

Soccer Midfielder Training Drills

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Soccer Drills: A Step-by-Step Guide on How to Coach the Perfect Practice - Dylan Joseph 2020-11-02

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.

An Essential Soccer Training Guide - Claudette Garth 2021-01-13

Are you looking for a book that helps you with essential football skills? If so, keep reading. In Soccer Practice Book, you have well over 100 tips from scoring to defending, fitness to nutrition, and on-the-field tactics to boosters for your free time. Each is explained to answer the question, "How can I use these steps to prepare for and use during every game that I play?" This amazing book is suitable for: - The defender who does not know which direction to push an attacker or how to position their body correctly. - The midfielder who does not get enough assists and is not considered to be the team's playmaker. - The striker/attacker/forward who does not score at least 2 goals a game. - The soccer player who needs a confidence boost that comes from game-ready knowledge. - The parent who loves their child, but hates to see them struggle with a lack of confidence on what to do. - The coach who focuses on team drills, but knows that their squad can go further if their shooting power, passing form, and foot skills improved through correct methods and increased IQ. After reading this book, you will: - Understand how to beat a defender every time. - Know which skills to avoid. - Condition your mindset to become one of a winner. - Remove the toxic habits you need to break. Let the fun begin!

Soccer - Eugenio Fascetti 1999-09-01

This book is packed with creative exercises & combinations to improve every aspect of your attacking game. Over 100 attacking schemes emphasizing overlapping, midfield penetration, backs exploiting the weak side, screens to prevent zonal marking & so much more; Plus a 21 day pre-season training program; 5 strength training circuits; 9 interval training circuits; exercises to develop quickness, speed & reflexes; 27 technical drills; & a very useful chapter on communication. 200 pages. Excellent.

Fitness Training for Soccer - Ken Sherry 2003-09

Fitness training is an essential component of soccer development. The stronger, faster, more agile and balanced players are, the more effective they will be in both training and game situations. The good news is you can improve fitness levels through proper training, and this book is the place to start. Full of small sided games and drills specifically designed to maximise fitness training for soccer.

Goalkeeper Training Manual - Lorenzo Dilorio 2005-04

This is a complete handbook dealing with the basic principles of goal-keeping technique and the planning of training sessions; it also includes a large number of exercises to help coaches train their keepers to identify and correct the most common mistakes.

Soccer - Thomas Dooley 2010-10

This book is dedicated to the tactical system used worldwide in upper amateur and professional leagues; 4-4-2. This book presents countless tried and tested exercises to help coaches and players learn and perfect the 4-4-2 system.

Fun Soccer Games for 12 to 15 Year Olds - Keith Boanas 2011

Developing Agility and Quickness - NSCA -National Strength & Conditioning Association 2011-10-10

The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Elite Soccer Drills - Michael J. Matkovich 2008-11-07

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

Soccer Coach Playbook - Run & Health Press 2019-12-20

Soccer Coach Book! Training Notebook Match Score When you finally get to manage your very own soccer team, you wear a crown that can be filled with thorns. Being the coach of a team you are responsible for putting together a winning and competitive combination for your soccer team. Compared to the big leagues, college or high school soccer is no less in quality excitement and top class thrills, but you need to have top class players as well. A prompted fill in soccer team plays notebook to record all your soccer coaching notes, playbook, to referee, record game statistics, working with your teams, training and drills. Each page is undated, allowing you to date the page as needed. Features: Soccer Play Drawing Field Templates Size: 8"X10" inches Cover: Matte Softcover Interior Pages: White Lined Pages; Total Pages: 110 total pages Gift For Soccer Coaches School Year Gift Sports and Recreation Gift Christmas Gift Birthday Gift Gift Under \$10

Pep Guardiola Attacking Tactics - Tactical Analysis and Sessions from Manchester City's 4-3-3 - Athanasios Terzis 2019-05-20

This book provides a tactical analysis of Pep Guardiola's 4-3-3 Attacking Tactics (56 Tactical Situations) which has been used to produce 12 Full Training Sessions (70 Practices and Variations). You can use these ready-made sessions to practice Pep Guardiola's attacking tactics and implement them into your training sessions.

Soccer Coach Playbook - Sport Chimp Publishing 2019-12-22

Soccer Coach Book! Training Notebook Match Score When you finally get to manage your very own soccer team, you wear a crown that can be filled with thorns. Being the coach of a team you are responsible for putting together a winning and competitive combination for your soccer team. Compared to the big leagues, college or high school soccer is no less in quality excitement and top class thrills, but you need to have top class players as well. A prompted fill in soccer team plays notebook to record all your soccer coaching notes, playbook, to referee, record game statistics, working with your teams, training and drills. Each page is undated, allowing you to date the page as needed. Features: Soccer Play Drawing Field Templates Size: 8"X10" inches Cover: Matte Softcover Interior Pages: White Lined Pages; Total Pages: 110 total pages Gift For Soccer Coaches School Year Gift Sports and Recreation Gift Christmas Gift Birthday Gift Gift Under \$10

Soccer - Peter Schreiner 2009-09-10

In modern soccer, players of all abilities experience enormous time pressure and pressure from opponents. They rarely get the chance to receive the ball calmly and then dribble, pass or shoot at the goal. Only by being able to bring the ball quickly and safely under control - often while on the run - can one play attractive and successful soccer. However, perfect ball control does not just start when the ball is at the player's feet, but must always be seen in the context of a game situation and an opponent. Perfect ball control can be broken down into four stages: -Preparation for the initial contact with the ball (perception, running into free space, adopting a suitable body position) -The first touch of the ball -Actions in possession of the ball (dribbling, feinting) -Final action (pass, cross, shot at the goal) This practical book contains more than 160 drills and ball games and over 200 photos and 120 illustrations covering ball control, dribbling, feinting, passing, crossing and shooting at the goal. Each chapter starts with clear theoretical principles that give the coach valuable information for effective and learning-intensive team and individual training.

Coaching 4-3-3 Tactics - 154 Tactical Solutions and Practices - Massimo Lucchesi 2019-01-18

This book is a comprehensive resource for coaching the 4-3-3 formation at all levels. The level of detail will help you emulate how top coaches, such as Pep Guardiola, Maurizio Sarri and Jürgen Klopp use the 4-3-3 to great success. It will enable you to see all the solutions, in order to optimise your team's tactical awareness

and performance.

Essential Soccer Skills - DK 2011-02-21

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.

German Soccer Passing Drills - Peter Hyballa 2015-08-15

Train like the World Champions! Over the past few years, a new trend has become ever more prominent in the soccer world: passing often, fast, and including all players in the game. Combining this with their own personal style, we have seen teams reach new heights of success from FC Barcelona to Bayern Munich and Borussia Dortmund and, most recently, the German National Team at the 2014 World Cup in Brazil. But what does it take to learn this 'art' of passing? What are the methodological and technical requirements for becoming the new Schweinsteiger, Messi, or Neuer? In this book, the only of its kind, two German League certified coaches have created the ultimate guide to passing. Using the "Hyballa-te Poel-Passing-Puzzle," they present every type of pass there is in modern soccer, with lots of drills for each type. From the goalkeeper to the center forward, everyone can learn passing with these exercises.

Full Season Academy Training Program U13-15 - 48 Sessions from Italian Serie 'a' Coaches - Mirko Mazzantini 2013-07

Soccer Italian Style coaches Mirko Mazzantini (AFC Fiorentina) and Simone Bombardieri (Empoli FC) are both professional academy coaches and in this book provide a new full season training program for U13-15 year olds. This book includes 48 sessions (245 practices) with warm ups, conditioning, coordination and agility exercises, technical practices, tactical / game situations and small sided games. This is the same full season training program that top Italian Academy coaches use to develop their professional academies in the Serie 'A'. Have you got the other part of this Book Set? - Includes 200 new practices for U9-12 - Buy now from all good Football Coaching Specialists

Developing Game Intelligence in Soccer -

There is no greater power on the soccer field than the game intelligence of the players. With a great variety of attractive and effective simplified games, specially designed to simulate the most important game situations that may occur on the pitch, Horst Wein shows how to stimulate most of the aspects which are involved in game intelligence in young soccer players as well as professionals. Remember, Playing soccer without thinking is like shooting without aiming.

The Barcelona Inheritance - Jonathan Wilson 2018-11-06

From Cruyff's "Total Football" to the epic rivalry between Guardiola and Mourinho, a gripping chronicle of the rise and fall of Barcelona's dominance in world soccer. Barcelona's style of play--pressing and possessing--is the single biggest influence on modern soccer. In The Barcelona Inheritance, Jonathan Wilson reveals how and why this came to pass, offering a deep analysis of the evolution of soccer tactics and style. In the late 1990s, Johan Cruyff's Dream Team was disintegrating and the revolutionary manager had departed, but his style gave birth to a new generation of thinkers, including Pep Guardiola and José Mourinho. Today, their teams are first and second in the Premier League, marking the latest installment in a rivalry that can be traced back twenty-five years. The Barcelona Inheritance is a book about the tactics, the personalities, the friendships, and, in one case, an apocalyptic falling-out that continue to shape the game today.

Coaching 3-5-2 Tactics - 125 Tactical Solutions & Practices - Renato Montagnolo 2020-02-07

This book is a comprehensive resource for coaching the 3-5-2 formation at all levels. The level of detail and tactical solutions included will help you emulate how top coaches, such as Antonio Conte (Inter) and Nuno Espírito Santo (Wolverhampton Wanderers), use the 3-5-2 to great success. This book goes into great detail to show the movement of all players within the 3-5-2 system of play in various tactical situations and against different formations, in the attacking and defensive phase. This will enable you to optimise your team's tactical awareness and performance. Tactical solutions are provided for all game situations, in

relation to how to counteract the opponent's positioning, organisation and decision making. This book will teach you to coordinate and solve specific game situations in a flexible way with many different options and tactical solutions. As a coach, you can train these patterns of play repetitively, so that the players' reading of the game becomes automatic and the team is quickly able to recognise and find the best solutions to solve every conceivable tactical situation. This book includes: Tactical Strengths and Weaknesses of the 3-5-2 Formation 3-5-2 Tactics Against Different Formations (4-4-2, 4-2-3-1, 4-3-3, 4-3-1-2, 3-5-2 and 3-4-3) Overcoming the First Line of Pressing (Build-up Play from the Back) Moving the Ball in Between the Opposition's Midfield and Defensive Lines Playing in Behind the Opposition's Defensive Line Defensive Organisation and Pressing Organisation of the Defensive Line 41 Practices and Variations to Apply Tactical Solutions with the 3-5-2 Renato Montagnolo has a UEFA 'B' Coaching Licence and a Patentino Match Analyst Licence. He has been working as a First Team Assistant Manager and Match Analyst for the past few years in Serie C in Italy. With experience of writing books and articles, speaking and teaching, Renato is a respected football tactics expert.

Soccer Skills & Drills - National Soccer Coaches Association of America 2006-06-20

Master all the fundamentals that matter on the pitch with Soccer Skills & Drills. This comprehensive instructional guide for players and coaches alike teaches the techniques necessary for success as well as games and drills to hone your skills to perfection. Learn to dribble, receive, pass, shoot, head, tackle, and guard the goal with guidance from the National Soccer Coaches Association of America, the top coaches' organization in the United States. Then use the 80 progressively arranged games and drills to practice those skills in competitive situations and small-sided games. The insightful teaching points and effective practice activities will reinforce your execution of the fundamentals and expand your repertoire of techniques and tactics. Dozens of photographs and diagrams are provided to help you visualize the technical instruction, while the application of each skill is described from both tactical and positional perspectives. More than a drill book, Soccer Skills & Drills is the information-packed resource that will elevate any player's game!

Soccer Awareness Age Group Specific Awareness Developmental Training - Wayne Harrison 2017-05-31

With this 94 page Book, we are taking the Soccer Awareness thinking process to the next level by identifying what is relevant at each age group. That said, you the coach, will decide perhaps a 9 year old team can cope with the 11 year old sessions and perhaps a 12 year old lower level team will need to use younger age group session plans. We hope you enjoy these sessions and as always our Soccer Awareness training material is simple to understand, user friendly and we try to offer a great attention to detail. Table of Contents 6 TO 9 YEARS OLD AWARENESS DEVELOPMENT TRAINING Clinic 1: Objective: Improving Basic Dribbling And Awareness With Lots Of Touches In Possession Of The Ball Clinic 2: Awareness Concept Introduction On The Ball With Few Touches; Using A One And Two Touch Maximum (Example) Clinic 3: Objective: Encouraging Dribbling And Turning Through Quick Transition Play Clinic 4: Objective: A Fun Awareness Possession Game For Improving Peripheral Vision 10 TO 11 YEARS OLD AWARENESS DEVELOPMENT TRAINING Clinic 5: Objective: Testing Players Awareness Clinic 6: Objective: Teaching Awareness In Three's Or Fours Developing Movements Off The Ball To Receive Clinic 7: Objective: Improving Awareness Of Spacing And Movement "Off" The Ball Clinic 8: Objective: Development Of Awareness And Of Movement "Off" The Ball 12 TO 13 YEARS OLD AWARENESS DEVELOPMENT TRAINING Clinic 9: Specific Peripheral Vision Coaching Sessions Clinic 10: Receiving, Turning And Angled Passing Developing Awareness On And Off The Ball Clinic 11: Objective: Switching Play As A Team Clinic 12: Objective: Improving One And Two Touch Play Using The Awareness Three Team Game Focusing On Quick Thinking, Quick And Early Foot Positioning; Support And Finishing Clinic 13: Objective: Pressurizing Game Working On Attacking Transitions Clinic 14: Objective: Developing The Players Ability To Switch The Play, Be Aware Of Teammates And Opponents Positioning; Before Receiving; And Then Changing The Point Of Attack Clinic 15: Using A Non - Competitive Numbers "Game" With Teams Passing In Sequence To Improve Awareness On And Off The Ball (Part One) Clinic 16: Using A Non - Competitive Numbers "Game" With Teams Passing In Sequence To Improve Awareness On And Off The Ball (Part Two) Clinic 17: Objective: A Transition Clinic Developing The Players Ability To Recognize The Immediate Changes From Defense To Attack And Attack To Defense And To Act On It Quickly Clinic 18: Changing The Point Of Attack

Through The Directional Four Goal Switching Play Game 14 TO 18 YEARS OLD AWARENESS DEVELOPMENT TRAINING Clinic 19: Objective: Quick Transition Directional Play Target Game Developing Movement Off The Ball Clinic 20: Objective: Teaching Movement "Off The Ball" Through The Transition Directional Target Game Clinic 21: Directional Awareness Training (Part One) Clinic 22: Directional Awareness Training Game Situation (Part Two) Clinic 23: Objective: Development Of A Finishing Game Using Two Goals Increasing The Amount Of Decisions Able To Be Made Clinic 24: The Three Team Awareness One Touch Game

Soccer IQ - Dan Blank 2012

An Amazon #1 Best-Seller! Named the #1 Soccer Book by Football.com. Named a Top 5 Book of the Year by the NSCAA Soccer Journal! Soccer IQ is the first book for soccer PLAYERS! In a world saturated with books about how to coach soccer, Dan Blank finally gives players a book on how to think it. Standing on two decades of collegiate coaching experience, Blank has catalogued soccer's most common mistakes and provides simple, connect-the-dots solutions to help players solve their soccer problems. Soccer IQ is soccer's first text book for players; an almanac of smarter soccer decisions intended to flatten out the learning curve. It covers everything from hunting rebounds to the value of the toe-ball; from playing in the rain to the world's dumbest foul. Blank tells his story from the familiar and humorous voice of a coach who has endured years of stress at the hands of his players. Written in plain-spoken language, Soccer IQ is an easy read and a quick-fix to the most common yet critically important soccer problems. Includes a bonus chapter on the college recruiting process. " Finally someone wrote this book! If every soccer player read Soccer IQ, every coach would be a lot happier." Mark Francis - Head Coach University of Kansas "Dan Blank has just written soccer's first definitive text book." Colin Carmichael - Head Coach Oklahoma State University "This book has immediately become required reading for my team. I'll take 30 copies." Steve Nugent - Head Coach UNC-Greensboro "Soccer IQ may be the best practical soccer book I have ever read. There's no fluff. Just nuts and bolts principles that we teach every day. It'll solve a lot of your soccer problems." Steve Holeman - Head Coach University of Georgia

Coaching the Modern 4-2-3-1 Soccer Formation - Marcus DiBernardo 2014-04-26

The 4-2-3-1 is a system that Arsenal, Real Madrid, Everton, Bayern Munich and many more professional teams use. The formation can be employed in many different ways depending on the personnel available. It can be used to play a conservative, defensively sound counter-attacking game or opened up for an ultra-offensive approach. The interchanging of positions, room for tactical adjustments, defensive soundness, room for creativity and overall fluidity of the system is what makes the 4-2-3-1 effective. This book will take you through the fundamental roles and responsibilities of each player within the system. It also provides multiple training exercises, explains and demonstrates individual and team movement patterns, covers the strategy of team defending and team attacking in the 4-2-3-1 and a number of ways to modify the system.

The Best of Soccer Journal - Jay Martin 2015-01-15

The NSCAA continues their successful book series "The Best of Soccer Journal" with this new highly anticipated entry in the instructional soccer book field. The book explores the Craft and Art of Coaching. The best coaches in the US describe how they get it done on the field. In addition, this book explores the 'Last Frontier' - the mental side of the game. Successful players and coaches must train the mind as well as the body to succeed and master the game!

Soccer Training - Dylan Joseph 2018-05-17

If you are NOT interested in being a better player, coach, or parent of a soccer player, this book is NOT for you. With game-proven methods to score more against any team, this is your manual for success! How teams play is unpredictable... or is it? Through countless hours of practice, training, and experience, soccer's elite have shown consistent patterns of in-game skills that when applied, will lead to very predictable outcomes - more goals, more assists, and more wins! Learn the keys to being a better soccer player through warm-ups, instructional drills, and exercises to sharpen your skills that take advantage of the human anatomy, an unshakable mindset, and proper form for all areas of soccer. In Soccer Training, there are 14 chapters, with well over 100 tips from scoring to defending, fitness to nutrition, and on-the-field tactics to boosters for your free time. Each is broken down in a way that answers the question, "How can I use these steps to prepare for and use during every game that I play?" Learn what coaches do not

teach, not because they do not care, but because they just don't know. Often, coaches emphasize the team's abilities, while giving little to no time and minimal volume to the skills of each individual. It is just as essential to develop the players within the system. This book is a high-level overview of the areas that can take a player from being a bench-warmer to MVP. In a day and age where many so-called experts' advice is to improve your conditioning, get more touches, try harder, and you need to want it more, this book stands out on delivering the steps to turn any player into a great performer. Who this book is for: -The defender who does not know which direction to push an attacker or how to position their body correctly. -The midfielder who does not get enough assists and is not considered to be the team's playmaker. -The striker/attacker/forward who does not score at least 2 goals a game. -The soccer player who needs a surefire confidence boost that can only come from game-ready knowledge. -The parent who loves their child playing such a beautiful sport, but hates to see them struggle with a lack of confidence in what to do. -The coach who only focuses on team drills, but knows that their squad can go further if their shooting power, passing form, and foot skills improved through the correct methods and increased IQ. Outcomes of applying the facts in this book: -Understand how to beat a defender every time (plus a few skills to avoid). -Condition your mindset to become one of a winner. -Remove the toxic habits you need to break. Correctly understand soccer to unlock everything you need to know about for every age including boys, girls, kids, teens, young adults, men, and women. You may ask "why should I order this book versus watching free YouTube videos?" Well, though YouTube can be used to supplement this book because videos show visual representations of the skills covered, each video is often unorganized and the order in which you watch the videos is NOT structured at all. This book provides that structure to ensure that you are not just getting a little information in one spot and some knowledge in another without being able to understand the entire picture of how it all works together. It gives every player the ability to walk onto a field and know that (1) your team will win and (2) you will lead them to victory! The skills you develop will move you forward in your playing career. Soccer Training contains the facts that will empower every player, trainer, mom, and dad. Please note this is not a picture book. It is time for hours of SOCCER TRAINING to pay off. Become the player, coach, or parent that changes every game from here on out. Pick up your copy today by clicking BUY NOW.

Detail - Gary Curneen 2022

Detail offers a unique insight into the many levels of depth and perspective that currently exist for coaches of the beautiful game. With almost 2 million listens to the Modern Soccer Coach Podcast, Gary has spent four years talking to some of the biggest and brightest names in the sport. At the same time, he's been working at the professional level and pursuing his own coaching journey. This book takes the life of a coach and goes deeper to question certain facets and separate theory from practice. From development to results and family to career advice, this book has everything for a coach who wants to explore coaching much deeper than sessions and games. In a tough profession, Gary delivers coaches with perspective that can help them navigate through the tough times and enjoy the good times.

The Step-by-Step Training Manual of Soccer Skills and Techniques - Anness Publishing 2011

Provides step-by-step instructions on how to perform soccer techniques, improve basic skills, and enhance fitness.

The Ultimate Coaching Guide - Vikram Dhar, Rashmi T.K 2020-11-29

"Truly the ultimate guide for a coach! This book is a must-read for all coaches - whether they are starting out or are well-entrenched. With all my years in coaching, I still discovered new insights!" Michael Beale, NLP Coach and Trainer. Coaching can be transformational or simply transactional. If you truly want to transform lives, then this book is a must-read. Coaching is far more than a job - it is a mission.

Transformational coaches focus on their self-development as much as they do on the development of their clients. All coaches need to be aware of the different coaching frameworks, paradigms, and tools used by master-coaches world over. In five straightforward sections, this book guides you through the steps you need to achieve optimal success as a coach: • Section I: The ABCs of Coaching • Section II: Coaching Frameworks, Models and Tools • Section III: Case Studies • Section IV: The Business of Coaching • Section V: Resources It is an extensively researched overview of the latest developments in neuroscience, emotional intelligence and positive psychology, among many coaching frameworks. If you are new to coaching, you

will find out how to start your coaching business. If you are a seasoned professional, you will learn how to strengthen your practice. This book also offers coaching insights in the post-pandemic era.

Basic Soccer Drills for Kids - Chest Dugger 2022-11-01

Are you looking to take your kids' soccer game (under 15 years) to the next level? Note: The author has coached teams to finals of national competitions - his teams have played at St George's Park, the home of English soccer, twice. He was invited to be a part of the expert panel when the Government re-wrote the curriculum for sport in school in 2010. He has coached across wide ages, but his main experience is ages 8-13, and within that 9-11. All of the drills are ones he has used; his teams were not selective, just normal school sides. All these drills can be adapted by a good coach for any age. 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. Here's What's Included In This Book: 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 Scroll up and Download Now

Skills & Strategies for Coaching Soccer - Alan Hargreaves 2009-09-28

The key to successful coaching is preparing your players to make intelligent decisions on the field. For years, the best-selling Skills & Strategies for Coaching Soccer has helped coaches of every level do just that. Now, soccer's premier coaching resource has been updated and expanded to provide you with more insights into developing individual talent, team tactics, and winning play. Skills & Strategies for Coaching Soccer provides you with over 125 drills for teaching skills and techniques. You'll also learn how to develop these skills in realistic game situations with beginning, intermediate, advanced, and all-star players. Essential skills are presented, including collecting and controlling, passing, dribbling, kicking, heading, and goalkeeping. You'll then apply those individual skills with attacking and defensive tactics, team formations, and set pieces. With Skills & Strategies for Coaching Soccer, you'll learn the what, how, and why of soccer through these essentials: Over 125 drills for beginning, intermediate, advanced, and all-star players Progressing basic drills into realistic, competitive situations Tactics in attack and defense Tactics in set plays Team management Mental and physical preparation for games Handling problem players and parents Fitness and conditioning Preparing and developing coaching sessions Establishing a coaching philosophy Skills & Strategies for Coaching Soccer is an invaluable guide for coaching any team in any setting. The best team doesn't always win—but it usually does.

Strength Training for Football - Jerry Palmieri 2019

Strength Training for Football will help you create a football-specific resistance training program to optimize strength for athletes in all positions—linemen, tight ends, fullbacks, linebackers, wide receivers, running backs, defensive backs, quarterbacks, kickers, and punters.

Soccer Speed - Richard Bate 2014-08-27

Soccer Speed addresses all aspects of speed, including physical conditioning, tactical skills, and mental strategies, with 36 drills and small-sided games. Players will learn to retain and regain possession, change direction quickly, master one-touch passing and receiving, and employ strategies to unbalance the opposition.

Conditioning for Soccer - Raymond Verheijen 1998

A complete guide to developing every aspect of conditioning for soccer players. Europe's top soccer conditioning experts contributed the following chapters: Soccer Strength Training, Soccer Specific Endurance Training, Speed Training for Soccer, Pre-Season Conditioning, Goalkeeper Training, Fitness Testing and Injury Prevention.

64 Small Sided Soccer Games - Michael Beale 2008-01-23

Dutch Soccer Drills - Henny Kormelink 2000

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.

How to Coach a Soccer Team - Tony Carr 2006

Provides would-be coaches with information on designing complete training sessions for young soccer players, including ball skills, team play, goalkeeping, and problem-solving.

Rondo Soccer Drills - Chest Dugger

Have you wondered how Pep Guardiola's teams have dominated European leagues for the last two decades? Not only is the answer simple; it's something that you can use to take your game and your team's game leagues above your opposition... The key to Pep's success at Barcelona and Manchester City is the Rondo. Rondos have transformed modern football. Not only have Rondos helped Pep dominate European football, they've helped turn the Spanish national team into the best in the world. The system behind Rondos was the beating heart of the brilliant Barcelona teams, which dominated Europe for a decade from 2005. They made soccer even more exciting to watch, improving players' technical ability and creating a

proper, total football (in the European sense) game. Their approach was reminiscent of the fantastic Ajax team of the 1970s and the great Dutch teams of that era. They led to the excitement of the high press and the thrilling soccer, which follows when the press is defeated. They proved the benefit of technique over physical prowess. So, what is this miracle of the training pitch which has so transformed the game of soccer? The beauty of the rondo is its simplicity. It is a drill where the objective is to retain possession. As rondo drills become more complex, this aim might develop. It might be about keeping possession in transition or maintaining possession to create a goal-scoring opportunity. However, at its heart is the objective of one side keeping hold of the ball. A second key element of a rondo is that the sides are uneven. One team has extra players. It can take a form as exaggerated as 10 v 1, or as close as 5 v 4. However, the point is that some pressure is applied, but not so much as to make the drill difficult to perfect. Thus, confidence grows, and in turn, touch and vision. A rondo is usually a drill that takes place in a limited space; typically a circle, square or rectangular grid. Thus first and second touches are perfected because there is not much time to take many touches. Finally, and crucially, rondos are drills that are fast and fun. They involve lots of touches for the players in possession and a real sense of achievement on the rare occasions that the smaller side actually wins back the ball. So simple. Yet so effective. This coaching book celebrates the rondo and offers drills, tactics, and coaching techniques to help soccer players at any level, from the unbounded enthusiasm of Under 6s to the worldly view of veteran teams. From the pub side who turn out on a Sunday morning, cooked breakfast weighing heavily on their hangover-infused stomachs to the champion youth team of the region. We can all improve as coaches and players. The rondo is the system that enables progress to happen more quickly and efficiently than any other soccer coaching strategy. Even if you haven't heard of Rondos before, you'll gain a lot from this book. Order Now.....

Pep Guardiola - 88 Attacking Combinations and Positional Patterns of Play Direct from Pep's Training Sessions - Soccertutor Com 2019-07-11

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Fun Soccer Games for 5 to 8 Year Olds - Keith Boanas 2009