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360+ Soccer Attacking Defending Drills: Soccer Football Practice Drills for Youth Coaching Skills Training (Paperback)

By Christoph Friedrich

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.ATTACKING: In order for a team to play up to its full potential, any good coach must teach how to attack and show what a team can do to maximize its chances of scoring. The main objective of an attacking strategy is to produce space and time in which to create scoring opportunities by using individual ability, quick, confident combination play and a constant movement of players. Hence coaches should attempt to create training conditions that induce players to develop their individual soccer skill while manipulating time and space. DEFENDING: Good defending is the cornerstone of every team that wins the majority of its games. It is the coach's role to build a certain kind of pride in his players to enjoy shutting out the other team. Therefore all players on the team should learn how to defend well including midfielders and forwards and not just defenders exclusively. Players that defend well, with a disciplined, protection first mentality, can contribute a lot to a team and may even realize that they're playing more effectively than in the past because you dedicated...



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