

Acces PDF Soccer
Human Kinetics

Soccer Human Kinetics

***Fitness-skills-
tactics-drills.***

***Coach your young
players to their
maximum
potential!***

***Developing Youth
Football Players
combines proven***

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***coaching
methods with
engaging games
that allow young
athletes to
develop their
skills, understand
team play and
appreciate the
sport.***

***Manchester
United's Tony
Strudwick leads***

Acces PDF Soccer Human Kinetics

***an all-star panel
in providing the
most current
research on
soccer. Soccer
Science features
the world's
leading experts
in soccer history,
biomechanics,
physiology,
psychology, skill
acquisition,***

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coaching, tactical approaches, and performance and match analysis.

Make your last line of defense as strong as it can be. The Complete Soccer

Goalkeeper offers a comprehensive reference and training guide for

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goalkeepers and their coaches. It shows how to develop keepers from the youth leagues to the pros and covers all aspects of what many believe is soccer's most challenging role. One Goal

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Ymca a Soccer Skills Book Coaching Soccer Successfully Soccer Science

*The ball
handler who
fakes and then
drives past a
defender for an
easy score. A
pass rusher who
leaves a would-*

Acces PDF Soccer Human Kinetics

*be blocker in
his wake on the
way to sacking
the
quarterback. A
setter who
manages to
maneuver both
body and ball
in the blink of
an eye to make
the perfect
pass for the*

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kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however,

Acces PDF Soccer Human Kinetics

*aren't always
successful.*

*Genetic
limitations,
technical
deficiencies,
and inferior
training
activities are
among the major
obstacles.*

*Developing
Agility and*

Acces PDF Soccer Human Kinetics

*Quickness helps
athletes blow
past those
barriers thanks
to the top
sport
conditioning
authority in
the world, the
National
Strength and
Conditioning
Association.*

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NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make

Developing

Acces PDF Soccer Human Kinetics

*Agility and
Quickness a key
part of your
conditioning
program, and
get a step
ahead of the
competition.
Take an inside
look at the
world's most
popular sport.
Soccer Anatomy*

Acces PDF Soccer Human Kinetics

*will show you
how to elevate
your game by
increasing
strength,
speed, and
agility for
more accurate
passes and
powerful shots.
Soccer Anatomy
includes 79
exercises, each*

Acces PDF Soccer Human Kinetics

*with step-by-
step
descriptions
and full-color
anatomical
illustrations
highlighting
muscles in
action. Soccer
Anatomy goes
beyond
exercises by
placing you on*

Acces PDF Soccer Human Kinetics

*the pitch and
in the game.
Illustrations
of the active
muscles
involved in
kicking,
heading,
tackling, and
diving show you
how each
exercise is
fundamentally*

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*linked to
soccer
performance.
From attacking
to defending to
goalkeeping,
Soccer Anatomy
will improve
every aspect of
your game.
You'll learn
how to modify
exercises to*

Acces PDF Soccer Human Kinetics

target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical

Acces PDF Soccer Human Kinetics

*research
program.
Combining
authoritative
advice, expert
instruction,
and stunning
four-color
illustrations,
Soccer Anatomy
is truly an
inside look at
this one-of-a-*

Acces PDF Soccer Human Kinetics

kind sport.

*Whether you're
a player,
coach, or fan,
if you're
serious about
soccer, this is
one book you
need to own.*

*Build a winning
girls' soccer
program, on the
field and off.*

Acces PDF Soccer Human Kinetics

*In Coaching
Girls' Soccer
Successfully,
one of the
nation's top
high school
coaches, Debra
LaPrath, shares
her expertise
on all aspects
of coaching.
From
establishing a*

Acces PDF Soccer Human Kinetics

*coaching
philosophy to
making
decisions
during a game,
this is the
approach that
has made her
program a
perennial
powerhouse.
Coaching Girls'
Soccer*

Acces PDF Soccer Human Kinetics

*Successfully
covers every
aspect of the
coach's role:*

*-Developing and
perfecting
skills*

*-Evaluating
players and
defining their
roles*

*-Organizing
productive*

Acces PDF Soccer Human Kinetics

practices

*-Scouting and
preparing for
games -Adding*

*variety to
training*

*-Developing
leadership
qualities*

*-Motivating the
team*

*-Communicating
on and off the*

Acces PDF Soccer Human Kinetics

*field Featuring
seasonal
training plans,
drills for
developing
fundamental to
advanced
skills, and
advice for
handling off-
the-field
challenges,
Coaching Girls'*

Acces PDF Soccer Human Kinetics

Soccer

*Successfully is
the most*

*comprehensive
resource*

*available for
novice and*

*experienced
coaches alike.*

*Maximize the
development of*

*your athletes
and team*

Acces PDF Soccer Human Kinetics

*throughout the
year, and just
maybe win a
postseason
title in the
process.*

*Coaching Better
Every Season: A
Year-Round
Process for
Athlete
Development and
Program Success*

Acces PDF Soccer Human Kinetics

*presents a
blueprint for
such success,
detailing
proven coaching
methods and
practices in
preseason, in-
season,
postseason, and
off-season. The
Coach Doc, Dr.
Wade Gilbert,*

Acces PDF Soccer Human Kinetics

shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested

Acces PDF Soccer Human Kinetics

*yet innovative
prescriptions
and protocols
for a more
professional
approach to
coaching are
sure to produce
positive
results both in
competitive
outcomes and in
the enjoyment*

Acces PDF Soccer Human Kinetics

*of the
experience for
athletes and
coaches.
Coaching Better
Every Season
applies to all
sports and
guides coaches
through the
critical
components of
continual*

Acces PDF Soccer Human Kinetics

*improvement
while
progressing
from one season
to the next in
the annual
coaching cycle.
It also
presents many
practical
exercises and
evaluation
tools that*

Acces PDF Soccer Human Kinetics

*coaches can
apply to
athletes and
teams at all
levels of
competition.
This text is
sure to make
every year of
coaching a more
rewarding, if
not a trophy-
winning,*

Acces PDF Soccer Human Kinetics

experience.

*A year-round
system for
athlete*

*development and
program success*

*The Soccer
Goalkeeper*

Soccer

Fundamentals

*Soccer Systems
and Strategies*

Now in its

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**fourth
edition,
Coaching Youth
Soccer uses
gamelike
activities to
teach
offensive and
defensive
skills, which
sets it apart
from other**

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**soccer
coaching
books. Ideal
for coaches of
players ages
14 and under,
this book
contains 13
new activities
and more than
30 age-
specific**

Acces PDF Soccer Human Kinetics

**coaching tips
that are sure
to jump-start
your
practices.**

**Through the
years a wealth
of information
has been
accumulated in
soccer.**

Experiential

Acces PDF Soccer Human Kinetics

**and science-
based
knowledge
abounds in the
sport. Yet the
scientific
information
has not been
sufficiently
disseminated
to those who
would benefit**

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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

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**experts on the
sport, Soccer
Science offers
you an
unprecedented
wealth of
advanced yet
accessible
information on
biomechanics,
physiology,
psychology,**

Acces PDF Soccer Human Kinetics

**skill
acquisition
and coaching,
tactical
approaches and
performance
and match
analysis. It
is simply the
most
significant
and**

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**comprehensive
published work
on the sport.
Athletes in
all sports
rely on speed.
Whether it
involves
sprinting down
the court on a
fast break or
chasing a**

Acces PDF Soccer Human Kinetics

**loose ball,
speed often
contributes to
overall
athletic
ability.**

**Developing
Speed teaches
you how to
elevate your
speed in a
scientifically**

Acces PDF Soccer Human Kinetics

**based manner
that will have
you blowing by
the
competition.**

**Written by
eight of the
top National
Strength and
Conditioning
Association
experts,**

Acces PDF Soccer Human Kinetics

**Developing
Speed is your
guide to elite-
level speed
development,
regardless of
your sport. In
addition to
the scientific
coverage of
speed
development,**

Acces PDF Soccer Human Kinetics

**this guide
helps you
assess your
current
ability and
identify your
areas of
greatest need.
Using this
information,
along with the
most effective**

Acces PDF Soccer Human Kinetics

**drills and
exercises,
you'll have
the tools and
information
for creating
your own speed
development
program. If
increasing
your athletic
speed is what**

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**you're
seeking, then
look no
further. With
the cutting-
edge
information
packed into
this one
resource,
you'll achieve
new personal**

Acces PDF Soccer Human Kinetics

**bests and
reach your
most
aggressive
goals.**

**Developing
Speed is the
only tool you
need to
develop your
personal
program and**

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**take your
speed to the
highest level!
Soccer: Steps
to Success,
Fourth
Edition,
provides
players and
coaches alike
with
progressive**

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**and detailed
information on
the individual
skills and
team tactics
they need to
excel on the
field. This
full-color
book covers
every aspect
of soccer:**

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**dribbling,
passing,
receiving,
shooting,
tackling,
defending,
heading, and
goalkeeping.**

**Soccer
Clinician's
Kit I
2006-2007**

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Human Kinetics

**Coaching Youth
Soccer 5th
Edition
Developing
Agility and
Quickness
Coaching
Better Every
Season**

The world's
most popular
sport is also

Acces PDF Soccer Human Kinetics

one of the
most
demanding.
Stronger,
smarter, and
more agile
players have
increased the
intensity and
tempo of the
game. Success
hinges on the

Acces PDF Soccer Human Kinetics

ability to
read, react,
and execute.
For individual
players and
teams alike,
speed is a
necessity.
Soccer Speed
is a
groundbreaking
work—more than

Acces PDF Soccer Human Kinetics

a training
guide, but an
all-
encompassing
execution plan
for success in
today's
aggressive,
attacking, and
fast-paced
game. Inside,
you'll learn

Acces PDF Soccer Human Kinetics

how to develop
these skills:

- Quickness,
agility, and
balance for
defending,
attacking,
reacting, and
executing -

Most effective
techniques,
such as heel

Acces PDF Soccer Human Kinetics

passes and
stride
changes, to
challenge
opponents and
keep them off
balance -
Soccer
intelligence,
or the ability
to instantly
recognize and

Acces PDF Soccer Human Kinetics

exploit the
opposition's
weakness - In-
game decision
making with
and without
the ball Every
aspect of the
game is
covered,
including step-
by-step

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instruction
and drills for
developing
technical and
tactical speed
in passing,
receiving,
dribbling,
scoring, count
erattacking,
and defending.
Soccer Speed

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is the one and only guide for outpacing, outsmarting, and outplaying the opposition. In the first edition of Coaching Soccer Successfully,

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Roy Rees and
Cor van der
Meer combined
nearly 90
years of
international
experience for
the ultimate
coaching
guide. Now
they're back
with a brand-

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new edition
offering even
more insight
on the
tactical side
of the game. A
former
professional
player in the
English
Football
League, Roy

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Rees has more than 40 years of coaching at the youth, college, professional, and World Cup level. Cor van der Meer got his start in the Netherlands on

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the Dutch
National Youth
team, and now
his career
spans a half-
century as a
coach, player,
and
administrator.
Together,
these two
veterans of

Acces PDF Soccer Human Kinetics

the sport
cover every
aspect of the
game, from
tactical
instruction to
the planning,
preparation,
and
performance
evaluations
essential for

Acces PDF Soccer Human Kinetics

building a
stronger team.
Coaching
Soccer
Successfully is
loaded with
photographs,
diagrams, and
tactical
options
designed to
give you the

Acces PDF Soccer Human Kinetics

game-winning
edge in actual
match

situations.

From offense
to defense,

Coaching

Soccer Success

fully offers

effective

methods for

teaching

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individuals,
small groups,
and whole
squads with
drills that
make practice
fun,
interactive,
and gamelike.
In addition to
diagrams and
photographs

Acces PDF Soccer Human Kinetics

that highlight
successful
game play,
Coaching
Soccer Success
fully gives you
the tools you
need to build
a better
program,
determine your
coaching

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philosophy,
and
communicate
effectively
with players
and parents.
From preparing
young players
to planning
for matches,
this book
takes you into

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the trenches
for the inside
edge. Whether
you teach
girls' or
boys' soccer
at the junior
high level or
beyond, you'll
love the
direct, nuts-
and-bolts

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approach to
soccer
instruction
provided in
this book. In
Coaching
Soccer
Successfully,
Rees and van
der Meer share
a wealth of
knowledge and

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experience on
effective
leadership,
organization,
and evaluation
advice. This
is an
excellent
guide to
getting the
job done, on
and off the

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field.

Straightforward and fun, this book presents an understandable approach to learning the correct execution of basic soccer techniques.

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125 photos.
Collects
conditioning
programs for
athletes
between the
ages of six
and eighteen,
offering over
three hundred
exercises for
increasing

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coordination,
flexibility,
speed,
endurance, and
strength

Focused for
Soccer

Complete

Conditioning

for Soccer

Soccer Skills

& Drills

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High-
Performance
Training for
Sports
Youth Soccer Drills,
Third Edition,
presents 100 drills
and games for
developing skills in
dribbling, passing,
collecting, heading,
and shooting. All are
easy to follow with

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clear descriptions and kid-friendly field diagrams, making them easy for coaches to teach and players to understand. Sample practice plans, variations, and coaching tips are included.

High-Performance Training for Sports presents today's best

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athlete conditioning protocols and programs in the world. An elite group of international strength and conditioning specialists and sport physiotherapists explain and demonstrate the most effective applications of the most current sport

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science and sports
medicine to enhance
athletic performance.
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

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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

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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

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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

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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

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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

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team in any setting. The best team doesn't always win—but it usually does.

The future of soccer conditioning has arrived. With content ranging from how to properly develop speed, strength, power, and agility in players at all levels to unique position-

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specific training
guidelines and
detailed return-to-
play protocols,
Complete
Conditioning for
Soccer is a real game
changer. Training
protocols and
progressions,
complete with
schematics of on-
field conditioning
drills, guide

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conditioning for
players from youth to
professional levels.
Field players of every
position will increase
strength to dribble
through traffic.
Forwards will pack
more power into
shots on goal.
Central midfielders
will improve
quickness and agility
to find open passing

Acces PDF Soccer Human Kinetics

lanes and evade
opponents.
Goalkeepers will
develop the
explosiveness to
cover the width of
the goal to make that
save. Emphasizing
player movement and
conditioning needs
for the long term,
you will learn the
positional and
seasonal demands

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that directly impact player development and performance and discover the significant differences between playing styles, positions, levels of play, and genders. To keep players game-ready, you'll find detailed information on avoiding some of the most common

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soccer injuries as well as step-by-step, position-specific training protocols for players returning from injury. Written by Ryan Alexander, the director of sports science for Atlanta United Football Club (MLS), Complete Conditioning for Soccer takes the process of physical

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preparation for
soccer to a whole
new level. CE exam
available! For
certified
professionals, a
companion
continuing education
exam can be
completed after
reading this book.
The Complete
Conditioning for
Soccer Online CE

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Exam may be
purchased separately
or as part of the
Complete
Conditioning for
Soccer With CE
Exam package that
includes the book
and the exam.

The Complete Soccer
Goalkeeper
Soccer Anatomy
Coaching Youth
Soccer

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Skills & Strategies
for Coaching Soccer
**Offers advice on
coaching
children's soccer,
recommends
practice drills,
and covers
kicking,
receiving,
dribbling,
heading,
goalkeeping, and**

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**sportsmanship
Written by Bill
Beswick,
renowned
performance
psychologist and
mental skills
coach with a
wealth of
experience for
elite teams,
including the
English Premier**

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League and high-profile teams like Manchester United, One Goal is the definitive guide to developing the mindset of a winning soccer team. It offers proven methods for producing team cohesion,

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**flow, and
success.**

**Master all the
fundamentals
that matter on
the pitch with
Soccer Skills &
Drills. This
comprehensive
instructional
guide for players
and coaches alike
teaches the**

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**techniques
necessary for
success as well
as games and
drills to hone
your skills to
perfection. Learn
to dribble,
receive, pass,
shoot, head,
tackle, and guard
the goal with
guidance from**

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the National Soccer Coaches Association of America, the top coaches' organization in the United States. Then use the 80 progressively arranged games and drills to practice those

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**skills in
competitive
situations and
small-sided
games. The
insightful
teaching points
and effective
practice activities
will reinforce
your execution of
the fundamentals
and expand your**

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repertoire of techniques and tactics. Dozens of photographs and diagrams are provided to help you visualize the technical instruction, while the application of each skill is described from both tactical and

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**positional
perspectives.
More than a drill
book, Soccer
Skills & Drills is
the information-
packed resource
that will elevate
any player's
game!
This text covers
different styles of
coaching,**

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**program
development,
and
management,
optimal training
and practice
sessions,
technical and
tactical insights,
and professional
growth
opportunities as
a coach.**

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Human Kinetics

**Soccer Coaching
Bible, The**

**Managing Risk in
Sport and
Recreation
Steps to Success,
4E.**

With The Soccer
Coaching Bible, you
can draw from the
expertise and
experience of 30 of

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the game's most successful coaches, learning new and better ways to coach the game and develop your players. The National Soccer Coaches Association of America (NSCAA) assembled an all-star lineup of 30 coaches to tackle every important aspect to coaching the sport.

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On- and off-field duties are covered in detail, and the material in each chapter is rich with the voice of experience. From Anson Dorrance's chapter on organizing and orchestrating a winning program to Lauren Gregg's chapter on creating the ideal training

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environment, this book provides the answers you've been looking for. Steve Sampson explains the technical and tactical nuances of controlling the ball, and Tony DiCicco encourages and informs mentoring developing players and coaches. The vast coaching expertise is divided

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into six sections,
making it easy to
choose what to
implement into your
program: Priorities
and Principles by Cliff
McCrath, Joe Bean,
Layton Shoemaker,
and George Perry
Program
Development and
Management by
Anson Dorrance,
Charlie Slagle, John

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Rennie, Mike Jacobs,
and Joe Morrone
Optimal Training for
Learning and
Performance by
Lauren Gregg, Jeff
Tipping, Barry
Gorman, and Ron
McEachen Technical
and Tactical Insights
for Competitive
Success by Steve
Sampson, Jim
Lennox, Peter Mellor,

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Tony Waiters, Jay
Hoffman, and
Schellas Hyndman
Player and Team
Development and
Motivation by Al
Miller, Tracey Leone,
Jay Martin, Miller
Bugliari, Tim Schum,
Chris Petrucelli, and
Colleen Hacker
Growth Opportunities
in the Coaching Role
by Jeff Vennell, Peter

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Gooding, Tony
DiCicco, and Glenn
Myernick Each time
you open this book
you'll learn
something new and
useful for your next
practice, game, or
season. Whether you
coach at the club,
high school, or
college level, The
Soccer Coaching
Bible is an essential

Acces PDF Soccer Human Kinetics

addition to your
coaching library.

The ultimate training
resource for athletes
and coaches includes
more than 262

exercises and drills,
programming, and
exclusive access to
online video library.

Assessments provide
parameters for
individual programs
and sport-specific

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training.

This comprehensive guide for soccer conditioning includes proven techniques to improve speed, strength, power, and agility; position-specific training guidelines; and injury prevention, management, and return-to-play protocols.

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Build a successful team around the strengths of your players! In Soccer Systems and Strategies, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary

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systems of play--defined by the number of players at each position and their alignment on the field--and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the

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4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British,

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Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams

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and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the

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key to developing teams that are competitive year in and year out. With Soccer Systems and Strategies, you have all the information you need to implement the ideal system for your team.

The Soccer Coaching Bible

Soccer Speed

Youth Soccer Drills,

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3E

Coaching Girls'
Soccer Successfully
Contains ninety-
three practice drills
and exercises
designed to help
children develop
the stamina and
skills needed to
play soccer.
"I have always

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been interested in the mental side of the game, and Focused for Soccer was the first book that helped me understand the power of attitude and how to get the best out of myself."

Jamie Carragher

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Defender, Premier
League, Liverpool
FC --

"Managing Risk in
Sport and
Recreation

includes numerous
forms, checklists,
and

documentation
strategies as well
as safety

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questionnaires for each of the sports covered. This lawyer-created toolkit will help you take the necessary steps to reduce injuries, decrease lawsuits, and pinpoint the strengths and weaknesses in

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your programs. All of the forms and checklists are also reproduced on a CD-ROM included with the book so you can easily access and use them when needed."--BOOK JACKET.

Soccer

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ScienceHuman
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Total Training for
Young Champions
Soccer: Steps to
Success, 4E

The Essential
Guide for Loss
Prevention

Teaching Soccer
Fundamentals

Written by ASEP in

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conjunction with Sam Snow, director of coaching for US Youth Soccer, Coaching Youth Soccer provides coaches of athletes ages 14 and under with sport- and age-specific coaching tips and advice as well as general coaching principles and

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information on sport
first aid that coaches
need for success on
and off the field.

Developing Speed
Training for Speed,
Agility, and
Quickness, 3E

The Mindset of
Winning Soccer
Teams

Developing Youth
Football Players