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.

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• 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.

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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.

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“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

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
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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

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.

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**CONTENTS**

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- 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

“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.”

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Head Men’s Soccer Coach, Indiana University

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.

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• Organizing productive practices
• Scouting and preparing for games
• Adding variety to training
• Developing leadership qualities
• Motivating the team
• Communicating on and off the field

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2006 • 176 pages • ISBN 978-0-7360-5629-8
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“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

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2004 • 328 pages • ISBN 978-0-7360-4227-7
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*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.

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Carin Gabarra
Olympic Gold Medalist and World Champion

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**CONTENTS**

- Drill Finder • Preface
- Acknowledgments • Key to Diagrams
- Chapter 1. Help! Where Do I Start?
- Chapter 2. Organizing Your Team Practices
- Chapter 3. Teaching Dribbling Skills With 10 Simple Drills
- Chapter 4. Teaching Passing and Receiving Skills With 10 Simple Drills
- Chapter 5. Teaching Shooting Skills With 10 Simple Drills
- Chapter 6. Teaching Defensive Skills With 10 Simple Drills
- Chapter 7. Teaching Goalkeeping Skills With 10 Simple Drills
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