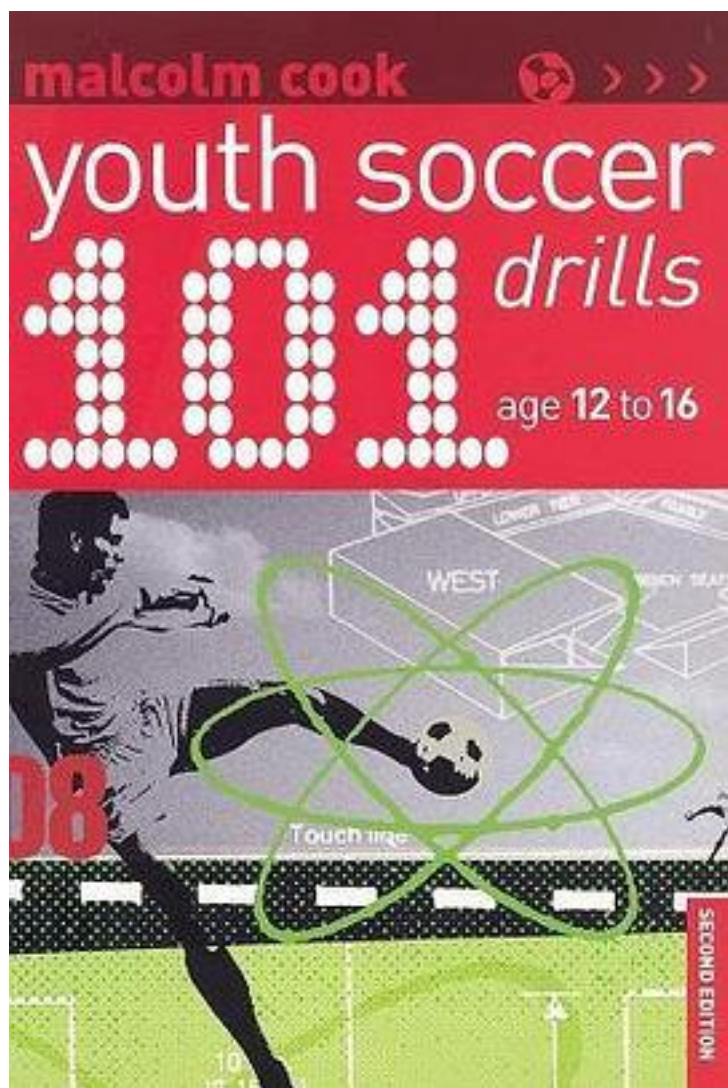


101 Youth Soccer Drills



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著者: Cook, Malcolm

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These two individual books are designed for specific age ranges; 7 to 11 and 12 to 16, and contain a wide range of progressive practice drills to help young players develop their skills. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills including: warming up, dribbling and running with the ball, passing, shooting, heading, crossing, goalkeeping, and warming down. As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required and how to organize the players.

作者介绍:

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