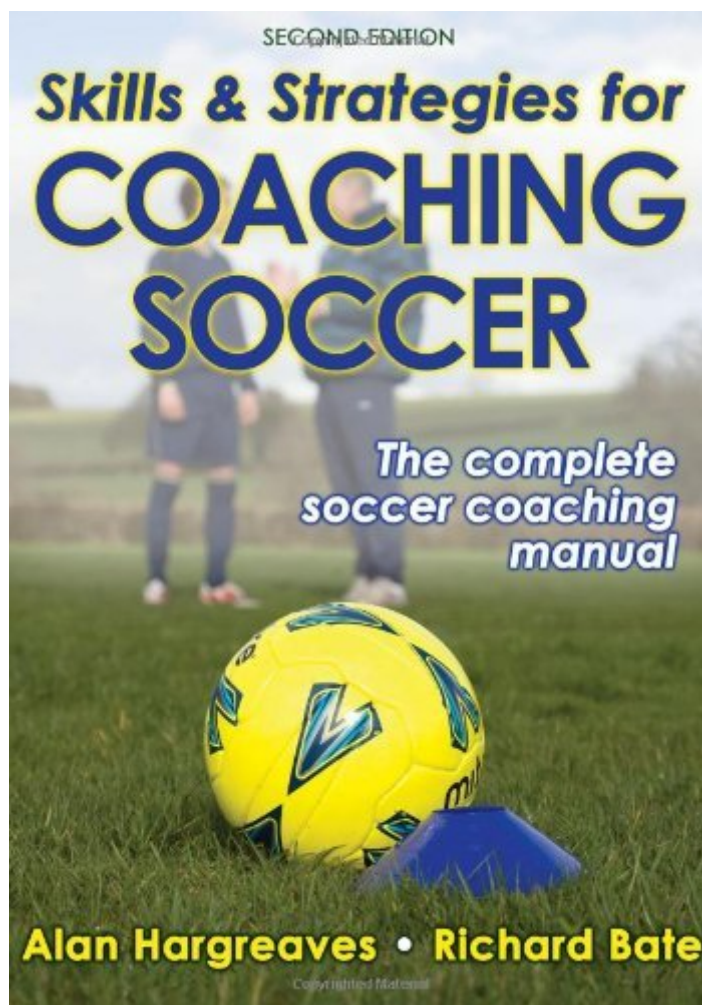


The book was found

Skills And Strategies For Coaching Soccer



Synopsis

The second edition of "Skills and Strategies for Coaching Soccer" is fully updated and revised, bringing the book right up-to-date with current coaching trends and practices. Building on the success of the first edition Alan Hargreaves together with Dick Bate have produced a resource that is truly relevant to every coach irrespective of individual style and experience. It covers all aspects of the job; from philosophy to match management, providing key advice for coaches working with players of all abilities. Every essential soccer skill is covered in a progressive manner in order to get optimum results from players in real match situations. There are extensive chapters on tactics, which provide advice on team formation and set-pieces for offensive and defensive situations. Skills will be built up from basic practices through to drills that are practiced by professional players. What's more, all of the technique illustrations from the first edition have been replaced with photos and all drills are accompanied with informative illustrated diagrams.

Book Information

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Customer Reviews

Reviewed by Rory, UK - a PE specialist teacher and sports coachThis book is the bible of soccer

coaching but it is useful to anyone involved in the game, coaches, teachers and players alike. It covers skills for beginners, intermediate and advanced players with a load of information to help coaches with the progression of their pupils. The first edition was a best seller and this second edition has been excellently updated. I only wish I'd known of the book whilst at University as it would have been of huge benefit when writing assignments covering the techniques of soccer and how to coach effectively but now that I have found it I am looking to it for advice whenever I coach. There is plenty of technical information eg on taking penalties and techniques for throw ins, including information covering the tactical benefits of the long throw which I found of particular use as information on this is quite rare. I particularly like the fact that the book emphasises a positive approach to coaching based on skill and fair play and also gives information on good nutrition and diet. The book is arranged in such an easy to use manner that, if my team was weak on attacking, I could easily find the chapter and read up about what was needed to correct the problem. Hargreaves and Bate clearly have a wealth of experience in soccer coaching; their technique sessions are well illustrated and can easily be replicated on the training field and on the pitch. They don't just assume that coaches will have total obedience from their players and there is an excellent chapter in the book about how to cope with problem players and parents! Excellent use of colour, diagrams, photographs and layout.

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