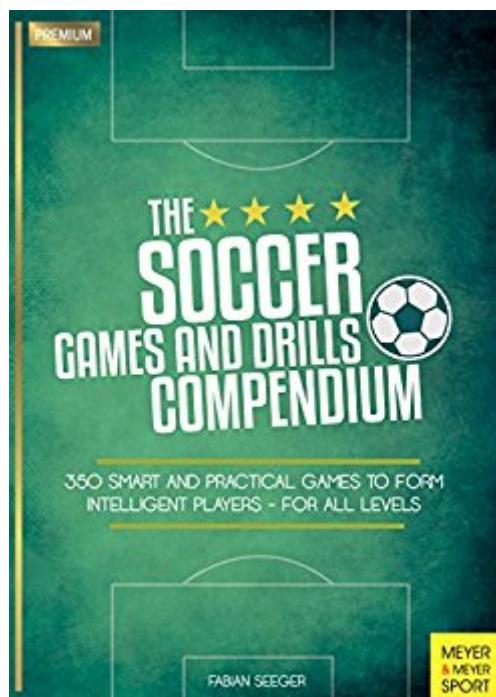


The book was found

The Soccer Games And Drills Compendium: 350 Smart And Practical Games To Form Intelligent Players - For All Levels



Synopsis

Meyer & Meyer Premium â ª the next level of instructional sports literature with high-quality, full-color books. The Soccer Games and Drills Compendium is a comprehensive compilation of 350 realistic drills and games that facilitate high-quality design and quick implementation of modern soccer training. The many drills are divided into technical, tactical, and fitness-based focus areas. Individual focus areas cover basic training content, such as passing, dribbling, shots on goal, feints, juggling, and 1-on-1 situations, followed by focus areas with differentiated and advanced content, such as transitioning and reacting, chaos and action, game start variations, active defense, tournaments, and topics on tactical training. In addition, this book includes exercises for soccer-specific speed training, athletic and endurance training, indoor training, goalkeeper training, and team building. In this compendium you will find a wide variety of soccer-specific training exercises, and the graphics and practice-oriented design make it an optimal resource for taking effective training content and implementing it on the field. The many variations included with the drills and games make this compilation ideal for training players at all performance levels and age groups.

Book Information

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Customer Reviews

Great book of soccer drills broken down by topic. Plan an area to work on, turn to the appropriate chapter and select your drill(s).

This book got recommended to me by a friend of mine (rival coach). Being a soccer coach myself for years, I will have to say this book changed my life. While I used to sit for hours making up exercises that would work out - let's say medium - all I do now is picking them from the book. The author did a great job thinking everything through from the beginning to the end! Everything in the book is explained very well and is easy to understand for trainer and players. That means no more - oh, I haven't thought about this, or this looked great on paper, why isn't this working...! Every innovative coach knows what I'm talking about. The book is a good mix of new as well as different variants of common exercises, that are challenging but not overwhelming for my players. The approach to keep the exercises noticeably relevant for the games ensures a high motivation during practice. To sum it up, this is an outstanding book that makes my job as a coach a lot easier. Although, I'm an experienced coach that read other books like this, this book is the first one that really improved my performance as a coach.

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