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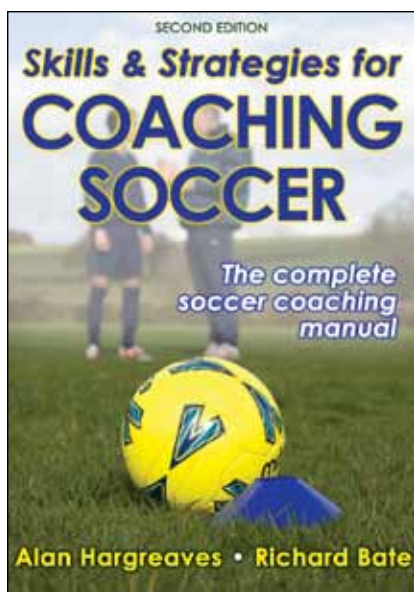
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NEW!

Available September 2009

“Skills & Strategies for Coaching Soccer offers insight for coaches at any level. From basic drills to advanced practices, it details techniques and philosophies that will help you develop players both on and off the field.”

Hope Powell
Head Coach, England Women’s
National Football Team

Prepare your players to make intelligent decisions

Soccer’s premier coaching resource has been updated and expanded to provide you with more insights into developing individual talent, team tactics, and winning play.

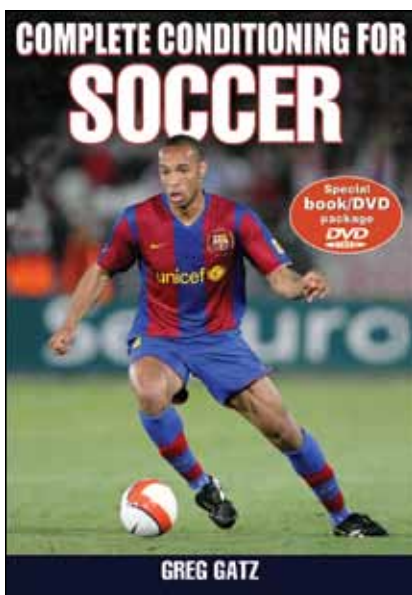
Skills & Strategies for Coaching Soccer provides you with over 125 drills for teaching skills and techniques. You’ll also learn how to develop these skills in realistic game situations with beginning, intermediate, advanced, and all-star players.

Essential skills are presented, including collecting and controlling, passing, dribbling, kicking, heading, and goalkeeping. You’ll then apply those individual skills with attacking and defensive tactics, team formations, and set pieces. With *Skills & Strategies for Coaching Soccer*, you’ll learn the what, how, and why of soccer through these essentials:

- Over 125 drills for beginning, intermediate, advanced, and all-star players
- Progressing basic drills into realistic, competitive situations
- Tactics in attack and defense
- Tactics in set plays
- Team management
- Mental and physical preparation for games
- Handling problem players and parents
- Fitness and conditioning
- Preparing and developing coaching sessions
- Establishing a coaching philosophy

Skills & Strategies for Coaching Soccer is an invaluable guide for coaching any team in any setting.

392 pages • ISBN 978-0-7360-8022-4
\$24.95 U.S. • \$32.95 CDN • £16.99 UK • €20.90 EURO



NEW!



View clips at
www.HumanKinetics.com

"Greg Gatz's training programs and passion for conditioning breed success that is unparalleled in soccer. In Complete Conditioning for Soccer, Greg brings his programs to life in this premier book and DVD training package."

Anson Dorrance
Women's Head Soccer Coach,
University of North Carolina
Seven-Time Women's Soccer Coach
of the Year
National Soccer Hall of Fame

A soccer-specific training package

Soccer players are faster and stronger than ever before. In this special book and DVD package, renowned soccer strength and conditioning coach Greg Gatz provides a comprehensive training approach that builds players' physical abilities as well as the soccer-specific skills required for dribbling, tackling, passing, heading, shooting, and goalkeeping.

Increase strength to dribble through traffic. Pack more power into shots on goal. Improve quickness and agility to find open passing lanes and evade opponents. *Complete Conditioning for Soccer* shows you how to achieve all of these performance goals and more.

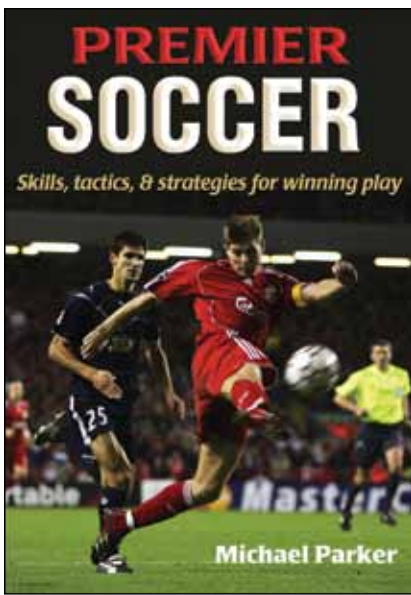
Complete with assessment tests for determining a players' fitness status and specific programs that improve balance, quickness, agility, speed, and strength, this book will help you dominate your position. The DVD puts the training into action by demonstrating key tests, exercises, and drills from the book.

With nutritional guidelines as well as seasonal workouts, *Complete Conditioning for Soccer* provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the pitch.

208 pages with 64-minute DVD • ISBN 978-0-7360-7713-2
\$23.95 U.S. • \$31.95 CDN • £18.99 UK • €24.70 EURO



Watch Greg Gatz' on-camera interview
at www.HumanKinetics.com/soccer



NEW!

"In Premier Soccer, Michael Parker shares his successful systems, game-situation strategies, and winning insights, along with his expertise on leadership, goal setting, and player and team development. I highly recommend this book."

Alejandro Moreno
Houston Dynamo, 2006-2007
Current Team Member of Columbus Crew

Advanced techniques and tactics for superior play

Master the essentials for winning soccer from one of the game's most successful coaches. In *Premier Soccer*, Michael Parker, the wins leader among active NCAA Division I men's soccer coaches, teaches every key technique and tactic, with accompanying drills and special tips for executing them when the match is on the line.

Premier Soccer tackles the skills and traits necessary for each position on the field, both offensively and defensively, as well as systems, set plays, restarts, and practice drills. With an emphasis on player development, on-field awareness, conditioning, and team play, Parker reveals his proven approach to team and player success.

Whether you are a player or coach, this is your guide to consistent and winning play at every level of competition.

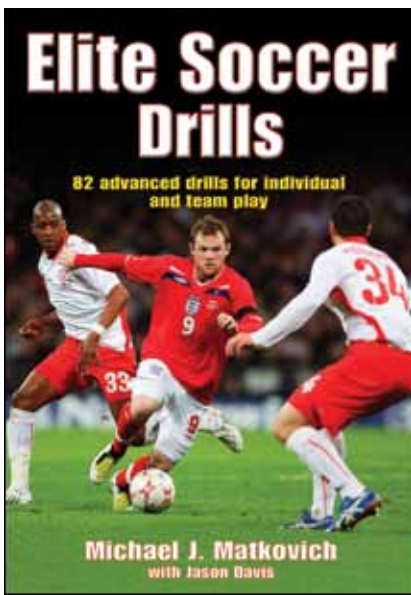
208 pages • ISBN 978-0-7360-6824-6
\$18.95 U.S. • \$24.95 CDN • £13.99 UK • €18.20 EURO

CONTENTS

- Chapter 1.** Winning Attitude
- Chapter 2.** Roles of Players and Coaches
- Chapter 3.** Attacking Skills and Tactics
- Chapter 4.** Defending Skills and Tactics
- Chapter 5.** Systems of Play
- Chapter 6.** Set Plays and Restarts
- Chapter 7.** Physical Conditioning and Nutrition
- Chapter 8.** Practice Sessions
- Chapter 9.** Matches



See a Google preview of this book at
www.HumanKinetics.com/soccer



NEW!

“Elite Soccer Drills is a must for the serious soccer coach. Coaches Matkovich and Davis have put together a tremendous resource that I will use for years to come.”

Michael A. Freitag
Head Men’s Soccer Coach,
Indiana University

Teach them to play like champions

The game’s top players have remarkable speed, agility, and coordination demonstrated through precision passing, incredible ball control, and an uncanny ability to anticipate and react to the opposition’s moves. Although the best players can make these skills look easy, each is a result of dedication, commitment, and countless hours of practice.

In *Elite Soccer Drills*, renowned coach Mike Matkovich shares the same drills he has used in developing some of soccer’s premier players. The 82 drills emphasize execution in high-level play while addressing the finer points of passing and receiving, attacking and defending, and heading.

With drills for both individual players and teams, as well as practice tips and coaching suggestions, *Elite Soccer Drills* is the perfect practice tool for developing the high-level skills and soccer sense players need in order to excel.

208 pages • ISBN 978-0-7360-7386-8
\$17.95 U.S. • \$23.95 CDN • £10.99 UK • €14.30 EURO

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Preface

Chapter 1. Becoming an Elite Player

Chapter 2. Speed, Agility, and Coordination

Chapter 3. Juggling

Chapter 4. Dribbling

Chapter 5. Passing and Receiving

Chapter 6. Heading

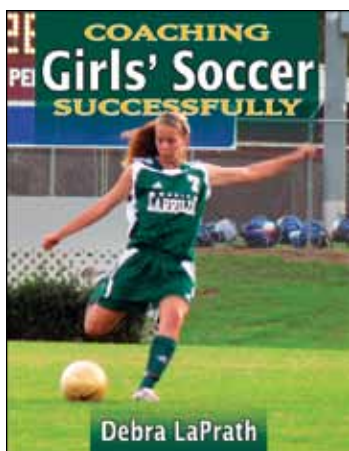
Chapter 7. Attacking and Defending

Chapter 8. Crossing and Finishing

Chapter 9. Conditioning



**Download a sample speed & agility drill
at www.HumanKinetics.com/soccer**



NEW!

"Debra's coaching techniques made me a better player, a more complete athlete, and ultimately a more confident woman. For motivational tips, coaching guidelines, and specific strategies for working with female soccer players, this book is a must-read!"

Melissa Matulich
NCAA Division I Soccer
(2003-2007)
2007 Wally Bell Award Winner

Win with strategies from an elite girls' coach

In *Coaching Girls' Soccer Successfully*, one of the nation's top high school coaches, Debra LaPrath, shares her expertise on all aspects of coaching. From establishing a coaching philosophy to making decisions during a game, this is the approach that has made her program a perennial powerhouse.

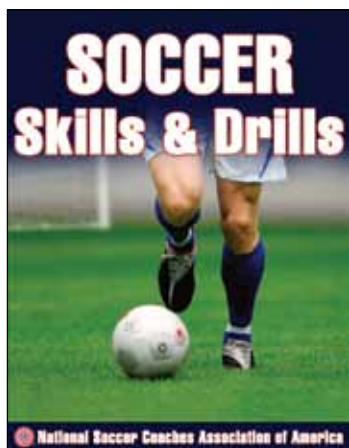
Coaching Girls' Soccer Successfully covers:

- Developing and perfecting skills
- Evaluating players and defining their roles
- Organizing productive practices
- Scouting and preparing for games
- Adding variety to training
- Developing leadership qualities
- Motivating the team
- Communicating on and off the field

Featuring seasonal training plans, drills for developing fundamental to advanced skills, and advice for handling off-the-field challenges, *Coaching Girls' Soccer Successfully* will help you build a winning soccer program.

208 pages • ISBN 978-0-7360-7212-0
\$19.95 U.S. • \$25.95 CDN • £13.99 UK • €18.20 EURO

eBook available at HumanKinetics.com
eBook • ISBN 978-0-7360-8487-1
\$17.95 U.S. • \$23.95 CDN • £12.99 UK • €14.30 EURO



Master the skills that matter most

With *Soccer Skills & Drills* you will learn to dribble, receive, pass, shoot, head, tackle, and guard the goal with confidence. Then use the 80 progressively arranged games and drills to practice those skills in competitive situations and small-sided games.

2006 • 176 pages • ISBN 978-0-7360-5629-8
\$17.95 U.S. • \$23.95 CDN • £12.99 UK • €16.90 EURO

Employ tactics for every system of play

In *Sigi Schmid's Offensive Soccer Tactics* and *Sigi Schmid's Defensive Soccer Tactics*, one of the sport's top coaches reveals the key offensive and defensive concepts that all winning teams must have.

Through live action demonstrations, small-sided games and position specific and team drills, Schmid covers offensive and defensive tactics like no other. These DVDs provide a unique look at how a coach interacts with and teaches players to understand the purpose of each tactic. It's all here...precision passing, combination play, masterful restart plays, zone defenses, pressure tactics, positional play, strategies to neutralize free kicks and corners, and more.

2007 • 108-minute DVD collection • ISBN 978-0-7360-6746-1
\$46.95 U.S. • \$61.95 CDN • £38.99 UK • €50.70 EURO
DVDs also available separately. Call or check online for details.

Learn from this all-star lineup

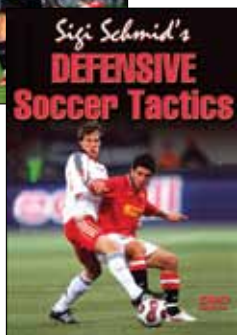
With insight from 30 top coaches, *The Soccer Coaching Bible* covers every important aspect to coaching the sport, including coaching priorities and principles, program building and enrichment, practice management, technical and tactical instruction, player and team development, and career growth.

2004 • 328 pages • ISBN 978-0-7360-4227-7
\$23.95 U.S. • \$31.95 CDN • £16.99 UK • €22.10 EURO

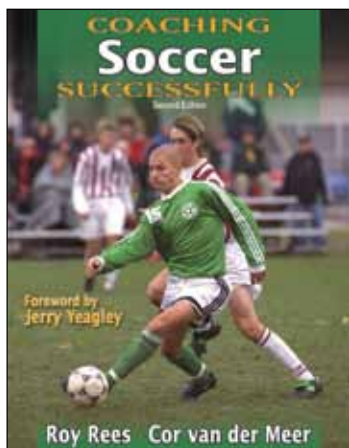
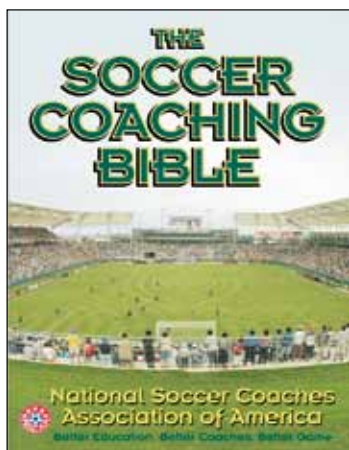
Communicate effectively with players

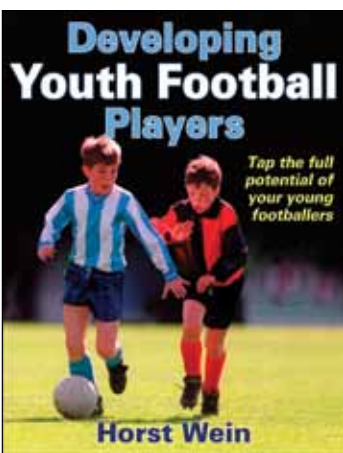
Loaded with technical and tactical instruction and insight, *Coaching Soccer Successfully* will help even veteran coaches give their players and teams the game-winning edge in competition. From offense to defense, this manual presents methods for teaching individuals, small groups, and whole squads through practice activities that are fun, gamelike, and productive.

2003 • 240 pages • ISBN 978-0-7360-4609-1
\$19.95 U.S. • \$25.95 CDN • £13.99 UK • €18.20 EURO



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www.HumanKinetics.com





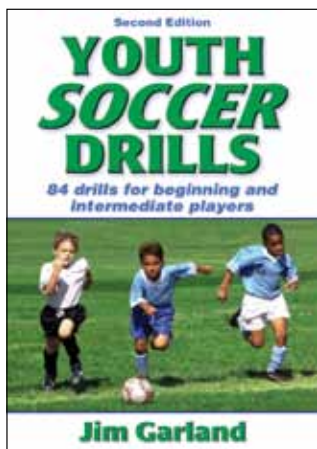
NEW!

Be a better teacher/coach

Developing Youth Football Players combines proven coaching methods with more than 150 engaging games that allow young athletes (aged 7 to 14) to develop their skills, understand team play and appreciate the sport.

Based on the internationally renowned Football Development Model, training and coaching methods are divided into four levels, resulting in the best age-appropriate coaching resource available. From fundamental skills and goalkeeping to tactics and game intelligence, *Developing Youth Football Players* covers it all.

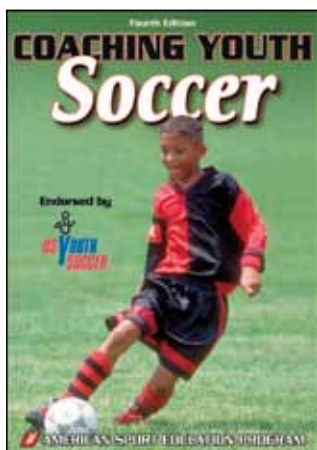
264 pages • ISBN 978-0-7360-6948-9
\$21.95 U.S. • \$28.95 CDN • £15.99 UK • €20.80 EURO



Develop fun and effective practices

Youth Soccer Drills enables you to conduct fast-paced, effective practices that are safe as well as fun. Use the material on practice plans to create more effective practices and implement progressions for 4-versus-4, 5-versus-5, 8-versus-8, and 11-versus-11. This book helps you develop fundamentally sound players by providing 84 of the game's best drills for teaching basic spacing, dribbling, passing, and shooting skills to beginning- and intermediate-level players ages 5 to 12.

2003 • 224 pages • ISBN 978-0-7360-5063-0
\$16.95 U.S. • \$21.95 CDN • £11.99 UK • €15.60 EURO

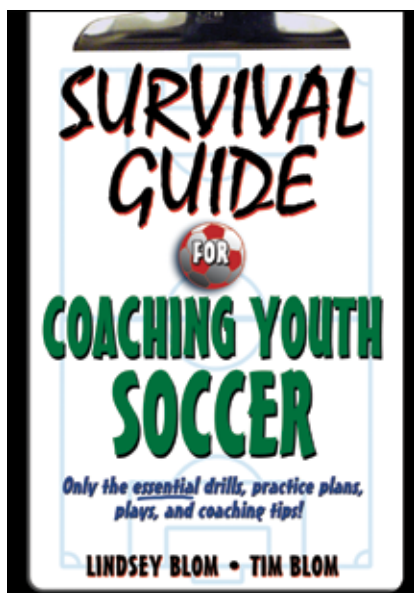


Enjoy coaching young players

Coaching Youth Soccer lets you create a fun and safe environment that promotes learning, and helps kids enjoy their soccer experiences.

Coaching Youth Soccer's focus on teaching offensive and defensive skills through gamelike activities, and essential information on communicating with parents and officials, motivating players, and preparing for games, sets it apart from other soccer coaching books.

2006 • 184 pages • ISBN 978-0-7360-6329-6
\$16.95 U.S. • \$21.95 CDN • £11.99 UK • €15.60 EURO



NEW!

"As both a parent and a coach, it's hard to imagine a more engaging and useful resource to help with the coaching of young players. Survival Guide for Coaching Youth Soccer is essential for succeeding as a youth soccer coach."

Carin Gabarra
Olympic Gold Medalist and World
Champion



Get the nuts and bolts of coaching kids' soccer

You volunteered to coach the soccer team, but are you really ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Soccer* has the answers.

In *Survival Guide for Coaching Youth Soccer*, longtime coaches Lindsey and Tim Blom share their experience and provide advice you can rely on from first practice to final game.

Develop your players' dribbling, passing, shooting, and goalkeeping skills with the *Survival Guide's* collection of the game's best youth drills. From basic plays to game-day coaching tips, it's all here—the drills, the plays, the fun.

256 pages • ISBN 978-0-7360-7732-3
\$15.95 U.S. • \$20.95 CDN • £10.99 UK • €14.30 EURO



Read excerpts from this book at
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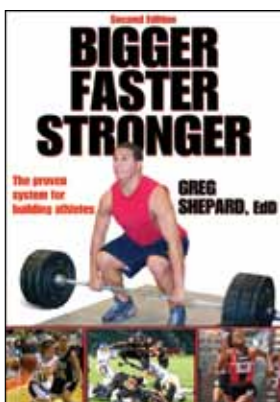
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Chapter 8. Teaching Restart and Heading Skills With 10 Simple Drills

Chapter 9. Formations and Team Play Basics

Chapter 10. Game Time! What's My Role Again?

Chapter 11. Off-Field Issues

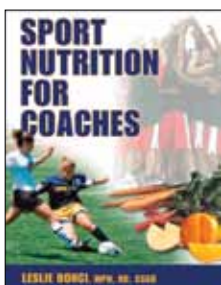


Develop powerhouse players

With the second edition of *Bigger Faster Stronger* you will

- learn the fundamental exercise techniques and drills necessary for developing strength, power, agility, and speed;
- implement a training program that meets your sport performance needs;
- perform, spot, and coach complex performance-optimizing lifts;
- improve speed, agility, and flexibility to complement your power; and
- optimize performance with nutrition and meal plans.

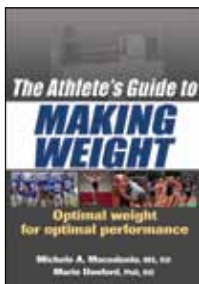
NEW! 240 pages • ISBN 978-0-7360-7963-1
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Fuel well to play well

Sport Nutrition for Coaches outlines athletes' basic nutrition and hydration needs and describes how to adapt athletes' nutrition needs to their training schedules. Learn how to develop a Coach's Notebook and share it with your athletes to map out a successful season.

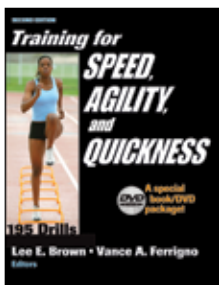
NEW! 272 pages • ISBN 978-0-7360-6917-5
\$24.95 U.S. • \$32.95 CDN • £18.99 UK • €20.90 EURO



Your weigh to peak performance

In *The Athlete's Guide to Making Weight* you'll learn to assess body composition, nutritional requirements, and your current training program. Then follow the customizable meal plans for a personalized approach to achieving your optimal competitive weight and maximizing performance.

NEW! 272 pages • ISBN 978-0-7360-7586-2
\$17.95 U.S. • \$23.95 CDN • £12.99 UK • €16.90 EURO



Gain a step on the competition

Training for Speed, Agility, and Quickness is the workout guide and DVD package you need in order to play at the optimal level. The book contains 195 drills that address: balance, reaction time, and body mechanics. The most complex drills and useful tests are featured on the bonus DVD.

PLEASE NOTE: This is not an official book from SAQ™ INTERNATIONAL. For details of books including 'SAQ™ Soccer', and SAQ™ Rugby' and official SAQ™ Resources visit www.saqinternational.com.

2005 • 264 pages with 43-minute DVD • ISBN 978-0-7360-5873-5
\$21.95 U.S. • \$28.95 CDN • £16.99 UK • €22.10 EURO



Overcome the challenges of intense competition

2001 • 192 pages
ISBN 978-0-7360-3002-1
\$19.95 U.S. • \$25.95 CDN
£13.99 UK • €18.20 EURO



Experience soccer like never before

2004 • 224 pages
ISBN 978-0-7360-5171-2
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£12.99 UK • €16.90 EURO



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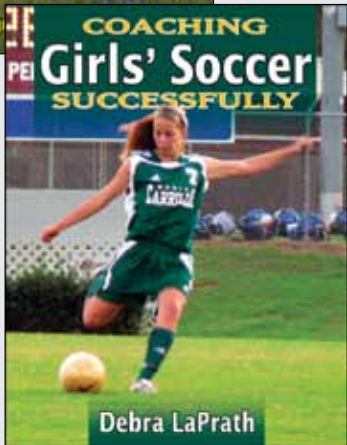
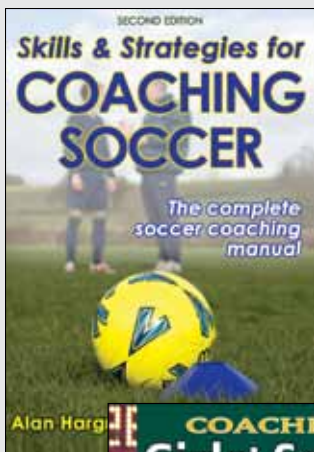
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