

# Soccer Strategies



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A coach and soccer player's guide to the best techniques and most effective plays. Professional soccer coach Paul Fairclough provides expert advice for players of all levels, demonstrating how they can improve the skills and tactics used in their game, whether as an attacker, defender or goalkeeper. The book covers every critical play for each position. For example, a defender must pass the ball at a critical time, an attacker must never be afraid to shoot for goal and a goalkeeper must know the precise moment and just the right move to make a save. Expert advice from professional coaches and players is given in concise, easy-to-follow instructions, complemented by full-color spreads. Some of the features that make this book especially easy to use include: Profiles of each position Full-color photo sequences that show body positions for each technique or skill Diagrams that show passing positions and plays Step-by-step coaching points that offer encouragement Tip sidebars to help players improve their technique Practice drills specific to each position Corrective actions for overcoming common errors. "Soccer Strategies" is a practical, hands-on addition to a soccer player's training regime and a coach's practice plans.

作者介绍:

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