

Coaching Football



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This brand new title helps cover the fundamentals, while putting players in key tactical situations and allowing them to gain valuable game-like playing experience in practice. The skills covered are clearly described to further help the player understand and implement the techniques in specific situations. Included in these fundamentals are quick tips on how to detect and correct errors in athletes. Also included are the cues athletes need to know to make appropriate decisions when they are out on the field. Skills are cross-referenced to help readers see how the skills relate to each other and to enable them to quickly find how to use them in practice situations. Eight detailed practice plans and a season plan are included to get the most out of each practice. This book shows how to prepare long before the first game, including such issues as communicating with players, parents and officials. Learning how to control a team's performance on game day, establishing routines and how to manage elements on the sideline are all covered.

作者介绍:

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