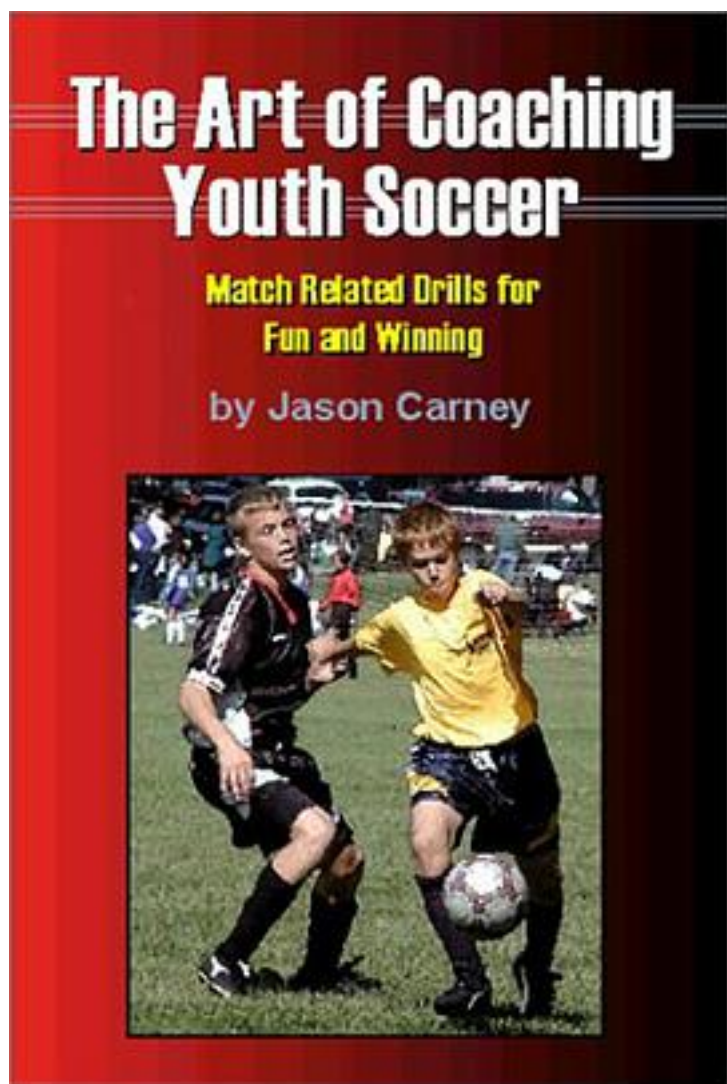


Art of Coaching Youth Soccer



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出版者:Reedswain Incorporated

出版时间:2002-8

装帧:Pap

isbn:9781591640271

Filled with valuable coaching tips and outstanding training exercises, this book lays the groundwork for successful team and player development. Topics include: Warm Up, Running Technique, Speed Training, Pre-Season Training, Shooting, Goalkeeping, The Thinking Player, Defending, Set Plays and Team Spirit. Also includes sample practice sessions.

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