

Marcus Dibernardo Now L00p

The Cognitive Soccer Instructors Course is a cutting edge five book series that will make you completely re-think the way soccer is coached. I have spent the last few years researching, applying and refining the methods. The instructors course is designed to take you outside box, giving you a direct look into how an athlete's brain processes information, problem solves, adapts and most efficiently learns. Neuroscience and Neuropsychology provide us all the proof we need to see that becoming a great athlete is more about developing the brain than the body. This is one of the rare series of books that focuses on the brain and not the body to improve soccer ability. Whether you are a complete novice coach or in the professional ranks, the information in this series is a game changer. It details the science behind cognitive soccer development along with providing a comprehensive soccer curriculum that puts the cognitive theory into soccer specific exercises you can use immediately with your team. You will learn to teach the game in a way that the brain is naturally meant to learn, called "Brain Structured Learning". It will quickly become apparent that cognitive soccer development will encompass much more than just soccer, it involves living a cognitive healthy lifestyle that will benefit players well beyond the soccer field. This book is the second in a series of five that will make up all the manuals for the "Cognitive Soccer Instructors Diploma Course". Please visit www.soccersmarttraining.com if you wish to become certified.

Being a coach in today's world is different than twenty-five years ago, technology has put information at your finger-tips, just one click away. Want to see a professional training session? Just log onto Youtube and take your pick from Jurgen Klopp to Pep Guardiola. The only problem with this kind of access is, there is no filter or explanation of what you are watching. I don't just mean an explanation of the rules of the training, but more about the methodology and reasons why the manager created this type of training, and where does this training fit into the overall development of the team for the week, month or year? You may think you understand the training but the reality is you may not fully understand it or the reasons for it. I view coaching as an art form and in-order to become a talented coach, you must gain a deep understanding from the ground up, without understanding the foundation of player development, it will be hard to establish a sound coaching methodology. This book is written about the fundamentals of cueing, gridding and visualization, and how they can be effectively used to teach soccer. The next time you are on the field, you might be able to see the difference between a player who is coached in detail the science behind cognitive soccer development along with providing a comprehensive soccer curriculum that puts the cognitive theory into soccer specific exercises you can use immediately with your team. You will learn to teach the game in a way that the brain is naturally meant to learn, called "Brain Structured Learning". It will quickly become apparent that cognitive soccer development will encompass much more than just soccer, it involves living a cognitive healthy lifestyle that will benefit players well beyond the soccer field. This book is the second in a series of five that will make up all the manuals for the "Cognitive Soccer Instructors Diploma Course". Please visit www.soccersmarttraining.com if you wish to become certified.

Rondos develop a player's speed of thought, speed of play, individual and collective ball retention capabilities, footwork, agility, soccer problem solving skills, team work and ability to create a rhythm or tempo of play. These are essential and critical skills in the game of soccer. Watch a full 11v11 game and see how many touches each player gets. Research indicates players will be touched in the course of a 90 minute game, not but these are important tools that every coach should understand in order to teach the game. Here is a quick example of external cueing: A ball being passed in-between two cones might seem very basic, but it is important to realize the significance of what is actually happening. The cones operate as reference points, so the brain can judge whether the action of passing the ball was successful or not, the focus is taken off the actual technique and put on the outcome of the action. When the focus shifts to the outcome of action, it allows the body and brain to let the technique flow, resulting in improved performance. The next time you see a player passing the ball through a gate, set of cones or pair of mannequins, you will know this is external cueing with the focus on the end result of the movement, as the equipment serves as reference points for the brain. After your teach internal and external cueing, the next progression is to introduce gridding, which serves to build spatial awareness and soccer intelligence, followed by the use of visualization. Visualization takes away all the reference points, making the players judge space, angles and timing without any guidance. The purpose of this book is provide coaches with the science behind cueing, gridding and visualization, so they can be creative and construct any exercise they want using these tools to develop their players. Without grasping the science behind the methods, it will be impossible to construct trainings that lead towards a bigger picture in terms of player development.

Professional soccer restarts includes 20 free kicks that are proven to score goals. The difference between winning and losing often comes down to set plays. Give your team the advantage they deserve with set plays that will change games. These set plays were compiled from the top pro club and national teams in the world. Tactics & Training Exercises 45 Pieces of Advice for Soccer Players to Reach Their Potential in the Game Using Mannequins, Hurdles, Sticks, Speed Rings and More Gegenpressing - Counter Pressing Made Simple Hard Wiring the Brain to Keep the Ball in Small Spaces Soccer Formation MasterClass: 9 Modern Formations with Training Sessions 10 Training Sessions from La Liga's Top Two Teams Simple Ways to Coach Soccer Intelligence Professional Soccer Restarts contains the best 15 corner kicks I have seen in my 20+ years of coaching. Each corner kick is accompanied by its own diagram that clearly maps out the play. Set plays often make the difference between winning and losing. Championships are often decided on restarts. Give your team the advantage they deserve. I have also included a game changing defensive counter attack when defending corner kicks. When I speak about the soccer brain, I am talking about a player's ability to make intelligent, ultra-fast decisions, in real-time, during the actual game. However, making the right decision is only half the battle, the player must also possess the technical ability, to execute the proper technique at high speeds, based upon the decision. The million dollar question is, how do we as coaches, develop our players soccer brains? I will speak the in-depth confounding scientific explanation, and stick to what I believe is the foundation of developing the soccer brain. First, train the players in small areas, forcing them to find fast solutions to keeping possession of the ball, in confined areas. Second, constantly change the small area training environments, forcing players to experience new situations in practice. Third, players must play the real game, it sounds simple, but there is no substitute for the real game. Fourth, ball mastery must be undertaken, how to do this can be the subject of much debate. I prefer not to take team training time to do this type of work, players can often work on these skills outside of training. However, some technical skills sets can be learned and improved during games, this is especially true with constraint based training in ever changing environments. Mastery of constraint based soccer training, that can lead to the development of unique technical & tactical skills sets, include beach soccer, futsal, cage soccer and playing the game on different surfaces. The 3-5-2 is a very dynamic and flexible system; it can be an ultra-attacking formation or solid defensive formation depending on how it is deployed. In attack the 3-5-2 is numerically strong in the midfield and comes with the benefit of two strikers. Creating width in the attack is never a problem with two wingers and strikers that could also run the channels. The formation is naturally set-up to encourage movement off the ball with the interchanging of positions when in possession; the interchanging of positions and movement off the ball allows different players the opportunity to fill different spaces, making the 3-5-2 more dynamic and difficult for the opponent to predict and deal with. In the modern game I personally find many advantages to playing the 3-5-2 formation, due to its fluid attacking potential and less focus on keeping numbers back. The defensive side of the 3-5-2 presents the formations biggest challenges, yet it can also be seen as a strength if the players understand how to form a back four or five in the correct situations. With only three defenders in the back, covering space in deep wide areas must be addressed and dealt with effectively. In order to offset the possible defensive weakness that come with three players not being able to cover the entire width of the field, the coach must choose player personnel and more importantly the formations tactics wisely. In this book I will cover multiple ways the 3-5-2 can be played to maximize its strengths, while turning the formations possible negatives into positives. When breaking down and analyzing any formation, it is important to note that the difference between formations is about 10 yards in player positioning. You can make an argument that most formations are similar and difficult to identify once the game has started. The transition from defending to attacking and attacking to defending creates totally new shapes from the original formation. The game of soccer is a free-flowing game but inside that flow there must be a structure which drives individual and team decisions. The coach is the one who will lay out the important tactical guidelines for the execution of the formation, so it is important to note that the same formation can be carried out in many different ways, depending on the coach. Tactics that will influence the way the formation played include things like setting a line of restraint, establishing a line of confrontation, identifying pressing zones, outlining counter-attacking areas, realizing when to press or drop-off, addressing the overall style of soccer to be played, player personnel, work load, location of the game, weather conditions, field conditions and much more. All these factors will directly influence the way a formation is played.

I started out coaching over twenty-five years ago and its safe to say a whole lot has changed since then. Even when I was a player, it was the physical side of the game that was emphasized, along with being brave and committed, words like cognition were meant for psychology class and not the soccer field. Maybe once in a while the coach would shout, "what are you thinking", undoubtedly not to teach us anything but more as a reprimand than anything else. The idea of developing the soccer brain wasn't something I was ever exposed to as player and young coach. However, there were pioneers back then; Wiel Coerver was spreading the message of the importance of technical training, but the link between technical training, physical training and the brain was never fully developed or discussed. This motivated me to make it my mission re-think player development on every level, from youth to adult. I ended up creating a coaching methodology that is specifically designed to develop the soccer brain. The theory and applications behind my work are presented in detail in my five book series "Cognitive Soccer Instructors Diploma Course Manuals" #1-5, these are also sold on amazon.com. This book focuses primarily on ways you can train the soccer brain by playing small-sided games using different variations, rules and conditions. In order to be successful in SSG's (small-sided games) the players will need to problem solve and figure out solutions to each exercise, the exercises will ultimately become the teacher. The coach can certainly step in to ask questions (to guide the players), make corrections or adjust a rule or condition. However, it is important the coach does not try and over-coach the players, allows enough time for players to become comfortable with the exercise before making changes and keeps a good overall flow to the practice. SSG's are so effective because players get to experience a variety of different meaningful situations which they have to strategize and problem solve collectively as a unit and as individuals to solve. This in turn will ultimately develop the soccer brain! Don't get me wrong, expert feedback from a talented coach during training is necessary, but it is even more critical that the coach understands how to set-up exercises that will allow players to learn on their own as well. If the exercise is breaking down, the coach should have the tools to make an adjustment, so the correct level of challenge is present. If the players are not challenged enough, the coach should be able to make an adjustment that will increase the games difficulty. I can go into detail about the importance of novelty in training, sweet spot of learning, the value of unique soccer experiences, the benefit of healthy stress in training, the use of priming, the power of questions and much more, but the purpose of this book is to give coaches the tools to make any SSG into a "Brain Development Game". If you are interested in learning more about Cognitive Soccer Development or wish to become a "Cognitive Soccer Certified Instructor" please visit my website at www.soccersmarttraining.com Feel free to email any question of comments to coachdibernardo@gmail.com

Soccer Coaching Leadership Strategies Pep Guardiola Top Training Drills from the World's Best Clubs Professional Soccer Passing Patterns 25+ of the Best Training Exercises Used by Fc Barcelona. Chasing Dopamine & Other Game Changing Chemicals Tactics and Training Exercises

Transition Based Soccer Possession Training The "10 for 10 Soccer Coaching Series" is simply 10 Soccer Coaching topics combined with 10 training exercises for each topic. This series like all my books is written in a simple and clear way. The objective is to provide coaches with high quality information and exercises that can be used directly on the training ground and applied to the 11 v 11 game. "Attack Like Real Madrid. Defend Like Barcelona." Is a compilation of training exercises & variations used by the clubs to develop their style of soccer. Real Madrid possesses one of the most lethal counter-attacks in the modern game; while Barcelona possesses excellent team pressing when possession is lost. I am confident you will find great value in all the exercises. Your team will improve their counter-attacking ability, defensive pressing and zonal pressing by using these exercises. All the exercises in this 10 for 10 guide are designed for full team participation -11v11 or 10v10.

Is the future of player development going to be above the neck? What does "above the neck" mean exactly? To me, it means that the next great advances in player development, will be in the area of the brain, above the neck, not on the physical side. At this point in time, strength and fitness coaches have taken the physical component just about as far as they can, but the brain has received little attention, yet the brain has huge potential when it comes to increasing sports performance levels. The important question for coaches is, how can we in a real and meaningful way develop the soccer brain, so players can reach their highest levels of performance? The answer I came up with may surprise you, it centers around what happens during the milliseconds to seconds before we make a soccer decision on the field. You may be thinking this is pretty obvious stuff, the player is currently making a decision based upon the information, but there is a catch and it may not be that simple. What if you are not actually consciously in control of the decisions you think you are making, is it even possible for your brain to make decisions before you are consciously aware of what you chose to do? You may think you are making a conscious decision, but that decision may have already been made 0-7 seconds before it became known to your conscious mind. The premise of this book is that you may not be in as much control of your actions as you think you are. All this might sound a little like science fiction, but the reality is, it may be very true, and if it is indeed true, it gives us even more reason to re-examine how we develop soccer players. This book focuses on examining the neurology of decision-making, in the context of soccer coaching and overall player development, it also covers the current research pertaining to conscious and unconscious decisions-making, and how decisions can be made 0-7 seconds before the conscious mind is even aware of the decision. Finally, the book will use the scientific information on decision-making to suggest some types of training can best help players become top decision-makers on the soccer field.

This 4-4-2 Diamond is written for coaches who want to study and teach this attacking formation. It not only provides theory and tactics but it contains ready to use training ground exercises which you can implement with your team right away. The book provides a detailed breakdown of individual player's roles & responsibilities in the formation, a complete tactical breakdown, realistic and specific 4-4-2 diamond training ground exercises/drills, various analyses of 4-4-2 diamond vs. other formations and much more. The information is in-depth and comprehensive, yet presented in a simple easy to follow logical way.

The game of soccer is perpetually in a constant state of change; as new tactical trends appear each and every season. Some of the changes are adaptations and variations from the past, while others are completely original. If we roll back the clock to the first international friendly match ever played, introduced by Herbert Chapman at Arsenal then jump ahead to the 1966 World Cup, as England played the first diamond 4-4-2 formation. Change continued to come in 1974, when the Dutch coach Rinus Michels lined the team up in a 4-3-3 formation, introducing the world to "Clockwork Orange". The 2000's has been responsible for the emergence of the 4-2-3-1 formation, along with the 4-6-0 "false 9", introduced by the Spanish. However, the question every top coach is constantly pursuing is, what is the next major trend or change in the game? We have already seen some signs of change, with the inverted wingers of Guardiola at Manchester City, and the deterioration of the classic back four, even Arsenal have changed to a 3 back system! As we look at the history of soccer, the changes in formations are pronounced. The original formations have been compared to inverted or upside down pyramids, with 7 attacking players up top and only 2 in the back. As the game progressed, the pyramid completely turned around, as seen with the 4-2-3-1 formation, which took on a realistic pyramid type of shape, and now the shape appears to be changing again. This book focuses on what very well may be one of the formations of the future, the 2-6-2 formation. We saw the 2-6-2 formation used when Guardiola's Bayern, dismantled Roma in a Champions League match 7-1. Argentina recently played a 2-3-4-1 in a friendly match against Singapore. The reality is that the modern game is seeing the pyramid shape turning more into a rhombus, small on the bottom, large in the middle and small on top. Obviously, simply talking about general shapes is an over simplification of formations, but this type of rhombus idea, seems to be where the formation trend is heading. How many teams have switched to a 3-5-2 in the last 24 months? Many more than a few years ago, that's for sure. Arsenal who rarely change anything, went to 3 at the back last spring along with many others. The new trend in formations also points to need for developing more intelligent players. In order to effectively play with 2 - 3 players in the back, an overloaded midfield and two forwards, players must be excellent decision makers and possess high soccer IQ's. Today's new formations demand players be smart and skillful, while the older bunker-in and counter attack systems (4-2-3-1 or 4-4-2) can more easily accommodate the simple, disciplined and hard-working player. It's my opinion that the modern player must be technical, creative, smart, have a high soccer IQ and be an active problem solver. As formations become more expansive and more dangerous, they also become more creative, the player of the future must be a different breed, they must possess a complete soccer brain.

Soccer's 4-4-2 System Cognitive Soccer Passing Patterns & Exercises The Key's to Developing the Soccer Brain Coaching the Modern 4-4-2 Diamond Soccer Formation Coaching the Soccer Brain Using Small-Sided Games Professional Academy Soccer Training Series The Art of GID A New Interpretation for Coaches Complete with 10 Training Sessions

Training Programs are often designed around ideas, that a coach wants to transfer to players. The ideas are normally related to the game model, and tactical principles of play, which the coach has chosen for the teams identity. This is an example of a global-to-local approach, where the coach is reinforcing the actions of the players, by providing guidelines from the game model to the tactical principles of play. As a result the players will organize under the global-to-local environment created by the coach. It is my opinion that the global-to-local or coach to team approach, lacks the flexibility that allows players to take advantage of opportunities, that fall outside of the teams principles of play and game model. The opposite approach of global-to-local is local-to-global, local-to-global is where the player or players are able to self-organized, quickly adapting to take advantage of the unpredictable situations that happen in the real game. When I think of local-to-global, I think of intelligent players with unique skills sets, capable of creating many different solutions, inside and outside of the teams principles of play. Since the game of soccer is fluid, unpredictable and rapidly changing, teams that can adapt and adjust, finding new solutions to problems, even outside of their typical principles of play, will gain an advantage. In reality, there will be a constant interplay between global-to-local and local-to-global organization in the team. Let's now take a look at what a tactical principle of play is; I would define it as team goal, that shapes the actions of individuals and the collective team unit, guiding them to find tactical solutions in the game. The ultimate goal of tactics, is to find a way to achieve an end goal; the tactical principles of play should support, and influence the game model. Within the principles of play, each player will have certain affordances available to them, which support the team objectives. However, since every player is different, each player has their own unique skill sets, it is this uniqueness that creates individualized affordances. This is why a flexible game model, combined with flexible principles of play, gives players and teams the freedom to adapt, and find solutions, outside the standard ideas presented by the coach, in the global-to-local format. Perhaps the best teams find a special balance, allowing players to recognize the affordances, while stepping in and out of the principles of play. For example, if Messi has the chance to play a ball wide to the winger in space, but instead he beats two defenders in the middle of the field, and hits a through-ball for the striker to finish, this is an example of the principle of play called penetration, but normally the player would have played the ball wide to the winger into space, using the principle of play called width. The fact that Messi bent the rules, stepped outside the guidelines, and found another solution, what created a new affordance, resulting in the penetrating through-ball and goal. This example is a clear illustration of why it is important to remain flexible, allowing players to self-organize from a local-to-global perspective. Moments like this in a soccer game, can't be part of some pre-planned game model, or set of principles of play. The Brazilian National Team is an excellent example of local-to-global and global-to-local flexibility within a team. This approach can be seen in everything thing do, including the culture.

Gerard Houllier the former Liverpool, PSG and Lyon manager said, "The important moment in the game today is when the ball is won or lost." Gegenpressing means to pressure the ball the instant possession is lost, with the intent of launching a quick counter attack when possession is regained. It is different then ordinary pressing where play is always directed into pre-determined pressing areas of the field. Gegenpressing is literally a swarm of intense high-energy players immediately trying to win the ball back after possession is lost, in most cases this is carried out high up the field. The idea behind this type of counter pressing is to force the opposition into hurried decisions and inaccurate passes, coupled with a heavy psychological pressure on the player in possession. This book provides insight into Jurgen Klopps Gegenpressing tactics along with training exercises that teach Gegenpressing.

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. I will discuss the importance of giving coaches simple effective strategies that they can implement immediately into their team structure. As with all my books, the value is in the quality of the content. The ideas presented in this book are intended to stimulate coaches thoughts in the following areas: creating effective learning environments, preparing players mentally for training & matches, overcoming adversity, implementing self-organized learning environments in soccer, breaking down skill acquisition from a brain perspective, grasping the power of thought, analyzing elite players cognitive attributes and grasping an understanding of the importance of coaching the body and mind together as one unit.

Redefining the Art of Coaching and Managing in Soccer. Re-Thinking the Meaning of Success and the Importance of Winning. Restructuring and Understanding Group Dynamics 0 - 7 Seconds Soccer's Principles of Play Playing the Modern 3-5-2 Soccer Formation Tiki Taka Soccer Possession Exercises The Method High Pressure-High Tempo Soccer Possession Training 20 Free Kicks That Work

The "10 for 10 Soccer Coaching Series" is simply 10 Soccer Coaching topics combined with 10 training exercises for each topic. The series like all my books is written in a simple and clear way. The objective is to provide coaches with high quality information and exercises that can be used directly on the training ground and applied to the 11v11 game. The reason I wrote "High Tempo-High Pressure Soccer Possession Training" is because of the demands of modern soccer. Teams from the college level to the highest professional level are pressing intensely. In order to play attractive and effective possession soccer against athletic pressing teams, coaches must train their team under realistic similar "pressing" circumstances. If players are not forced to overcome intense pressure in training they will not be able to keep possession during an actual game under high pressure. "High Pressure & High Tempo Possession Training" will put you on the right track in terms of coaching your team to play well and keep the ball when put under high pressure. 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 high 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.

The most important time in a soccer game is when the ball is lost or gained, that is the point of transition. The team that wins possession of the ball, normally has a small window of opportunity to attack the opposition, before they can get organized defensively. In modern soccer, the speed of the counter attack or attacking transition speed is critical in creating scoring chances. Teams will often leave a minimum of one player high when defending, ready to spring into the counter attack the moment the ball is won. A team that is skilled in attacking transition, will look to play early balls into depth behind the defense to create goal scoring chances. Attacking transition is also very effective when a player with excellent pace, runs with the ball at speed, advancing it down the field to create scoring chances, not allowing the defense time to organize. However, attacking transition does not always start by going forward. If the ball is recovered and there are no good options to advance the ball forward into a dangerous position, the ball can be worked backwards or square. By simply maintaining possession of the ball, players on the attacking team are allowed time to open up and spread out the field, moving out of their compact defensive shape. The opposite of attacking transition is defensive transition. If a team in possession loses the ball, they must re-organize and organize themselves very quickly, in order to stop the opponents from launching an immediate attack. Defensive transition involves quickly pressing the ball, while dropping numbers behind the ball into a compact shape. By slowing the ball down and getting players back, it makes it harder for the attacking team to penetrate the attacking area. Transition both from an attacking and defensive standpoint is something that needs to be trained regularly in all possession exercises.

This is the second book in the Professional Academy Soccer Training Series. This edition focuses on the top 20 soccer finishing exercises that Coach Dibernardo personally uses with his own teams. The exercises can be adapted to fit a wide variety of age groups and ability levels. These are the same modern trainings that top clubs like FC Barcelona use. Soccer Smart is a ground breaking book in the area of soccer cognitive development and performance. The book investigates the notion of "game intelligence" as a combination of cognitive ability (IQ) and a player's experience through training. It discusses recent theories in elite player performance and provides training sessions and tools grounded in these new scientific findings geared towards developing players to their maximum potential. The exercises in this book will challenge your players as they will be forced to think, process and problem solve quickly in order to be successful. In essence, the training will help players strengthen their cognitive ability and develop a higher soccer IQ resulting in a better performance on the field.

Dynamic Soccer Passing Patterns for Fitness & Technique The Sports Brain Five Complete Professional Training Sessions Why the Cognitive Development of Athletes Is the Future of Sports Coaching Theory & Training Exercises Redefining Youth Soccer Coaching Through the Use of Self Organized Learning Environments, Small-Sided Games, Technical Development and Cognitive Training Strategies, Pressing, Zonal Defending & Zonal Pressing Coaching the Brain & Body "The Method" is a framework for building a successful personal, program and organization. It is an evolving philosophy about sport, coaching, managing, enhancing performance, organizational structure, building group dynamics and educating. It is my hope that the ideas in the book will completely change the way you teach the game, run a team and build your program.

Expect to see improvements on the field, a more positive attitude in the locker room, greater focus in the classroom and a positive team culture develop. Using a method will help you to define, develop and implement your desired team culture. It is critical to design a central philosophy that will tie together guide every aspect of the program. This central philosophy and culture will need to be taught, re-enforced, modeled and practiced daily. In the book, I share with you my own personal method, which is still evolving. It has taken me 23 years to get to this point and I feel am learning more now than ever before. The game of soccer has humbled me more times than I care to remember, but each time I am humbled I become even more

motivated. I want my players to have the best the experience possible in our program. I want them to get better as players and people every day. Developing players is my passion. Winning is just a bi-product of our collective effort as an organization. My intent with this book is to touch on all the major areas that a method should cover to be successful. When you are finished reading "The Method" you should have plenty of new ideas and material to incorporate and use with your team. Don't be afraid to experiment with new ideas and implement changes. Take some risks and challenge yourself to see what works. After all being a great coach is a lifelong process.

Scoring in the game of soccer is perhaps the hardest thing to do. However, many coaches often do not spend enough time developing their player's ability to score. Finishing drills should be done on a daily basis. The book provides a compilation of the best finishing drills that I have collected in my 20+ years of coaching. These drills focus on decision making in the attacking third in order to maximize scoring chances. The drills also provide many meaningful touches allowing players to improve their finishing ability. If you make the commitment to use the drills in this book with your team I guarantee your team will score more goals.

Guardiola's first job as a full time coach was at FC Barcelona. At the time, the Barcelona Reserve Team or "Barcelona B" were doing very poorly, facing relegation. The club knew they needed to make a change, as the management mulled over possible replacements, but when the Directors of Barcelona found out Guardiola was interested in coaching, the choice was easy. Everyone at Barcelona held Pep in the highest regard, believing he would be a great coach. That belief would turn out to be correct, as Pep took over Barcelona B and didn't disappoint. He re-organized the training sessions, modernized the rondos, brought a relentless level of intensity to training and insisted on build-up play and possession, even on the tightest and smallest of fields. The results of Pep's efforts were seen immediately that first year, as Guardiola's Barcelona B won the league title. However, at the same time that Pep's Barcelona B won the league, the Barcelona first team under Frank Rijkaard was struggling. They had all the big names and talent, but they were not playing well, failing to win any major titles. The club was at a crossroads, big decisions needed to be made to get Barcelona back to winning trophies. Barcelona were certainly impressed with Pep, but this was Barcelona after all, and Pep only had one year experience as a manager, and that was with the B team. The club President gave the issue a lot of thought, and in the end he decided to ask Pep if he was interested in the job; Pep responded by saying "you wouldn't have the balls....but with me you will win everything." The rest was history, as Barcelona would go on to win title after title under Guardiola. Pep would eventually leave Barcelona in 2012, having accomplished everything there was to accomplish with the club.....this case study covers his entire managerial career along with Pep's ideas about management and soccer game model philosophies. It is a very short book but packed with powerful quotes and information. For any coach teaching positional soccer, it is more important to understand the ideas, then the actual training sessions.

The Science of Soccer Team Defending covers zonal defending, zonal pressing, pressing and key defensive principles and strategies. The training sessions are from some of the top clubs in the world. The book is literally a culmination of the best drills and information I have gathered in 20+ years of coaching soccer. I use every training session in the book with my teams; applying the strategies and principles to all the formations we use. I am confident "The Science of Soccer Team Defending" will improve your ability to coach defense.

Soccer Advice for Players

Restricted Sense & Constraints Based

Professional Soccer Finishing Drills

Professional Soccer Restarts

Soccer Smart

15 Corner Kicks That Work

10 Training Ground Exercises

How to Develop Player's Cognitive Ability to Process Information & Problem Solve Through Innovative Training Methods

This book takes an in-depth look at nine of the most popular modern soccer formations used today. Each formation is explained in all the phases of the game, and ready to use training sessions are provided for teaching the formations. It does no good to teach defending shape in a low-block, if you ignore training defending in the middle, and attacking thirds of the game. If you teach attacking in the attacking third, but neglect to teach the build-up play from the back, what are you really teaching? If you are a ball possession oriented team, the coach should understand that it takes between 15-25 passes to transition from building up the attack, to complete attacking organization shape, in the attacking 1/3. This means the team is instructed on how the overall shape will change during the 15-25 pass build up, and how the team shape will transition and change if the ball is lost. The coach must teach the formation in all the phases of play, the players should understand the formation, the game model and their exact responsibility in all phases of play. Ultimately, formations are simply starting points, it is up to the coach to create the game model and tactics, filling in all the blanks. Formations serve as the general structure, like an Artists blank canvas, as the bulk of the work is yet to come. The old saying, "the devil is in the details," couldn't be more true, especially when speaking about formations. Hopefully this book will provide you with some valuable ideas when it comes to coaching formations, and you can take those ideas to become a more effective coach. The major European soccer leagues, used around 17 different formations, in the 2017-2018 season. The leagues with the widest variety of formations were, the German Bundesliga, and the Italian Serie A, using 15 different formations each. The most conservative league was the French Ligue 1, with just 9 formations used. By far, the most popular formations used were, the 4-4-2 (22% of all games), 4-2-3-1 (21% of all games) and the 4-3-3 (13% of all games). A four-person defense was featured in 75% of all formations, while a three-person defense was featured in 19% of formations.

Maybe you are asking what exactly is a passing pattern and how will it make my team better? Passing patterns are designed patterns which players execute in a pre-set order. The patterns can range from very simple to very complex. The 20 Professional Soccer patterns in the book can be adjusted to fit many levels. These are the same patterns that FC Barcelona and Bayern Munich FC use in training. The most important thing to remember when training passing patterns is "The Secret Is in The Details". What I mean by details is as follows: firmness of the pass, proper timing and movement of the receiving player, proper body position of the player receiving the ball, proper technique of the passer and receiver, eye contact with receiver before passing the ball, using correct passing and receiving surface, establishing a rhythm of play with teammates, executing the drill at a challenging level and always remaining focused. If you want your team to improve their passing ability then this is the book for you. Pay attention to the details, make sure the patterns are trained under the deliberate practice guidelines and keep it fun.

The ideas presented in "INSPIRE" will force coaches to re-think the way they view coaching youth soccer. This is the first soccer book that introduces the idea of using SOLEs (Self-Organized Learning Environments) into a modern soccer curriculum. Using SOLEs along with technical development, small sided games, cognitive soccer training (game intelligence) and the wisdom of highly skilled experts, are the key factors to this powerful new approach to coaching youth soccer. The book includes an entire ready to use youth soccer curriculum and a series of training drills. If you are a club director, youth coach or even a parent coach, this book will benefit both you and your players. I am confident "INSPIRE" will ignite your passion for coaching youth soccer!

This collaborative project, led by top Italian soccer coaching tactician and writer Massimo Lucchesi, offers a complete and insightful analysis of the world's most popular playing system. Every aspect of the 4-4-2 is covered, including the characteristics of the players, defensive tactics, attacking schemes, training exercises and adjustments to counter the opponent's system.

Soccer Psychology "Made Easy" for Coaches

The Science of Soccer Team Defending

45 Professional Soccer Possession Drills

Top Finishing Drills from the World's Best Soccer Clubs

Theory & Training Methods

The True Story of an Inner City Soccer Coach & Educator

Tactical Concepts & Training Sessions

21 Ways to Manipulate Small-Sided Games in Order to Increase Game Intelligence, Raise the Soccer IQ, Develop Thinkers and Improve Overall Decision Making Abilities

Marcus DiBernardo is a soccer coach, writer and entrepreneur, who understands the process of identifying and attaining what it is that you truly want. He practices what he preaches on a daily basis, striving to become a better learner, problem solver, listener, coach, businessman, writer and person. Coach DiBernardo's own story isn't all about success, he has experienced more than his share of failures, and it is certainly not a get rich quick or accomplish anything instantly testimonial. What his story is, is real. It's about understanding who you are, where you want to go, how you're going to get there, and at the same time being content in the present moment. Coach DiBernardo delivers his message, from the unique perspective of being both a businessman and athletic coach. He shares with you his own personal journey, from struggling to make ends meet, to debt free financial security. From failed businesses, to operating multiple successful online ventures. From an aspiring coach, to the national college coach of the year. His method for identifying and accomplishing whatever it is that you want, isn't complicated, it originates from three words, connect, feel and live. The process is about personal growth, and realizing that you are who you think you are. Do you want to guarantee yourself eventual success? Then learn to tap and into your source of endless energy, immersing yourself in your pursuit of whatever it is that you want to accomplish.

This book is packed with advice for soccer players who want to get better as they strive to reach their highest level in the game. The forty-five pieces of advice in this book are a culmination of the most important things I've learned in my playing and coaching career over the years. As a coach who is approaching almost 30 years' of experience in the game, I have seen a lot and observed how society has changed over the time; but even with all these changes, there are still certain universal truths or pillars of success that hold true today. Call me old school, but there are no short cuts to success that I am aware of. It is my hope that players will find this book useful in their own personal journey to success and personal growth.

This book focuses on how to incorporate dynamic exercises into passing patterns for fitness and technique. Today's modern passing patterns often contain a physical element that is intended to build fitness, strength, coordination, quickness or agility. Equipment such as speed rings, miniature hurdles, coaching sticks, medicine balls, balancing foam, exercise balls, mannequins, boxes and speed ladders are all elements you can use to create dynamic exercises. In this book I provide 15 passing patterns from professional and college teams for you to study. These patterns will give you a basic foundation so you can construct your own dynamic passing patterns exercises. The patterns can go to goal or be self-contained. Keep the following in mind when teaching a passing pattern: pass with the inside of the foot and control with the inside of the foot, play to the proper foot of the receiving player, be sure body position is correct for receiving and passing, pop-off the mannequin or cone to receive the ball at the correct time "coordinated timed movement with the passer", be sure to have eye contact with player receiving the ball before passing (don't just pass the ball to pass it if the receiving player is not ready), play firm quality balls to feet and keep the rhythm and tempo of the drill quick and realistic. When working the dynamic part of the pattern be fast, powerful and sharp in all movements. Passing patterns can even be used as mini-fitness circuits. Adjust the number of players in the pattern to give more or less rest or more or less time for exercises in-between the passes. Adding physical exercises like push-ups, squats, lunges and much more can easily be done. In this book I concentrated on speed work but feel free to adjust the patterns for the desired physical and technical outcomes. I recommend inside of foot passing and receiving but if you wanted to change the technical emphasis feel free. I would recommend all players be proficient with inside of the foot passing and receiving before adding other passing and receiving techniques. It is helpful to time the patterns in order to make it possible to better measure the total workload of the players. Monitoring workload is very important in terms of the week's periodization training plan. You can easily change the distance of the pattern, the number of players, the dynamic elements and the time trained to reduce or increase the workload. I hope you enjoy the book and get some good use out of the patterns.

The Science of Rondo

Inspire

20+ Exercises That Develop Soccer Intelligence in Players