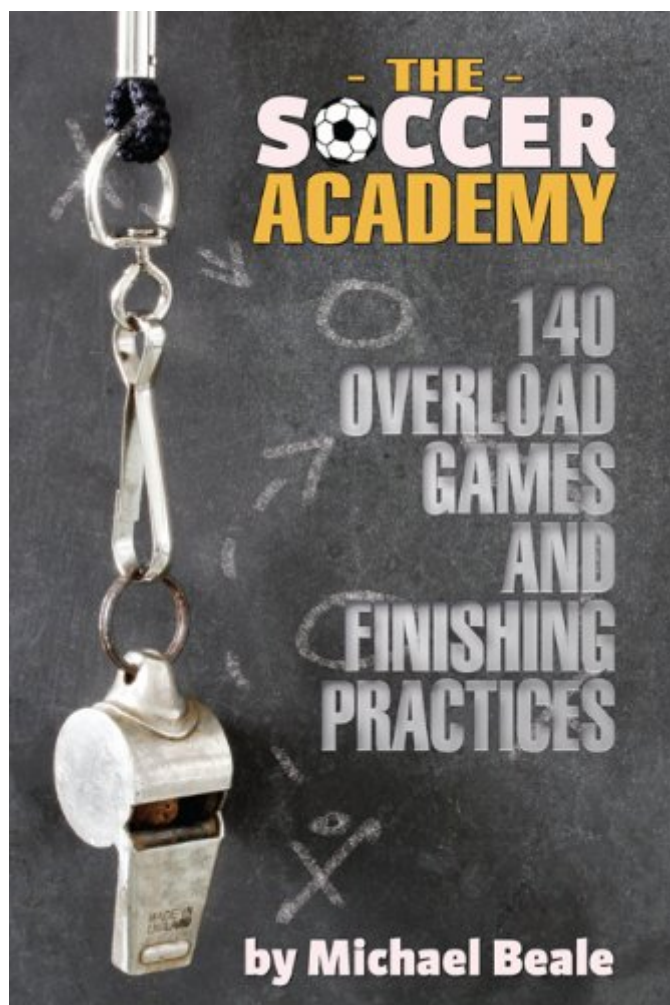


The book was found

The Soccer Academy: 140 Overload Games And Finishing Practices



Synopsis

Overload Games: 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.

Finishing Practices: The practices were created with the goal to inspire players while giving them different problems to solve. The players have to play under pressure, they have to react to different types of service and have choices to make on different techniques to use and whether they should shoot early or combine with a teammate.

Book Information

File Size: 6446 KB

Print Length: 162 pages

Publisher: Reedswain Inc. (May 31, 2011)

Publication Date: May 31, 2011

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B0053TRH8G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #425,445 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #159 inÃ Â Books

> Sports & Outdoors > Coaching > Soccer #209 inÃ Â Kindle Store > Kindle eBooks > Nonfiction

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Customer Reviews

There is no finer book for a quick reference when you need a specific training drill. We have all been caught as a coach with more or less players to train than we thought, and this book gives you a ready reckoner and quick fire aid to finding the perfect drill. I have used almost all of these drills and

I have modified, joined and built up several into full blown training sessions. I have even used some of these principles for my National Coaching license course. All-in-all, a great book and one to stuff in your training bag. You will use it!

I have used some of these drills with high school as well as club soccer athletes. The book is well organized and sets out clearly what the purpose of the drill(s) is designed to do.

I've bought several coaching books lately and this one takes the cake. It has lots of drills to help make a team well rounded in all areas of soccer. I would highly recommend this book to any coach looking for drills to help facilitate a good practice.

I would recommend this book if you are looking to get many players involved in drills. It isn't really for individual or small groups, these are team drills and I found many of them helpful to incorporate into my practices.

I have been coaching for over 20 years, yet found much of the material fresh and new. I recommend this book

Micheal Beale has a lot of experience with soccer academies and this book shows many useful examples of overload and small-sided games that can be adapted to various abilities and ages. This book is a great resource.

The Soccer Academy is very useful and easy to understand. I already use a lot of the drills in my daily routine.

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