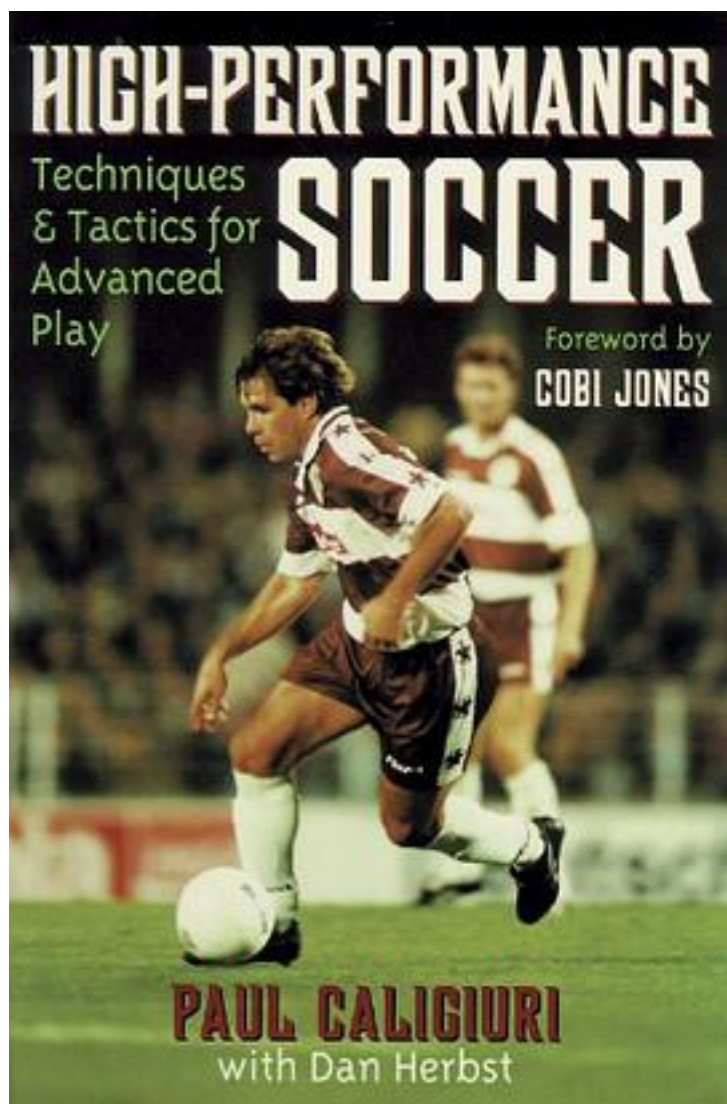


High-Performance Soccer



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Paul Caligiuri's soccer talent is surpassed only by his passion for the game. Undoubtedly one of the best and most complete players in U.S. soccer history, Caligiuri has competed in two World Cups and has been a member of the U.S. National Team for 12 years. He was also one of the first Americans to play professional soccer in Europe. Now in "High-Performance Soccer" Caligiuri reveals the secrets to success and shows players and coaches at all levels how to maximize soccer skills. Readers will learn about Caligiuri's love for the game and how they, too, can become complete, well-rounded soccer players. "High-Performance Soccer" is filled with Caligiuri's insights on the techniques and tactics of soccer as well as those of many of the game's top players and coaches. The book explains the technical keys of - receiving, - dribbling, - heading, - passing, - scoring, and - goalkeeping. For each skill, Caligiuri presents many of the one-person and group exercises he used as a kid growing up in Southern California. The book also includes lots of games and exercises that can be used in both formal and informal practice situations. "High-Performance Soccer" also presents Caligiuri's insights on the inner qualities soccer players need to succeed: how having the right attitude, work ethic, and priorities is just as important for success as speed, skill, and tactical awareness. In addition, the book offers valuable insights on how players can maximize their chances of earning college soccer scholarships. "High-Performance Soccer" is filled with technical advice, insightful tips, and practice exercises for players and coaches who want to excel on the field.

作者介绍:

目录:

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