

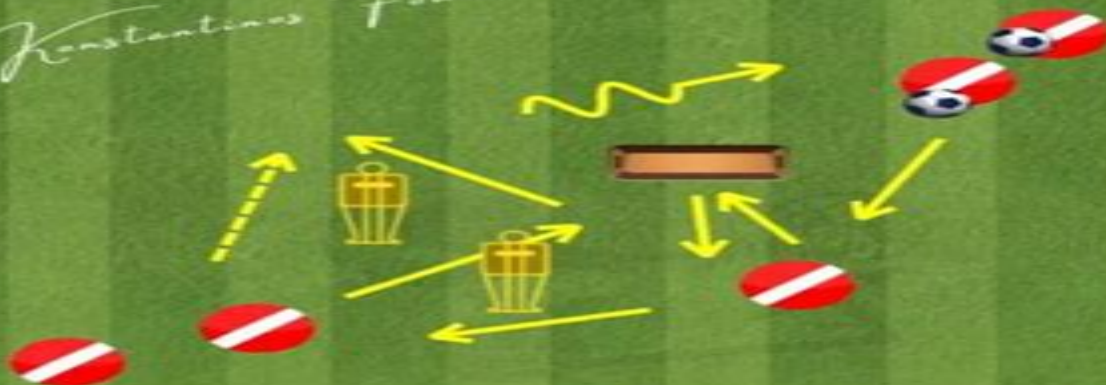


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Train Like Ajax. Play Like Ajax Marcus DiBernardo, 2015-05-25 This book is not designed to break down Ajax's formations and tactics. It is not an in-depth tactical analysis of each player's roles and responsibilities in the Ajax system of play either. The focus of this book is to provide you with training ground exercises direct from Ajax FC. The exercises focus on the major principles and concepts that Ajax embrace in their style of play. Each exercise directly relates to the Ajax Training Model that fits with Ajax's Game Model. The exercises in the book cover the four phases of the game: attacking transition, attacking organization, defensive transition, and defensive organization. As a club, Ajax is known for their technical proficiency, quality of possession, fluent attacking style of play, and the interchanging player positions. Ajax can play this style of soccer because of the total development of the players they produce. As a testament to the Ajax training method, the club has consistently produced world-class players over the decades along with winning top championship trophies. The sessions in the book include counter-attacking, possession crossing, and finishing, passing patterns, defensive organization, and the using rules and conditions to bring about desired outcomes, problem solving. The exercises will have your team training like Ajax and through time playing like Ajax training model game model. I would strongly recommend that you also read my book *Tactical Periodization Made Simple* in order to get a greater understanding of how to organize and create a training system like the ones the top clubs in the world use. I hope you find the exercises rewarding. *Dutch Soccer Secrets* Peter Hyballa, Hans-Dieter te Poel, 2011-09-15 What is the secret of Dutch Soccer? How can a nation of about 16 million inhabitants regularly produce world-class players like Cruyff, Haan, van Basten, Rijkaard, van Nistelrooy, van der Sar, van Bommel, Robben, and van Persie, as well as world-class coaches like Michels, Cruyff, Beenakker, Advocaat, Stevens, and van Marwijk? What lies behind the successes of Ajax Amsterdam, of Louis van Gaal, and of Dutch soccer manager Guus Hiddink? This book is a first attempt to present expert knowledge of internationally proven useful and effective Dutch soccer coaching in theory and practice based on qualitative data collection. The authors outline the theory and practice of the typical and sometimes unique Dutch content, methods, organization forms, and elements of educational knowledge, including the training philosophy of the KNVB Royal Dutch Soccer Federation, selected Eredivisie, and internationally renowned Dutch soccer coaches, unique technique, training content, and methods. Coerver, Meulenstein, and Frans Hoek. Methods and tactics training, position play, and pressing forward, innovative forms of play, and testing for soccer-specific conditioning training the new Ajax coaching model. Heroes of the Future and interviews. **Rondo Soccer Drills** Chest Dugger, 2021-06-12 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 *Elite Soccer Drills* Michael J. Matkovich, Jason Davis, 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.

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 **Youth Soccer Offensive Drills, Plays, Strategies and Games Free Flow Handbook** Bob Swope, 2011-05 This is a practical handbook for youth Soccer coaches. It has 77 drills, plays, and games variations complete with illustrated diagrams and an explanation of how each one works. They are all numbered for easy reference between coaches. It covers all the offensive fundamentals coaches need to get started. And it has sample practice schedules to look over.

[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.

[Advanced Soccer Drills](#) Colin E. Schmidt, 1997 Written by the Director of Coaching at Table Mountain Soccer Association, this book offers a set of sixty-nine drills which soccer coaches can use to try and improve their players' techniques and knowledge of tactics.

Deliberate Soccer Practice: 50 Rondo and Positional Play Football Practices Ray Power, 2021-08-02

The Baffled Parent's Guide to Great Soccer Drills Ronald W. Quinn, Thomas Fleck, 2002 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 Youth Soccer Drills, 3E Jim Garland,2014 *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 **750+ Soccer Drills: Warm Up and Skill Building** Christoph Friedrich,2015-10-23 This book contains simple step by step instructions graphics and concise coaching points This library of drills provides you and your team with solid skill building fundamentals as well as the advanced techniques you need to get your players in top form Teach them to dribble receive pass finish head attack and defend the goal Make use of over 750 progressively designed games and drills to coach those techniques in competitive situations The brief teaching points and effective practice activities will reinforce the execution of the fundamentals and expand your players repertoire of techniques and tactics Here is what you get 750 Soccer Warm Ups Skills Drills 600 Variations Descriptions Diagrams Coaching Points **Soccer Drills** David Smith,2014-09-30 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 *Youth Soccer Drills, 3E* Garland, Jim,2014-04-16 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 **640+ Soccer Drills for Kids U6-u12** Christoph Friedrich,2015-10-23 This book gives coaches with all backgrounds a solid foundation for specialized training at every age and skill level It contains basic soccer training information designed for a specific level of skill Coaches of U6 U12 players and teams will find all the information they need for their day to day

coaching With practice games and exercises that are up to date motivational and age appropriate for a range of skill levels this book shows how you can make your players physically stronger tactically more flexible and technically sound Here is what you get 640 Soccer Drills And Practices 500 Variations Descriptions Diagrams Coaching Points **Teach'n Beginning Offensive Soccer Drills, Plays, Strategies, and Games Free Flow Handbook** Bob Swope,2013-10 This is a practical Handbook for beginning youth Soccer coaches and parents All the skill activities and drills are numbered for easy reference between coaches and parents complete with diagram illustration and explanation It covers all the fundamentals and has training games to play sample practice schedules advanced ball control moves formations and many plays and tactics to use

Dutch Soccer Drills Richard Kentwell,1998-05-11 Europe s top coaches have contributed to this collection of 180 outstanding drills designed to pinpoint specific skills and develop them to their fullest potential These drills will help coaches advance their players skills confidence and tactical awareness as they strive for creative attacking soccer The easy to use layout of Dutch Soccer Drills makes it an essential practice tool for all coaches Divided into chapters on dribbling passing shooting heading restart plays goalkeeping and conditioning coaches have drills designed for the skills they want to work on right at their fingertips Each drill features the objective a clear diagram and easy to follow organizational factors instructions coaching points and variations Coaches will gain exciting new ideas from these excellent drills which will keep their players motivated and interested Whether you want to break out of a practice rut or keep from falling into one Dutch Soccer Drills will energize your players and make the most of practice time Richard Kentwell is a licensed English F A Coach with over 25 years of coaching experience The author of four books and numerous articles Kentwell earned his masters degree in education from Boston University with a specialization in human movement He is a director of the British American School of Soccer and president of Reedswain the coaching and book specialists **Ajax training method. Part 1 & 2. Part 1:**

Coordination training. Part 2: Speed training ,2001 **45 Professional Soccer Possession Drills** Marcus DiBernardo,2014-02-18 This book contains the best possession drills I have used in my 20 years of coaching The training sessions come from Barcelona FC Everton FC Arsenal FC Wigan Athletic Liverpool FC Stoke City Valencia FC Sporting Lisbon FC Inter Milan Ajax FC and many more famous clubs Coaching possession is about teaching decision making guiding players to become problem solvers helping players understand the importance of positioning and placing players in training sessions that challenge them One of the most important aspects of possession training is the number of meaningful touches a player gets A competitive possession drill should demand player s play on the edge of their ability to be successful while receiving many touches The tempo of the drills should be high forcing quickness of thought and speed of play In the modern game players must be able to play under pressure without losing the ball Players and teams that can hold the ball under pressure know how to save seconds on the ball Playing possession soccer is all about positioning and coordinated movement Without proper positioning keeping the ball would be impossible Positioning and coordinated movement allows players to

create overloads all over the field Creating a numerical advantage is critical to unbalancing the opponent keeping the ball and scoring goals Focus on the details when training your team Make sure you are providing an environment for maximum learning and growth There will always be debates about possession soccer and whether controlling possession means winning more games I personally believe players and teams that possess the ball well have more tools and options to break their opponents down Possession training makes players well rounded skillful composed gives them the ability to find soccer solutions on the field and increases passing accuracy Teams with higher passing accuracy win more games Teams with overwhelming possession over 65% win more games as well 45 Professional Soccer Possession Drills will be a valuable tool for developing your players possession ability

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