



The Soccer Games and Drills Compendium: 350 Smart and Practical Games to Form Intelligent Players - for All Levels

By Fabian Seeger

Meyer & Meyer Sport. Paperback. Condition: New. 364 pages. Dimensions: 9.4in. x 6.5in. x 0.3in. Meyer and Meyer Premium 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. This item ships from...



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