



Coordination Agility And Speed Training For Soccer

**Cooper Publishing Group, United
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Coordination, Agility, and Speed Training for Soccer Peter Schreiner, 2000-07 This book provides drills accompanied by useful tips and understandable instructions with easy to follow diagrams Sections include Practical Warm Ups Drills with the Ball Drills with Rods and Cones Running Technique Plyometric Exercises and more Teaching the Skills of Soccer Jose Segura Rius, 2003-09 This book contains hundreds of innovative and practical exercises and games designed to optimise the learning process for young soccer players in both the technical and tactical aspects of the game From ball mastery to passing to conditioned small sided games the author walks you through the stages of teaching soccer as efficiently and effectively as possible Fitness Training for Soccer Ken Sherry, Anthony John Harris, 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 Soccer Warm Up Drills Chris James, 2004-03 Provides drills for functional warm ups that can be adapted to prepare your players for the specific needs of the upcoming training session or match *Coaching Youth Soccer* Peter Schreiner, 2003-09 Top German Youth coach Peter Schreiner presents his proven method of coaching young players Full of fun effective games and drills this book covers every aspect of youth coaching with clear easy to follow diagrams photographs and instructions Includes Warm Up Games Warm Down Games Indoor Games Coordination Conditioning and Complete Practice Sessions Effective Use of the Agility Ladder for Soccer Peter Schreiner, 2003-08 The agility ladder maximizes speed and reaction concentration balance and coordination Get the most out of this popular training tool with the help of coordination training expert Peter Schreiner as he presents his most effective exercises with clear and precise descriptions excellent photos and innovative diagrams Zone Soccer Herman Vermeulen, 2004-03 More and more teams in international soccer are utilizing the principles of zone soccer This concept of play entails very specific defensive build up and attacking principles Zone soccer in particular is all about the expert use of time and space This soccer manual for coaches of all levels contains detailed clear descriptions of the most important starting points of zone soccer The book is written by Herman Vermeulen assistant coach at AA Gent Belgian 1st division who in his thinking about zone soccer was inspired by the Norwegian coach Trond Sollied This very successful coach now working at Club Brugge will discuss his ideas in the first chapter In addition to this the opinions of other coaches will be discussed in relation to formations automatic responses and the learning process for teams that choose to play zone soccer The book The Critical Zone formed the concept for this new book The detailed elaborate training sessions game related and match forms are a tool for every coach to use to train their own team Book jacket **The Art of Coaching Youth Soccer** Jason Carney, 2003-02 Filled with valuable coaching tips and outstanding training exercises this book lays the groundwork for successful team and player development Topics include Warm Up

Running Technique Speed Training Pre Season Training Shooting Goalkeeping The Thinking Player Defending Set Plays and Team Spirit Also includes sample practice sessions Soccer Cooper Publishing Group, United States Soccer Federation, 1996

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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

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