

A wide variety of 190 training drills for all levels of youth and adult soccer teams. Each soccer drill presented here is broken down into step-by-step diagrams, with possible variations on each drill given, making the book a valuable resource for coaches. The book is structured by drills according to age and skill level, providing progressive training for teams. Each drill has been rehearsed and refined over a period of many years. They are proven to work in developing skills and teamwork with players of all levels of ability. It also presents an extensive collection of original games and activities to enliven training sessions.

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