

# Make Your Move



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Guided by the experience and expertise of the internationally celebrated Coerver Coaching method comes the authoritative guide to mastering 1-on-1 play, one of soccer's most important skills. MAKE YOUR MOVE is written by the cofounders of Coerver Coaching and two international coaches. The book instructs young players and their coaches in how to execute a move by knowing which move to make, and how and when to make it. Recommended by FIFA, Coerver Coaching is recognized as the world's best soccer skills teaching method. MAKE YOUR MOVE groups twenty-six moves, eighteen drills, and games that Coerver Coaching uses in an at-home guide for coaches and young players to learn and master soccer's most expert skills. This

practical and effective book is the next best thing to having a personal coach.

作者介绍:

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标签

个人成长

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