

Pressing Soccer Drills

Juventus are the most successful team using the 3-5-2 formation in modern football. Juve have won 4 consecutive Serie A league titles including an unbeaten run of 49 games, 1 Coppa Italia and reached the Champions League final in 2014. Juventus are a very successful attacking team that focus on exploiting their numerical advantage at the back, patient build up play, pushing many players into advanced positions and finally creating and exploiting space in behind the defensive line. Athanasios Terzis is a successful author of some of the best-selling Football Coaching books, most notably with 'Jurgen Klopp's Attacking and Defending Tactics' and 'FC Barcelona Training Sessions' which won the Italian FA Award for "Best Coaching Book" in 2014. In this book the popular author presents a full and extensive analysis of the Juventus 3-5-2 formation during the 2013-14 season. This tactical blueprint is clearly presented with supporting diagrams and detailed descriptions of the

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attacking phase, the transition from attack to defence and the transition from defence to attack which enable you to discover exactly how Juventus played in these phases of the game, providing the positioning and movement of the players in all possible game situations. This detailed analysis has been used to produce 21 full training sessions (60 practices) including functional practices, opposed/unopposed zone play, transition games, game situations and small sided games. This will enable you to coach your team to attack like one of the most successful teams in Europe.

Are you looking to take your kids' soccer game to the next level? Check out this guide for youth soccer players (under 15 years) used by coaches, parents and players alike. Soccer is the most popular team sport in the world. It is perfect for kids to play. It is safe, simple and the skills required can be easily acquired. Becoming an expert player requires high levels of dedication, natural athleticism and innate skills. Any girl or boy can take to the sport and find enjoyment at their own level. It is for this reason that the

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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

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up in a challenging world driven by the twin pressures of consumerism and social media. The 7 different kinds of skills that kids need to learn in soccer How Ball Control Skills escalate the level of your kids soccer game 6 Passing Drills that will improve team cohesion quickly Offensive Tips, Tricks and Drills that will make your team win 6 Drills that will make your kids get to defend in numbers and strength How to get kids to learn from the pros on TV 6 Drills that will make your kids get to defend in numbers and strength 5 Dribbling Tips and Drills that will make your kid stand out How the Mental Side of Soccer will improve your kids social and life skills What Parents must do during soccer practice and games Even if you've never played or watched soccer in your life before, you and your kids will gain a significant amount of knowledge from this book! This book provides a full tactical analysis of Diego Simeone's 4-4-2 Defending Tactics (123 Tactical Situations) for you the coach to learn from one of the best defensive coaches in the world. Learn to how to Defend "from one of

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the best coaches in the world" with 47 Practices & Variations based on 123 Tactical Situations from Atlético Madrid's 4-4-2 Athanasios Terzis is a UEFA 'A' Licence Coach and has used this analysis of Atlético Madrid's tactics to produce 47 Practices and Variations. You can use these ready-made sessions to practice Diego Simeone's defending tactics and implement them into your training sessions. Tactical organisation is the key to Atlético Madrid's success during Diego Simeone's reign. He has built a winning culture of commitment, passion, aggressiveness and commitment, and a winning game plan based on excellent defensive organisation. They are extremely difficult to break down, even by the top attacking sides, like Barcelona, Real Madrid and Liverpool, and have consistently been one of the toughest teams to play against in the whole of Europe. Diego Simeone's Atlético Madrid have used these defending tactics to achieve great success when competing against teams with far greater resources. These are some examples of their incredible success against all odds: La Liga Winners (2014) UEFA

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Champions League Runners-up (2014 + 2016) UEFA Europa League
Winners (2012 + 2014) UEFA Super Cup Winners (2012 + 2018)
Copa Del Rey (2013) Fewest Goals Conceded in La Liga
(2012-2013, 2013-2014, 2015-2016, 2016-2017, 2017-2018,
2018-2019) Most Clean Sheets in La Liga (2012-2013,
2013-2014, 2015-2016, 2016-2017, 2017-2018, 2018-2019)
Tactical Analysis and Session/Practice Topic Examples: How
the Centre Backs Defend the Forwards' Movements Rear Block's
Positioning and Movements to Control Wide Areas Pressing
High Up the Pitch (from the Goalkeeper) Positioning of the
Forwards to Prepare for Counter Attacks Counter-Pressing
After Losing Possession During Combination Play Practice
Examples: Defensive Line Controlling Gaps Between Centre
Backs and Full Backs Rear Block's Defensive Reactions After
Wide Players Receive Controlling Wide Areas with the Rear
Block in a Functional Practice Compact Midfield Line
Blocking Through Passes in a Functional Game Negative
Transition After Losing Possession in a Conditioned Game
Essential Soccer Skills progresses from beginner basics to

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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.

Tactics and Training Exercises

Coaching Transition Play - Full Sessions from the Tactics of Simeone, Guardiola, Klopp, Mourinho & Ranieri
Concept and 50 drills for training (Color edition)

German Soccer Passing Drills

More than 100 Drills from the Pros

Coaching 4-3-3 Tactics - 154 Tactical Solutions and Practices

Pre-Season Training

Borussia Dortmund are a very successful team that focus on high tempo pressing,

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preventing through balls and preparing for the transition from attack to defence. Jurgen Klopp has led his Borussia Dortmund team to two Bundesliga titles, one German cup and the Champions League final in 2013. Athanasios Terzis is a UEFA 'B' licence coach and has provided a full and extensive analysis of Jurgen Klopp's Borussia Dortmund team. This tactical blueprint is explained clearly with supporting diagrams, notes and detailed descriptions. This analysis has been used to produce 14 sessions (53 practices) including functional practices, opposed/unopposed zone play, game situations and small sided games.

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.

This book reviews the general acute effects and adaptations of small-sided and

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

Developing Skill 2: A Guide to 3v3 Soccer Coaching outlines how you can use and incorporate the 3v3 method into your training and provides more than 85 ready-to-use, illustrated practices. It also details how best to run warm-ups, how to work with different pitch sizes and shapes, and much more.

The Science of Soccer Team Defending

Modern Soccer Coach Pressing

Diego Simeone Defending Tactics - Tactical Analysis and Sessions from Atlético Madrid's 4-4-2

Tactical Periodization - A Proven Successful Training Model

Attacking Soccer

Small-Sided and Conditioned Games in Soccer Training

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Pep Guardiola Attacking Tactics - Tactical Analysis and Sessions from Manchester City's 4-3-3

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

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always win—but it usually does.

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. 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

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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

This book is a comprehensive overview of the 4-2-3-1 system of play. This is the formation of choice for several top clubs around the world, including World Cup Champions Spain. Coach Harrison, who utilizes the 4-2-3-1 with his teams at top Asian professional club Al Ain, covers every aspect of this popular system. Includes tactical discussion as well as small sided situational games to teach and develop players.

The Modern Soccer Coach

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Soccer IQ

All About Pressing in Soccer

Fc Barcelona - a Tactical Analysis

350 Smart and Practical Games and Drills to Form Intelligent Players - For Advanced Levels

Detail

Jurgen Klopp's Defending Tactics - Tactical Analysis and Sessions from Borussia Dortmund's 4-2-3-1

In this book, you'll learn how to use Tactical Periodization to train your players at the correct intensity for each day of the week, making sure they are always prepared tactically, mentally and physically for competitive matches. Your players (and team) will react quicker, be sharper, and make better decisions in all tactical situations.

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.

Maarten Arts (UEFA A Coaching Licence) has many years of coaching experience at the elite level all around the world and has created a full blueprint of 120 Drills to produce top class goalkeepers. This training program has proved to create better, all round goalkeepers at every level, from juniors up to top-level international goalkeepers. This book shows you

how to develop goalkeepers with specific drills, but it will also inspire you to create your own drills in the image of this program. Included with each drill, there are detailed coaching points which are essential to develop goalkeepers in the best way. This book focuses on the fundamental technical skills needed to become a top class goalkeeper and includes chapters "Drills with Outfield Players" and "Goalkeeper Games" to show you how to use these skills in situations similar to a match. Each of the 12 chapters in this book includes 10 Drills on a specific goalkeeping technique or topic: 1. CATCHING 2. FALLING 3. DIVING 4. PUNCHING 5. PARRYING 6. HIGH BALLS 7. ONE V ONE 8. TECHNICAL SKILLS WITH THE FEET 9. FOOTWORK 10. DISTRIBUTION 11. DRILLS WITH OUTFIELD PLAYERS 12. GOALKEEPER GAMES Maarten Arts UEFA A Coaching Licence Royal Union Saint Gilloise (Belgium) Goalkeeping Coach (2018 - Present) Al Wahda (Abu Dhabi) Head Goalkeeping Coach (2017 - 2018) Wadi Degla FC (Egypt) Head Goalkeeping Coach (2015 - 2017) Lierse SK (Belgium) Goalkeeping Coach (2014 - 2015) Saudi Arabia National Team Goalkeeping Coach (2013 - 2014) Umm Salal (Qatar) Goalkeeping Coach (2010 - 2013) FC Utrecht Goalkeeping Coach (1998 - 2009) "I wish you all great success in your careers and I hope the drills in this book will help make your goalkeepers TOP Class." - Maarten Arts

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.

Soccer Empire

A Guide to 3v3 Soccer Coaching

Defending

Coaching the Juventus 3-5-2 - Tactical Analysis and Sessions

A Game of Time and Space

Soccer. Pressing Just After Ball Loss: Concept and 50 Drills for Training

Essential Soccer Skills

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

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through the tough times and enjoy the good times.

In the creation or development of the game models devised by the coaches, one of the options that can be taken is the pressing just after losing the ball. This type of pressure or this moment in which it is "decided" to press, is usually identified with teams that want to take the initiative in the game with the ball, and who try to recover the ball as soon as possible. We can say that the "pressing just after losing" is a way to face, as a team, the moment when we lose the ball and it is still in play, being able to be carried out by all the players, by a group of them or by a single player, depending on the game strategy and on the team's game model, and according to the objectives we want to achieve with it. It is closely related to the attack-defense transition. The pressure after loss can also be selective in terms of the places or times in which to carry it out, depending on the game model and the structures used by one team or another. There may be a team that always faces loss with a defensive fallback and only performs "pressing just after losing" if the loss occurs at the beginning of the play from their own box and with the team deployed, for example.

More and more, teams in international soccer are utilizing the

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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.

"Laurent Dubois mines the history of French soccer for fascinating theories and riveting stories. His understanding of the relationship between the game and politics is subtle, leading readers deep into important discussions about race and national identity. For those of us

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who admired the poetics of Les Bleus this is essential reading."—Franklin Foer, author of *How Soccer Explains the World*

"Laurent Dubois is historian, fan and graceful writer all in one. In soccer, he has found an innovative way to explore France and its empire. A serious book and an excellent read."—Simon Kuper, author of *Soccernomics*

"Beautifully lyrical and authoritative. We meet a host of players, colonized and colonizer, following them from their original playing fields—a vast lawn, a concrete lot—to their triumphs in national and international play." —Alice Kaplan, author of *The Interpreter*

"This book is a brilliant, beautifully written, and unique history of French colonialism and post-coloniality through the lens of football/soccer. Dubois weaves an eminently readable and engaging narrative that tracks tensions around race and national identity through the biographies of key football players and officials who became iconic of the aspirations of peripheral subjects of the French empire. More than a simple history of French football, the book amounts to a description of France's imperial project and an incisive reflection on the race question in contemporary France. It will please both fans of the 'beautiful game' and those inclined to dismiss sports as but the opium

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of the masses."—Paul Silverstein, author of *Algeria in France: Transpolitics, Race and Nation*
The World Cup and the Future of France
Skills & Strategies for Coaching Soccer Pressing
Strategies, Pressing, Zonal Defending & Zonal Pressing
Training Sessions for Soccer Coaches Book 1
Quality Drills and Advice to Improve Your Sessions
Things That Smart Players Do

All About Pressing in Soccer provides a detailed look at the history, theory, and practice of pressing in soccer. With this comprehensive resource, the coach and player will improve their understanding of game tactics, making them stronger and more successful as a coach and player. In today's fast-paced game, when a team loses possession of the ball, it does not wait for the opponent's offensive tactics to begin. Instead, the defensive team limits the spatial options of their opponent's game through directed resistance—or, pressure—which immediately reduces the offense's options. Beginning with a look at the history of pressing, you will gain background knowledge crucial for understanding the theory behind pressing, which is presented in the second part of the book. Once you understand the why and the how of pressing, you can then use the practical techniques and drills presented in the third section. With this

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whether a coach or a player, will have all the tools needed to implement a strong p in the game, giving you that necessary edge over your opponents.

In the creation or development of the game models devised by the coaches, one of that can be taken is the pressing just after losing the ball. This type of pressure or in which it is "decided" to press, is usually identified with teams that want to take in the game with the ball, and who try to recover the ball as soon as possible. We the "pressing just after losing" is a way to face, as a team, the moment when we it is still in play, being able to be carried out by all the players, by a group of them player, depending on the game strategy and on the team's game model, and accord objectives we want to achieve with it. It is closely related to the attack-defense t pressure after loss can also be selective in terms of the places or times in which t depending on the game model and the structures used by one team or another. Th team that always faces loss with a defensive fallback and only performs "pressing losing" if the loss occurs at the beginning of the play from their own box and with deployed, for example.

The Science of Soccer Team Defending covers zonal defending, zonal pressing, press defensive principles and strategies. The training sessions are from some of the top world. The book is literally a culmination of the best drills and information I have ga 20+ years of coaching soccer. I use every training session in the book with my tea the strategies and principles to all the formations we use. I am confident "The Scie

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Team Defending" will improve your ability to coach defense.

Do you want to improve your individual or soccer team's offensive game? This book has the answer. Soccer is the most popular team sport in the world. It incites passion in players and supporters and leads to enormous loyalties to followers. It is the simplest of games upon which tactical skills can be layered as we might find in the closest of chess moves. The aspect of soccer that lifts the crowds to their feet, gets them cheering and, usually, provides the greatest thrills to players and supporters alike is when a team attacks. The superb individual skill, the piercing pass that splits a defence like a bread knife breaking a crusty bound loaf, the shot, or header that screams into the net. That is what is at the heart of the game. And the game is definitely changing to see offensive philosophies overtake more defensive formations as the principals by which top teams orchestrate their play. From the goalkeeping sides of the late 1990s and early 2000s, under the tutelage of Arsene Wenger, through the development of tiki-taka play of the noughties' Barcelona team, through the high pressing, strong attacking style of the likes of Pep Guardiola, who of course started with the Manchester giants, and Jurgen Klopp, the best club sides have built their success on offensive play. They themselves to outscore the opposition in any given game. And that has all been to the delight of the fan, who see more goals - the tactical 0-0 or hope for a goal from a set piece. The dull, enliven a boring, safe soccer display are largely now removed to the closet of soccer. This book will look at offensive plays. It will offer insight to coaches, players and supporters young and old, and provide drills and analysis that can both help us to better understand

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game and produce higher quality in attacking moves ourselves, or with our teams. If you find it interesting, and informative. And that it makes your team, your coaching offensive play more effective. Here's What's Included In This Book: Importance of Offense Soccer How to Transition into Offense Set Plays Offensive Tactics - Creating Space and IQ Scroll up and download now.

Key Tips and Techniques to Improve Your Game

150 Soccer Coaching and Training Drills, Tactics and Strategies to Improve Kids Soccer and IQ

Soccer Offense

Neuroscience Applied to Soccer. Practical Proposal

Zone Soccer

Conditioning for Soccer

Improve Your Team's Possession and Passing Skills Through Top Class Drills

Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold! Creative Soccer Training includes 350 modern practical games and drills that build on basic playing skills. Foregoing theoretical introductions, the authors focus on presenting comprehensive exercises and particular skills that go beyond standard training. This book includes a great variety of creative training exercises that will form intelligent soccer players. Numerous graphics help soccer coaches

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implement training content with their own team in a simple and fast way. The practice-oriented design additionally makes this compilation an optimal resource for training players at advanced levels.

To say that soccer is played with your feet, it's like thinking that chess is played with your hands. The player must be in optimal condition to compete and to perform at their best level during matches. To achieve the perfection of the game models, the coaches tend to crumble the game with principles, subprinciples, more subprinciples... that allow us to explain how our team plays, and this often causes our workouts to be lost in improving isolated technical factors, that we think are the ones that make players err. Applying the benefits of neuroscience, the indicators and stimuli that we use in the training tasks will be the own of soccer, so that there is a greater transfer. There is a very strong educational trend entrenched in these concepts and every day is reflected in the teaching of sports. But, this trend, if not interpreted well, can lead to errors and not achieve the intended results. The goal is that the training of our brain is related to soccer, and that the skills or advances that are achieved, have a direct impact on during the game. Reacting by pressing when the coach's whistle blows, seeing the red color on a paper or when the number of a mathematical operation is even, from the perspective of how he learns our brains, will not get the same benefits

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for the soccerer as pressing after losing the ball, after bad control of the opponent or after the opponent's arrival in a danger zone.

Through the years a wealth of information has been accumulated in soccer. Experiential and science-based knowledge abounds in the sport. Yet the scientific information has not been sufficiently disseminated to those who would benefit most from it. Soccer Science fills the void with the best and most up-to-date research in the sport. With editor Tony Strudwick and a who's-who list of international experts on the sport, Soccer Science offers you an unprecedented wealth of advanced yet accessible information on biomechanics, physiology, psychology, skill acquisition and coaching, tactical approaches and performance and match analysis. It is simply the most significant and comprehensive published work on the sport.

When it comes to building successful soccer teams, pre-season is a critical time. It's the perfect time for the coach to create a team identity, set standards, develop effective training habits, and reinforce winning behaviors. Get it right and you can set the foundation required to catapult your team towards an excellent season. Get it wrong, however, and your season might never recover. This book looks at how pre-season has changed over the past 10 years, and offers ways for coaches to adapt their work and methods to deal with these changes accordingly. Pre-season is about much

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more than fitness testing, long-distance running, and grueling physical work. "The Modern Soccer Coach - Pre-Season Training" looks at new, innovative ways to engage players so that they want to train at the maximum every day, and push towards new limits for the new season ahead. Aimed at soccer coaches of all levels who work with players of all age groups, this book focuses on maximizing every minute you have with your team to help them prepare to set the highest of standards for the season ahead. The book offers a unique insight into how the best coaches in the world are preparing their teams from day one. With over 60 training exercises designed specifically to challenge your players to their maximum physically, technically, tactically, and mentally, this is pre-season training like you have never seen it before. Design a tactical model that suits your team specifically Create a winning culture centered around hard work and commitment Understand common coaching mistakes and how to avoid them Develop training exercises designed to meet the demands of the game Learn how to coach players who do not prepare well Contains more than 60 pre-season training exercises

Gegenpressing - Counter Pressing Made Simple
64 Small Sided Soccer Games
Attacking

Mastering the Modern Game

Basic Soccer Drills for Kids

Modern Soccer Coach

FC Barcelona: A Tactical Analysis - Defending A Team from Another Planet! A Tactical Blueprint of Pep Guardiola's Barcelona Team This book is an exclusive and groundbreaking study of Pep Guardiola's Barcelona team. This information and analysis of one of the most successful club sides in history has been in high demand and it is finally here! The defensive part of Barcelona's game does not get enough attention, but is integral to their philosophy and all their superior style of play. The main elements of their tactics include pressure high up the pitch, winning the ball back quickly, maintaining a numerical advantage around the ball zone and pushing their opponents wide to limit their space. We can now see a full analysis of Barcelona's defensive tactics which have been so important to their success. The book shows Barca's 4-3-3 system of play, each player's responsibilities, positioning and movement within every possible phase of play. Terzis Athanasios is a Tactical Professor of Football and has compiled an extensive assessment of Barcelona's attacking play after over 1000 hours of studying all the games from the 2010-11 season. Guardiola's team has won 3 La Liga championships, 2 UEFA Champions Leagues, 4 Spanish Cups, 2 Super Cups, and 2 FIFA World Club World Cups. The book starts with the characteristics of the players and the philosophy of Barcelona and builds into a comprehensive overview of the defensive tactics

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employed with clear diagrams and detailed descriptions. Included: - Strategies used to counter specific formations (the 4-4-2, 4-2-3-1, 4-3-2-1, 5-3-2 and the 4-3-2-1). - Assessments of specific phases of play (central zone, near the side-lines and set plays). - Pressure, cover and support from front, middle and defensive zones - Preventing and limiting opposition space - Defending from set-pieces - Plus a lot more - SEE FULL BOOK CONTENTS BELOW This gives football coaches an unbelievable chance to learn how Barcelona play and adapt their tactics to combat any team they play. Their defensive work is so important to their success and allows them to be such a strong attacking force.

Massimo Lucchesi has compiled a comprehensive overview of one of the most widely used collective defensive tactics in modern soccer: PRESSING. Minimising the space and time available to an opponent in possession is the goal of the pressing game and if successful will undoubtedly lead to counterattack opportunities and more goals! This book will explain the tactical concepts of pressing and offer a number of exercises to work on the pressing game in both the attacking and defensive zones.

With Attacking Soccer- Mastering the Modern Game every coach can set up training plans according to their needs with the help of numerous training modules compiled in a book with many illustrations.

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 Science

Coaching 3-5-2 Tactics - 125 Tactical Solutions & Practices

Read Free Pressing Soccer Drills

Creative Soccer Training

Pep Guardiola - 88 Attacking Combinations and Positional Patterns of Play Direct from Pep's Training Sessions

100 Drills for Training (Color Edition)

Fun Soccer Games for 5 to 8 Year Olds

Coaching the 4-2-3-1

This book provides analysis of Simeone, Guardiola, Klopp, Mourinho and Ranieri's tactics. Michail Tsokaktsidis is a UEFA 'A' licence coach and has used this analysis to produce 23 full sessions (98 practices) including transition games, game situations and small sided games.

Modern Soccer Coach Pressing

This book is for soccer coaches who want to improve their training sessions. The drills in this book are explained step by step and include diagrams. They will have you running a quality training session in no time. The drills are aimed at senior players (but they can be adjusted for juniors aged approximately 13 years and up). These training session have been chosen because they work in real life, not just in a book. I have played and coached for over 30 years and I ran these sessions last season (2019). These drills will bring improvement and better results to you and your team. These drills are 100% on the ball so they improve endurance, technique, and tactics all at the same time plus you'll see your

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players enjoying the sessions more. If you're a new coach, or you're simply a coach that hasn't had the time to work on your sessions, this book will improve you immensely. Game day results start on the training track and if the coach doesn't have a good training session planned, the players won't improve and will lose motivation. Most drills can be adjusted to suit the number of players you have at your session. I understand that on any night player numbers vary, so most of these drills are adjustable for more or less players. I've completed coaching courses and coached senior mens teams, ladies, youth and junior teams. The advice and drills in this book will get you up and running straight away. Don't jump on YouTube an hour before training looking for a fancy drill - simply choose a session from this book, follow the step by step guides and you will see your sessions and coaching ability improve straight away (plus you'll enjoy coaching more!). "Training Sessions for Soccer Coaches - Book 1" lays out full training sessions that will improve different parts of your teams game. It walks you through what to do when from the warm up to the warm down and all the drills in between. The drills focus on one main aspect per session and you are given three different drills per session that build on each other. In this, my first soccer coaching book, you will learn how to run drills for these four key components of the game: Playing Out From The Back, Pressing, Midfield Play, Supporting The Attack. You'll also find general advice on things that help your session run smoother which will give you confidence as a coach

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The book includes Marcelo Bielsa's tactics (and playing philosophy) for building up play from the back against high pressing teams with a full analysis of his 4-2-3-1, 3-3-3-1 and 3-4-3 formations with extensive analysis of Marcelo Bielsa in 9 different tactical situations, supported with 9 full training sessions (35 practices).

The Science and Practical Applications

Soccer. Pressing just after ball loss

Marcelo Bielsa - Coaching Build Up Play Against High Pressing Teams

History. Theory. Practice

Goalkeeper Training Program - 120 Drills to Produce Top Class Goalkeepers

Developing Skill 2

Pressing has the ability to expose defenders in possession, frustrate opposing teams, and create waves of attacking momentum that can help win games.

This book studies top coaches like Pep Guardiola, Diego Simeone, Jurgen Klopp, Marcel Bielsa, Brendan Rodgers, Anson Dorrance, and Mauricio Pochettino, who may not have invented pressing, but have taken it to new levels by developing unique systems to suit the demands of the game today. In addition, they have successfully created team cultures in which players are prepared to go above and beyond for one another. Aimed at coaches of all levels, *Modern Soccer Coach: Pressing* offers a unique insight into the

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different areas that coaches must address when developing a successful pressing system, including developing play models, training methodology, player profiles, scouting systems, team culture and the philosophy of the coach.

This book gives you a rare opportunity to use Pep Guardiola's Practices and learn from one of the best coaches in the history of football. The 88 Attacking Combinations and Attacking Positional Patterns of Play included are taken direct from Pep Guardiola's training sessions at Manchester City, Bayern Munich and FC Barcelona.

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.