

Read Book Football Finishing Drills Pdf For Free

Football Training Like the Pros Oct 13 2019 Go hard, get intense--and gain the competitive edge Are you ready to go hard core? Then let top performance trainer Chip Smith break you down and build you up into the biggest, baddest player on the field. The number-one expert pros turn to when they want to get pumped and primed for the season and the first choice of aspiring players when they need to take their game to the next level, Smith coaches the best of the best at his state-of-the-art training center, Competitive Edge Sports. Now in Football Training Like the Pros, he brings his once-exclusive top training secrets to you. With a foreword by Chicago Bear Brian Urlacher; photos straight from Smith's powerhouse camps; and the exclusive personal routines of NFL stars like Denver's Champ Bailey, Washington's Antwaan Randle El, and Atlanta's Keith Brooking, this is your complete guide to taking your game to the next level. Inside you'll find tons of individualized, position-specific drills and training techniques guaranteed to help you: Gain mega-pounds of muscle and increase your power Get fast and shave time off your forty-yard dash Supercharge your endurance Improve your agility and flexibility Turn your mental toughness to steel And much more

[Complete Conditioning for Football](#) Aug 23 2020 Complete Conditioning for Football features team-wide and position-specific exercises, drills, and programs as well as training plans for preseason, in-season, and off-season workouts, all aimed at building speed, agility, strength, power, and stamina for a performance edge.

Football Coach Nov 25 2020 This book has lots of actionable information that will help you to improve your football training skills. Football is an evolving sport. The game is now much

quicker and physical and the players are much more creative with ball play. The competition is much more intense and teams work hard, cover a lot of distance, and face more challenging situations than ever before. In this football evolution, it would be foolish to take lightly the role of a coach. As football coaches, our solemn duty, to our teams and ourselves, is to train and develop quality players at every level of football, the grassroots and the topmost level of the game. To do so, you will have to remain 'in the loop.' You will have to know the latest football developments including philosophies, technology, and sports science, and be first and fast to learn and teach your players new techniques that give them the greatest advantage. This book is exactly that: a collection of knowledge encompassing all aspects of player development. With the knowledge and strategies discussed in this book, you will be better equipped to offer safe and enjoyable coaching sessions to your players. This book will also demonstrate practical training drills that will help develop your players' technical skills such as shooting, passing, heading, turning with the ball, among other drills. More importantly, this guide shall help you develop your coaching skills to ensure you also develop the technical aspect of your players to a superior level and to the benefit of your team. Thanks again for downloading this book. I hope you enjoy it!

Pep Guardiola - 88 Attacking Combinations and Positional Patterns of Play Direct from Pep's Training Sessions Nov 06 2021
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.

René Meulensteen & Man Utd Methods of Success (2007-2013) - René's Coaching Philosophy and Training Sessions (94 Practices), Sir Alex Ferguson's Management, Culture, Principles

and Tactics Mar 10 2022 René Meulensteen (UEFA Pro Licence) spent 12 years at Manchester United and was Sir Alex Ferguson's First Team Coach during the most successful years in the club's history (2007- 2013). René's expertise provides coaches of all levels a great insight into the key aspects and methods behind Manchester United's success when they won 1 x UEFA Champions League (+2 Runner-up), 4 x Premier Leagues and 1 x League Cup all within 6 seasons. During this period, René was responsible for creating and coaching all of the first team training sessions. He kept a record of every single training session in organised folders, and these Technical and Tactical Practices and Sessions form the basis of this book (94 Practices included). This book provides a detailed blueprint of the successful structure and organisation of Manchester United, as well as the Management, Leadership, Principles, Tactics and Philosophy of Play of the greatest British manager in history, Sir Alex Ferguson. Find out how Manchester United produced such a High Speed of Play, created Waves of Attacks, and how they scored so many late goals using Scenario Training ("Fergie Time"). All of this content will provide you with a great understanding of the methods behind Manchester United's success, from the training pitch to match days. This is your chance to practice and apply René's exact Manchester United training sessions, enabling your team to reproduce Alex Ferguson's team's fantastic attacking style.

MANCHESTER UNITED PRACTICE / SESSION TOPIC EXAMPLES:
Build-up Play Switching Play Forward Passes and Runs to Break the Lines Attacking Overloads Crosses and Box Runs Attacking Combination Play Dominating 1v1 Situations and Finishing Defensive Shape, Pressing and Recovery Transition from Defence to Attack (Counter Attacks) "Fergie Time" Scenario Training As well as the first team training sessions, this book also shows you René's Development Model, Coaching Philosophy, and the importance of Specific Technical Training (1v1s and Finishing). During his time at Manchester United, René was attributed to

improving the individual technique and performances of Cristiano Ronaldo, Ryan Giggs, Ruud van Nistelrooy, Robin van Persie, Nani, and many others. The practices he used for individual or small group training are included in this book.

Complete Handbook of Offensive Football Drills Oct 05 2021
Tactical Periodization - A Proven Successful Training Model Feb 15 2020 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.

101 Youth Football Drills Dec 19 2022 Designed specifically for players aged 12 to 16, this manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills including: warming up, dribbling and running with the ball, passing, shooting, heading, crossing, goalkeeping and warming down. As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required and how to organise the players. 'For 30 years Malcolm Cook has shone his light down the path of soccer development and progress.' Andy Roxburgh, UEFA Technical Director

Youth Soccer Drills Apr 30 2021 Youth Soccer Drills is your indispensable tool for coaching beginning to intermediate soccer players ages 5 to 12. Rely on 100 drills and games to make practices more fun and productive. Through these practice activities, even novice coaches will soon have young players mastering the essentials of spacing, dribbling, passing, shooting, and heading. Use the comprehensive drill finder to quickly find the perfect drill by skills you want to develop. Sample practice plans for 5- to 6-year-olds, 7- to 8-year-olds, 9- to 10-year-olds, and 11- to 12-year-olds are ready to take straight to the soccer

field. Progressions of 4v4, 5v5, 8v8, and 11v11 help young players execute skills and tactics at the appropriate stage. Youth Soccer Drills will make practice more productive and put the fun back into fundamentals.

Resistance Training Methods Jan 16 2020 This book reviews the main principles of resistance training, from basics to modern insights. It includes practical ways to develop most of the strength training methods, including monitoring and testing procedures. It merges practical tips with knowledge about the scientific background concerning program and periodization. It describes procedures for special populations, such as elderly or women. Gathering contributions by authoritative researchers and professors in the fields of sport science and biomechanics, this book provides an integrated view of strength training programming, and describes the most important biological factors associated with this type of training. The evidence-based and detailed description of each single mechanism to be trained to enhance performance is covered in depth. Thanks to its strong academic background, and being self-contained, this book offers a valuable reference guide for advanced undergraduate and graduate students in sports science, as well as an inspiring guide for sport and health researchers and professional trainers alike.

Fun Soccer Drills That Teach Soccer Skills to 5, 6, and 7 Year Olds Jul 22 2020 This book provides 117 drills for teaching soccer skills through fun, easy to use games. The drills are designed to teach the fundamentals of soccer in an enjoyable, positive manner that keeps children focused, engaged, and entertained. Your team will get a great workout, maximum touches on the ball, and develop the basic soccer skills needed to be successful soccer players. Whether you have never coached soccer before or are an experienced coach, you will find useful drills in this book to hold the attention of 5, 6, and 7 year olds! In addition to the 117 soccer drills found in this book you will find 107 variations so there is always a fresh way to teach or reinforce a

skill. Topics covered: Warm up, Dribbling, Defending, Passing, Receiving, Long Kicks, Shooting, Team Play, Throw-ins

Soccer Science Nov 13 2019 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.

64 Small Sided Soccer Games Sep 16 2022

Detail Feb 26 2021 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 through the tough times and enjoy the good times.

Coaching Wrestling Successfully Feb 09 2022 Tells how to develop and communicate a coaching philosophy, plan practices, teach wrestling skills, help wrestlers prepare for matches, and evaluate wrestlers' performances

Goalkeeper Training Program - 120 Drills to Produce Top Class Goalkeepers Jan 20 2023 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

Coaching 4-3-3 Tactics - 154 Tactical Solutions and Practices Mar 30 2021 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.

Essential Soccer Skills Jan 28 2021 Essential Soccer Skills progresses from beginner basics to 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.

Speed-strength Training for FootballApr 18 2020 SPEED-STRENGTH TRAINING FOR FOOTBALL will allow the athlete, coach & trainer the methods & techniques for success from the beginner to the advanced to the elite athlete. By incorporating the four components of Speed-Strength Training - Explosive, Starting, Absolute, Reaction Strength - the athlete is consistently challenged in each workout. The effect is your winning system. The results are endless!

Fun Soccer Games for 5 to 8 Year OldsDec 15 2019

Elite Soccer Drills Jun 01 2021 The game's top players have remarkable speed, agility, and coordination demonstrated through precision passing, incredible ball control, and an uncanny ability to anticipate and react to the opposition's moves. Although the best players can make these skills look easy, each is a result of dedication, commitment, and countless hours of practice. In Elite Soccer Drills, renowned coach Mike Matkovich shares the same drills he has used in developing some of soccer's premier players. The 82 drills emphasize execution in high-level play while addressing the finer points of passing and receiving, attacking and defending, and heading. With drills for both individual players and teams, as well as practice tips and coaching suggestions, Elite Soccer Drills is the perfect practice tool for developing the high-level skills and soccer sense players

need in order to excel. ContentsChapter 1. Becoming an Elite Player Chapter 2. Speed, Agility, and Coordination Chapter 3. Juggling Chapter 4. Dribbling Chapter 5. Passing and Receiving Chapter 6. Heading Chapter 7. Attacking and Defending Chapter 8. Crossing and Finishing Chapter 9. Conditioning

Soccer IQ Jul 02 2021 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 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

Soccer Brain Dec 27 2020 Soccer Brain teaches coaches to train

players to compete with confidence, with commitment, with intelligence, and as part of a team.

Developing a Guardiola Approach Jun 20 2020 Since its release, this really has become one of the most popular coaching books in the world. The book looks to provide insight into the work of Pep Guardiola, the book looks through a six-week mesocycle and how the sessions might be delivered, and what might be delivered within this specific block. The amount of detail within these sessions will provide coaches with a 6-week opportunity to train players to play a more positional based practice, with a much greater understanding of how to keep possession, and how to attack through positional dominance. The book does however provide great detail in how to successfully defend whilst using a Guardiola-like game model. It also shows how the positional dominance of Guardiola's teams actually allows them to be successful both with and without the ball. The sessions should provide more detail than any book has ever provided before, as well as expose some myths as to how positional play can be developed.

The American Football Coaches Guide Book to Championship Football Drills Oct 25 2020

The Soccer Academy Oct 17 2022 The practices are designed to inspire and motivate the players in real game situations that give them freedom of choice and movement both in and out of possession. The basic techniques of passing, dribbling, shooting, tackling and heading will all be used but with use to solve a match problem rather than constant repetition. The sessions have goals and objectives for both the attacking and defending players in order to aid the tempo, competition and enjoyment of the practice.

Attacking Soccer May 12 2022 This book examines match strategies for creating goal scoring opportunities out of the following systems of play: 4-4-2, 4-3-3, 3-5-2, 4-3-1-2, 4-5-1. For each system, the author discusses the strategy, tactics, system and schemes of play as well as the technical, tactical and physical

characteristics of the players who use the system. Several situational attacking schemes are also presented using clear diagrams and detailed descriptions.

Dph Sports Series-Football Aug 15 2022 This book will be useful to the sports promoters, organisers, coaches and other persons related or interested in sports. Contents: Introduction, Football Techniques, Option Fundamentals, Kicking, Offense, Heading the Ball, Tackling, Dribbling, Feinting, Offensive Skills, Offensive Systems, Offensive Drills, Special Attacks, Three-man Combinations, Blocking Systems, Trapping, Goal Keeper, Finishing Drill, Rules and Regulations.

200+ Soccer Shooting & Finishing Drills Feb 21 2023 Soccer is known as a sport where scoring goals has great value and star players like Ronaldo, Messi, Rooney, Henry or Drogba have well mastered the skill of putting the ball into the back of the net. Clearly, a core skill like soccer finishing or shooting is not something that forwards alone should develop. Nowadays players of all positions are required to score every once in awhile. To learn and develop the skill of finishing and shooting with success requires practice and diligence and every player and coach enjoys a session that contains some element to develop this important core skill. Make no mistake that developing this particular skill will lead to more wins, additional playing time and an improved chance to get to the next level. In this book you will find a series of progressive soccer drills for finishing and shooting that assist the individual and team to become more confident about finishing and guarantee that players get plenty repetitions to practice a variety of shots. Here is what you get:
200+ Finishing/Shooting Soccer Drills
150+ Variations
Descriptions
Diagrams
Coaching Points

Skills & Drills for Coaches: U6 - U8's Jun 13 2022

Skills & Strategies for Coaching Soccer Mar 18 2020 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 always win—but it usually does.

The Official Guidebook to a College Football Scholarship Dec 07 2021 Are you a high school athlete who dreams about playing in the Rose Bowl? Maybe you see yourself playing for the Texas Longhorns or the Fighting Irish of Notre Dame. For every high school senior who wants to play football for a school like the Florida Gators, there are thousands of other athletes who will be competing to achieve the same dream. There are more than 1.2 million kids playing football on the high school level. However, only about 3,000 high school football players each year get to sign a national letter of intent to play for a Division I (FBS) University and another 2,300 at the Division I-AA (FCS) level. This

constitutes less than 1% of high school students who are offered that elusive football scholarship. Because of these odds, even talented players like you need an advantage. To make yourself stand out from the rest of the field, you need to know how to market yourself to a university, interact with their coaching staff and ensure that you are doing the right things off the field to get the best scholarship opportunities available. By compiling advice from college coaches, communication experts, as well as scholarship athletes, this in-depth book is a "how to" manual that puts you in the best position to earn a college football scholarship. Talent is a necessity, but it takes the right strategy to propel an athlete to the next level. By following this easy step-by-step guide, you will be well on your way to earning that coveted football scholarship.

Football the Basics Sep 23 2020 A positional guide covering; The basic forms and techniques required to build a solid foundation. Advanced level skills and techniques designed for defeating an opponent. Drills designed to increase agility, explosive speed, playing ability, and technical instincts. Training subjects including Strength training, In-season training, Off-season training, and Mental toughness.

The Science of Football Aug 03 2021 InThe Science of Football, sportswriter and injury expert Will Carroll teams up with writer and podcast host Tyler Brooke to show how understanding the science behind American football helps fans appreciate the sport even more. The authors cover topics like injuries, equipment, and analytics from all sides of the game, including offense, defense, and special teams. After reading this fascinating addition to the successful Science of series, football enthusiasts at the professional, college, and high school levels and science geeks alike will better appreciate the game--no matter which teams are playing!

Attacking Soccer Jul 14 2022 Soccer fans around the world adore the offensive style of play based on fast passing combinations,

spectacular dribblings, and the art of beautifully shot goals. The question regarding this style of game is how to coach your team to embrace fast attacking soccer. How do you shape your training to cover all the technical and tactical basics? Peter

Coaching Canadian Football Sep 04 2021 Being a successful football coach require proficiency in the Xs and Os and the techniques and tactics of the game. It also requires the ability to manage off-the-field tasks critical to a well-organized, high-performing program. With Coaching Canadian Football, you'll expand your knowledge of every aspect of coaching and emerge as a more complete and effective coach. Written by coaches for coaches, Coaching Canadian Football represents the collective knowledge and experience of Canadian football's most respected and renowned coaches, as selected by Football Canada. Each coach shares personal insights, strategies, and advice, addressing all facets of the 12-man game. You'll learn the inner workings of leadership and how to establish and convey your coaching philosophy. Chapters covering offense, defense, and special teams provide strategies and tactics for the running, passing, and kicking games on both sides of the ball. You'll also find chapters addressing player safety, play calling, clock management, mental preparation, player evaluation, and opponent scouting. In addition, case studies and coaches' personal perspectives demonstrate how to build and maintain successful high school and postsecondary programs. Featuring content that aligns with Football Canada's long-term athlete development model and reflects National Coaching Certification Program (NCCP) guidelines, Coaching Canadian Football will make you a better coach by connecting you with innovative coaches and enduring principles that have shaped the game.

Play Football The NFL Way May 20 2020 The First Instructional Manual for Football Players and Coaches Ever Published by the National Football League
Position by position Guide to Learning to Play the Game
Quarterback
Running back
Receiver
Offensive

LineDefensive LineLinebackerDefensive
BackPlacekickerPunterKick Returner

380+ Soccer Drills: Dribbling and Ball Control Nov 18 2022 You've probably seen Ronaldinho, Zinedine Zidane, Lionel Messi, Thierry Henry or Cristiano Ronaldo dribble many times and admired the way in which they are able to run with the ball at their feet and beat players by using their skill and speed. Dribbling in soccer stands out as the basic foundation for any other core skill of soccer, such as ball control, passing, and finishing. Establishing the correct dribbling foundation in the early stages strengthens the players' ability to develop most of the other soccer skills. The soccer dribbling and ball control drills in this book include realistic progressions and are going to help you teach your players to develop the skill of how, when and where to dribble and run with the ball. Here is what you get: 380+ Soccer Dribbling & Ball Control Drills And Practices 600+ Variations Descriptions Diagrams Coaching Points

Instruct Train Practice II Apr 11 2022 Instruct Train Practice II, was originally written for the trainers and coaches of United Speed Clinic, and United Speed Clinic Football Academy. It is packed with drills and progressions for 1 v 1, Defending, Attacking, Shooting/Finishing. It is the complete Drill Manual for technical and tactical play. From movement, to combination play, forming and creating shapes and diagonals, to switching the fields etc. It even has a chapter dedicated to teaching pressure, cover, balance. Instruct Train Practice II has everything you will need to train your soccer team!

German Soccer Passing Drills Jan 08 2022 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.

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