well as the advanced techniques you need to get your players in top form.

The application of technology in classroom settings has equipped educators with innovative tools and techniques for effective teaching practice. Integrating digital technologies at the elementary and secondary levels helps to enrich the students' learning experience and maximize competency in the areas of science, technology, engineering, and mathematics. Improving K-12 STEM Education Outcomes through Technological Integration focuses on current research surrounding the effectiveness, performance, and benefits of incorporating various technological tools within science, technology, engineering, and mathematics classrooms. Focusing on evidence-based approaches and current educational innovations, this book is an essential reference source for teachers, teacher educators, and professionals interested in how emerging technologies are benefiting teaching and/or learning efficacy.

These books from the Dutch Soccer Association lay out complete season coaching plans for coaches of U-8s, U-10s and U-12s. Included are characteristics of players at each stage and what to expect in terms of performance and behavior. The Dutch method at all levels is based on a Circuit Model which emphasizes small groups, repetition and maximum ball contacts.

The fourth volume in the best selling "Dutch Soccer Drills series focuses on technical development through the use of drills and small sided games designed to prepare players for match situation. The 180 drills are actual training exercises used by the top clubs in Holland, a country renowned for their innovative coaches and world-class players. Each drill features a clear diagram and description, an objective and possible variations. "Dutch Soccer Drills, Volume 3 has been a perennial best-seller with a 90% self-through.

Youth Soccer Drills is your indispensable tool for coaching beginning to intermediate soccer players ages 5 to 12. Rely on 100 drills and games to make practices more fun and productive. Through these practice activities, even novice coaches will soon have young players mastering the essentials of spacing, dribbling, passing, shooting, and heading. Use the comprehensive drill finder to quickly find the perfect drill by skills you want to develop. Sample practice plans for 5- to 6-year-olds, 7- to 8-year-olds, 9- to 10-year-olds, and 11- to 12-year-olds are ready to take straight to the soccer field. Progressions of 4v4, 5v5, 8v8, and 11v11 help young players execute skills and tactics at the appropriate stage. Youth Soccer Drills will make practice more productive and put the fun back into fundamentals.

Soccer Drills provides a wide variety of training drills for all levels of youth and adult soccer teams. Each drill is broken down into step-by-step diagrams, with possible variations on each drill given, making the book a valuable resource for coaches. The book is structured by drills according to age and skill level, providing progressive training for teams. A comprehensive resource, this collection of 190 soccer drills, practices and games is one of the most extensive ever produced, covering all age groups and skills required. Each drill has been rehearsed and refined over a period of many years and they are proven to work in developing skills and teamwork with players of all levels of ability. Superbly illustrated with 582 step-by-step drill diagrams.

This book reviews the general acute effects and adaptations of small-sided and conditioned games (SSCGs) in terms of physiological responses, technical performance and methodology/periodization in the game of soccer. It also reviews the many studies conducted in the past decade to investigate the influence of SSCGs on physiological responses and technical performance in soccer training. SSCGs, which are smaller and adapted versions of formal team sports, are very popular training drills for players at all ability levels and competitive levels and offer an alternative to traditional fitness training. Exploring their role in depth, this book offers a valuable resource for academics, researchers and coaches with an interest in developing improved training techniques for soccer.

"ABLE Bodies Balance Training" offers an activity-based program to improve balance and mobility for both fit and frail older adults. This practical instructor's guide provides more than 130 balance and mobility exercises that enhance older adults' abilities to maintain balance in completing their everyday tasks.

Personal Soccer Training booklet for players wanting to self improve their fitness and skill levels. 52 week program contains 70 unique personal training activities. Designed by professional academy soccer coaching staff and contains drills for youth, high school, college and professional level players. Also includes detailed nutrition plans for players for training and games.

Are you stuck at home or unable to get access to a soccer field? Are you worried about a lack of practice and loss in fitness? This book is your answer. Whether it's a pandemic caused by an extremely infectious pathogen or a harsh winter that causes 10 feet of snow to pile up on the soccer field, there are times when soccer takes a back foot. As we have discovered, soccer isn't more important than life or death, despite the claims to the contrary. So many coaching books

require complex equipment, copious resources and fantastic facilities. In writing 'Practice Soccer at Home', we are seeking to offer a guide for those times when we train alone, in our back yard, with little more than a ball and our immediate environment. Undertaking this additional work is important whether we are professionals seeking to perfect our technique at the highest level (why else would top professionals build home gyms into their luxurious houses?) or, more relevantly for this book, keen amateurs or youth players looking to develop our own game. With jobs to hold down, school to attend and such like, it is unlikely that, in the best of times, we will get more than two formal training sessions per week, plus a match at the weekend. Realistically, it is likely to be just one session. In order to maximise our potential, we must do some work on our skills and endurance alone. The most practical place for many of us is to undertake this training at home. Why get in the car to drive to the gym or park if we have a back yard we could use instead? The answer is, of course, what to do in the back yard, and what to do it with! This book provides some answers to those questions. Here's What's Included In This Book: Training Equipment that You Might Need (with free substitute equipment) Drills for individuals, pairs and small groups to try in their backyard Some solo, paired and small group games to make training fun, Exercises that can be undertaken at home and in the backyard to improve fitness and flexibility Some mental health guidance Outlines of key techniques for reference Key skills on which the drills work More than thirty diagrams to help with understanding the more complex drills Even if you're not grounded at home during a pandemic or in the depths of winter, you will gain a lot from this book. Scroll up and Download Now.

Provides sixty-nine drills that focus on high-level skills and tactics, according to specific objectives

Ever wish you had pre-planned drills to use in practice? Wish you had drills with specific coaching points that doubled your confidence by pointing out what to teach your team? Want to learn which drill best develops the "Big 3" soccer skills? Are you ever uncertain that your practices are not developing your players quickly enough? If any of these situations describe where you are at, then this book is for you. Making practices into an enjoyable experience for your players while also ensuring they are developing quickly is not an easy feat. Other soccer books on drills provide too little guidance and are not written to make it easy for you to reference the drills prior to a practice. The drills in this book have accompanying graphics for you to follow along easily. Sure, there are likely some drills you already enjoy doing with your team, but this book provides 17 drills covering the topics of passing and receiving, dribbling and foot skills, defending, and shooting and finishing. Also, this book details 6 games that players love to play. Please note that though this book does cover some of the technical aspects of soccer such as the proper form for passing and receiving a pass, it does not cover the steps of every technical topic. Other books in the Understand Soccer series have been created to cover more technical subjects and are also available on Amazon.com. Outcomes of applying the facts in this book: - Know the key thing to do in practices to help your team develop twice as quickly. - Learn what topics to emphasize based on the age of your players. - Discover how to motivate players with different levels of drive. - Understand 5 important things every coach should teach in practice. - Have easy drills to set up no matter the size of your team. Why does learning these things matter? Well, building your soccer knowledge grows your coaching confidence. Coaching self-esteem is key for you, the coach, to build the belief in yourself to know how to handle the difficult situations that can arise from drills during practice. It is time for your coaching of Soccer Drills to reach the next level. Become the coach that changes every game from here on out and the coach whose team every player wants to be on. Imagine how nice it will feel knowing that you do not need to plan every drill for your team this season. Pick up your copy today by clicking BUY NOW.

Containing 80 categorized practice sessions for advanced players, with diagrams, instructions and directed objectives, this work consists of a coaches' corner section, which provides suggestions for general and theme sessions using the exercises. The topics covered in this work include everything ranging from warm-up to ball control.

The game's top players have remarkable speed, agility, and coordination demonstrated through precision passing, incredible ball control, and an uncanny ability to anticipate and react to the opposition's moves. Although the best players can make these skills look easy, each is a result of dedication, commitment, and countless hours of practice. In Elite Soccer Drills, renowned coach Mike Matkovich shares the same drills he has used in developing some of soccer's premier players. The 82 drills emphasize execution in high-level play while addressing the finer points of passing and receiving, attacking and defending, and heading. With drills for both individual players and teams, as well as practice tips and coaching suggestions, Elite Soccer Drills is the perfect practice tool for developing the high-level skills and soccer sense players need in order to excel. Contents Chapter 1. Becoming an Elite Player Chapter 2. Speed, Agility, and Coordination Chapter 3. Juggling Chapter 4. Dribbling Chapter 5. Passing and Receiving Chapter 6. Heading Chapter 7. Attacking and Defending Chapter 8. Crossing and Finishing Chapter 9. Conditioning

Get this soccer training journal for your beloved, family and friends who love football so that they can record their training process. Tracking progress of skills and drills are important for success. This soccer training log can be used to keep competition results, journaling, drawing and anything about playing soccer. Easy writing and smooth paper is perfected for pen and pencil noted. Perfect size at 6"x9 Convenient Ideal for a coach, dad, mom, son, daughter or whoever loves soccer. Good choice for personal used and great gift for all (men, women, teens, girls, and kids). Perfect for Father's day, Mother's day, Christmas or Birthday gift. Grab one now.

This third volume in the best-selling "Dutch Soccer School Drills" series focuses on individual skill development, conditioning, and match situation training. These drills will improve your players in every facet of their games and make your practice sessions both stimulating and effective. Each drill features a clear diagram and description, an objective, coaching points, and possible variations.

Meyer & Meyer Premium — the next level of instructional sports literature with high-quality, full-color books. The Soccer Games and Drills Compendium is a comprehensive compilation of 350 realistic drills and games that facilitate high-quality design and quick implementation of modern soccer training. The many drills are divided into technical, tactical,

and fitness-based focus areas. Individual focus areas cover basic training content, such as passing, dribbling, shots on goal, feints, juggling, and 1-on-1 situations, followed by focus areas with differentiated and advanced content, such as transitioning and reacting, chaos and action, game start variations, active defense, tournaments, and topics on tactical training. In addition, this book includes exercises for soccer-specific speed training, athletic and endurance training, indoor training, goalkeeper training, and team building. In this compendium you will find a wide variety of soccer-specific training exercises, and the graphics and practice-oriented design make it an optimal resource for taking effective training content and implementing it on the field. The many variations included with the drills and games make this compilation ideal for training players at all performance levels and age groups.

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences on how to learn and master key skills, and tips on how to improve your overall form. Essential Soccer Skills covers everything from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers, heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

Soccer Training is the best-selling coaching manual that brings together practices and routines used and recommended by some of the world's top coaches. It contains over 60 games and drills aimed at developing specific skills, from controlling and passing the ball to shooting and goalkeeping. A fully updated training section looks at all aspects of the modern player's fitness needs.

Offers age-appropriate, practice-oriented training units to improve basic offensive and defensive skills.

Are you looking to take your kids' soccer game to the next level? Check out this guide for youth soccer players (under 15 years) used by coaches, parents and players alike. Soccer is the most popular team sport in the world. It is perfect for kids to play. It is safe, simple and the skills required can be easily acquired. Becoming an expert player requires high levels of dedication, natural athleticism and innate skills. Any girl or boy can take to the sport and find enjoyment at their own level. It is for this reason that the game is escalating to such a rapid extent in the US. And it is why the need for coaches and players is growing continuously and rapidly. After all, who would not turn down the chance for their kids to keep physically fit, to allow their natural competitiveness to be channelled in an organized way, to be kept busy in a manner that is both productive and worthwhile? In addition to this, soccer develops dexterity, problem solving, collaboration, friendship, respect, self-discipline, team spirit and sportsmanship. All of which are life skills that are best acquired young. But there is so much to learn for youngsters who wish to become soccer players at a good club level. Shooting, defending, pressing, passing, controlling the ball, the laws of the game (even professionals struggle at times with the offside law as do, it sometimes seems, the referees themselves). And more important than all of these, children must learn about the spirit of soccer. Fair play and the sportsmanship mentioned above. This is especially so for today's youngsters facing all the pressures of growing up in a challenging world driven by the twin pressures of consumerism and social media. The 7 different kinds of skills that kids need to learn in soccer How Ball Control Skills escalate the level of your kids soccer game 6 Passing Drills that will improve team cohesion quickly Offensive Tips, Tricks and Drills that will make your team win 6 Drills that will make your kids get to defend in numbers and strength How to get kids to learn from the pros on TV 6 Drills that will make your kids get to defend in numbers and strength 5 Dribbling Tips and Drills that will make your kid stand out How the Mental Side of Soccer will improve your kids social and life skills What Parents must do during soccer practice and games Even if you've never played or watched soccer in your life before, you and your kids will gain a significant amount of knowledge from this book!

Full of innovative drills designed to teach players skills and tactics while building the necessary physical conditioning level required in the modern game of soccer, "Innovative Soccer Drills" is suitable for the player, parent and coach at the junior league and junior high school level.

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