

# Soccer



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The official playing and coaching manual for youth soccer of the United States Soccer Federation. The definitive playing and coaching manual for youth soccer. Compiled by the coaching, educational and technical staff of U.S. Soccer, this book offers extensive information on all aspects of the game, technique, tactics, laws, prevention and care of injury, coaching preparation, organizational structure, model training sessions, and more than 100 practice games suitable for developing aspects of every player's game. Features numerous games for developing dribbling \* passing \* finishing \* heading \* defending \* goalkeeping, as well as games specifically for young beginners \* games to teach tactics \* overall soccer decision-making. Extensive technique section offers detailed pointers on dribbling and turning moves \* shielding \* passing \* receiving \* drives \* chips, bending the ball and volleys \* heading \* marking \* tackling \* goalkeeping catches \* dives and saves. Tactical chapters offer detailed information on fundamental attacking tactics \* defensive principles \* restart tactics for defensive and offensive success. Model training sections construct excellent practice sessions, from warmup through cool down exercises \* useful for all coaches as a guide to improving performance \* efficiency \* enjoyment of training.

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