

Soccer Skills



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"Making the most of preparation and practice time with this comprehensive skills-guide." This handbook has everything the young soccer player needs to improve his or her game. Fully illustrated with step-by-step sequences for optimum performance, it covers all aspects of the sport: historical background, soccer jargon, and basic defensive and offensive strategies. The book is suitable for players just starting out and for the more experienced player looking to fix a persistent problem or improve a specific skill. With dozens of color photographs, Soccer Skills features: Ball control Passing skills Running with the ball Free kicks, corner kicks, "bending the ball" Hitting the back of the net Controlling the ball on the head Shadowing and tackling Goal-keeping Warming-up and cooling-down exercises Pre-match preparation and off-season conditioning Pre- and post-game nutrition tips. Training drills used by soccer's top professionals are combined with sequential photographs and detailed explanations. At-a-glance tips help players solve problems and polish their techniques. From the necessary skills to strategic tips for winning, Soccer Skills is essential for players and coaches of the world's most popular sport.

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