

## Soccer Human Kinetics

### Soccer Science Human Kinetics

**Build a winning girls' soccer program, on the field and off. 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 every aspect of the coach's role: -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 is the most comprehensive resource available for novice and experienced coaches alike.**

**High-Performance Training for Sports presents today's best athlete conditioning protocols and programs in the world. An elite group of international strength and conditioning specialists and sport physiotherapists explain and demonstrate the most effective applications of the most current sport science and sports medicine to enhance athletic performance.**

**Build a successful team around the strengths of your players! In Soccer Systems and Strategies, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary systems of play--defined by the number of players at each position and their alignment on the field--and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British, Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the key to developing teams that are competitive year in and year out. With Soccer Systems and Strategies, you have all the information you need to implement the ideal system for your team.**

**Soccer: Steps to Success, 4E**

**Soccer Science**

**Coaching Youth Soccer 5th Edition**

**The Mindset of Winning Soccer Teams**

Written by ASEP in conjunction with Sam Snow, director of coaching for US Youth Soccer, Coaching Youth Soccer provides coaches of athletes ages 14 and under with sport- and age-specific coaching tips and advice as well as general coaching principles and information on sport first aid that coaches need for success on and off the field.

Soccer: Steps to Success, Fourth Edition, provides players and coaches alike with progressive and detailed information on the individual skills and team tactics they need to excel on the field. This full-color book covers every aspect of soccer: dribbling, passing, receiving, shooting,

tackling, defending, heading, and goalkeeping.

This comprehensive guide for soccer conditioning includes proven techniques to improve speed, strength, power, and agility; position-specific training guidelines; and injury prevention, management, and return-to-play protocols.

The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Steps to Success, 4E.

Coaching Better Every Season

Soccer Skills & Drills

The Essential Guide for Loss Prevention

*"I have always been interested in the mental side of the game, and Focused for Soccer was the first book that helped me understand the power of attitude and how to get the best out of myself." Jamie Carragher Defender, Premier League, Liverpool FC --*

*Coach your young players to their maximum potential! Developing Youth Football Players combines proven coaching methods with engaging games that allow young athletes to develop their skills, understand team play and appreciate the sport.*

*Manchester United's Tony Strudwick leads an all-star panel in providing the most current research on soccer. Soccer Science features the world's leading experts in soccer history, biomechanics, physiology, psychology, skill acquisition, coaching, tactical approaches, and performance and match analysis.*

*The key to successful coaching is preparing your players to make intelligent decisions on the field. For years, the best-selling Skills & Strategies for Coaching Soccer has helped coaches of every level do just that. Now, 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. The best team*

*doesn't always win—but it usually does.*

*Soccer*

*Soccer Speed*

*Developing Agility and Quickness*

*Coaching Girls' Soccer Successfully*

*Offers advice on coaching children's soccer, recommends practice drills, and covers kicking, receiving, dribbling, heading, goalkeeping, and sportsmanship*

*"Managing Risk in Sport and Recreation includes numerous forms, checklists, and documentation strategies as well as safety questionnaires for each of the sports covered. This lawyer-created toolkit will help you take the necessary steps to reduce injuries, decrease lawsuits, and pinpoint the strengths and weaknesses in your programs. All of the forms and checklists are also reproduced on a CD-ROM included with the book so you can easily access and use them when needed."--BOOK JACKET.*

*The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.*

*Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process.*

*Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr.*

*Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches.*

*Coaching Better Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.*

*Coaching Soccer Successfully*

*Soccer Clinician's Kit I 2006-2007*

*The Complete Soccer Goalkeeper*

Contains ninety-three practice drills and exercises designed to help children develop the stamina and skills needed to play soccer.

Make your last line of defense as strong as it can be. The Complete Soccer Goalkeeper offers a comprehensive reference and training guide for goalkeepers and their coaches. It shows how to develop keepers from the youth leagues to the pros and covers all aspects of what many believe is soccer's most challenging role.

Fitness-skills-tactics-drills.

Youth Soccer Drills, Third Edition, presents 100 drills and games for developing skills in dribbling, passing, collecting, heading, and shooting. All are easy to follow with clear descriptions and kid-friendly field diagrams, making them easy for coaches to teach and players to understand. Sample practice plans, variations, and coaching tips are included.

The Soccer Coaching Bible

Complete Conditioning for Soccer

Coaching Youth Soccer

Skills & Strategies for Coaching Soccer

**In the first edition of Coaching Soccer Successfully, Roy Rees and Cor van der Meer combined nearly 90 years of international experience for the ultimate coaching guide. Now they're back with a brand-new edition offering even more insight on the tactical side of the game. A former professional player in the English Football League, Roy Rees has more than 40 years of coaching at the youth, college, professional, and World Cup level. Cor van der Meer got his start in the Netherlands on the Dutch National Youth team, and now his career spans a half-century as a coach, player, and administrator. Together, these two veterans of the sport cover every aspect of the game, from tactical instruction to the planning, preparation, and performance evaluations essential for building a stronger team. Coaching Soccer Successfully is loaded with photographs, diagrams, and tactical options designed to give you the game-winning edge in actual match situations. From offense to defense, Coaching Soccer Successfully offers effective methods for teaching individuals, small groups, and whole squads with drills that make practice fun, interactive, and gamelike. In addition to diagrams and photographs that highlight successful game play, Coaching Soccer Successfully gives you the tools you need to build a better program, determine your coaching philosophy, and communicate effectively with players and parents. From preparing young players to planning for matches, this book takes you into the trenches for the inside edge. Whether you teach girls' or boys' soccer at the junior high level or beyond, you'll love the direct, nuts-and-bolts approach to soccer instruction provided in this book. In Coaching Soccer Successfully, Rees and van der Meer share a wealth of knowledge and experience on effective leadership, organization, and evaluation advice. This is an excellent guide to getting the job done, on and off the field.**

**With The Soccer Coaching Bible, you can draw from the expertise and experience of 30 of the game's most successful coaches, learning new and better ways to coach the game and develop your players. The National Soccer Coaches Association of America (NSCAA) assembled an all-star lineup of 30 coaches to tackle every important aspect to coaching the sport. On- and off-field duties are covered in detail, and the material in each chapter is rich with the voice of experience. From Anson Dorrance's chapter on organizing and orchestrating a winning program to Lauren Gregg's chapter on creating the ideal training environment, this book provides the**

answers you've been looking for. Steve Sampson explains the technical and tactical nuances of controlling the ball, and Tony DiCicco encourages and informs mentoring developing players and coaches. The vast coaching expertise is divided into six sections, making it easy to choose what to implement into your program: **Priorities and Principles** by Cliff McCrath, Joe Bean, Layton Shoemaker, and George Perry **Program Development and Management** by Anson Dorrance, Charlie Slagle, John Rennie, Mike Jacobs, and Joe Morrone **Optimal Training for Learning and Performance** by Lauren Gregg, Jeff Tipping, Barry Gorman, and Ron McEachen **Technical and Tactical Insights for Competitive Success** by Steve Sampson, Jim Lennox, Peter Mellor, Tony Waiters, Jay Hoffman, and Schellas Hyndman **Player and Team Development and Motivation** by Al Miller, Tracey Leone, Jay Martin, Miller Bugliari, Tim Schum, Chris Petrucelli, and Colleen Hacker **Growth Opportunities in the Coaching Role** by Jeff Vennell, Peter Gooding, Tony DiCicco, and Glenn Myernick Each time you open this book you'll learn something new and useful for your next practice, game, or season. Whether you coach at the club, high school, or college level, **The Soccer Coaching Bible** is an essential addition to your coaching library.

This text covers different styles of coaching, program development, and management, optimal training and practice sessions, technical and tactical insights, and professional growth opportunities as a coach.

Athletes in all sports rely on speed. Whether it involves sprinting down the court on a fast break or chasing a loose ball, speed often contributes to overall athletic ability. **Developing Speed** teaches you how to elevate your speed in a scientifically based manner that will have you blowing by the competition. Written by eight of the top National Strength and Conditioning Association experts, **Developing Speed** is your guide to elite-level speed development, regardless of your sport. In addition to the scientific coverage of speed development, this guide helps you assess your current ability and identify your areas of greatest need. Using this information, along with the most effective drills and exercises, you'll have the tools and information for creating your own speed development program. If increasing your athletic speed is what you're seeking, then look no further. With the cutting-edge information packed into this one resource, you'll achieve new personal bests and reach your most aggressive goals. **Developing Speed** is the only tool you need to develop your personal program and take your speed to the highest level!

**Youth Soccer Drills, 3E**

**Total Training for Young Champions**

**Training for Speed, Agility, and Quickness, 3E**

**Ymca a Soccer Skills Book**

***The world's most popular sport is also one of the most demanding. Stronger, smarter, and more agile players have increased the intensity and tempo of the game. Success hinges on the ability to read, react,***

***and execute. For individual players and teams alike, speed is a necessity. Soccer Speed is a groundbreaking work—more than a training guide, but an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game. Inside, you'll learn how to develop these skills: - Quickness, agility, and balance for defending, attacking, reacting, and executing - Most effective techniques, such as heel passes and stride changes, to challenge opponents and keep them off balance - Soccer intelligence, or the ability to instantly recognize and exploit the opposition's weakness - In-game decision making with and without the ball Every aspect of the game is covered, including step-by-step instruction and drills for developing technical and tactical speed in passing, receiving, dribbling, scoring, counterattacking, and defending. Soccer Speed is the one and only guide for outpacing, outsmarting, and outplaying the opposition.***

***Now in its fourth edition, Coaching Youth Soccer uses gamelike activities to teach offensive and defensive skills, which sets it apart from other soccer coaching books. Ideal for coaches of players ages 14 and under, this book contains 13 new activities and more than 30 age-specific coaching tips that are sure to jump-start your practices.***

***The future of soccer conditioning has arrived. With content ranging from how to properly develop speed, strength, power, and agility in players at all levels to unique position-specific training guidelines and detailed return-to-play protocols, Complete Conditioning for Soccer is a real game changer. Training protocols and progressions, complete with schematics of on-field conditioning drills, guide conditioning for players from youth to professional levels. Field players of every position will increase strength to dribble through traffic. Forwards will pack more power into shots on goal. Central midfielders will improve quickness and agility to find open passing lanes and evade opponents. Goalkeepers will develop the explosiveness to cover the width of the goal to make that save. Emphasizing player movement and conditioning needs for the long term, you will learn the positional and seasonal demands that directly impact player development and performance and discover the significant differences between playing styles, positions, levels of play, and genders. To keep players game-ready, you'll find detailed information on avoiding some of the most common soccer injuries as well as step-by-step, position-specific training protocols for players returning from injury. Written by Ryan Alexander, the director of sports science for Atlanta United Football Club (MLS), Complete Conditioning for Soccer takes the process of physical preparation for soccer to a whole new level. CE exam available! For certified professionals, a companion***

**continuing education exam can be completed after reading this book. The Complete Conditioning for Soccer Online CE Exam may be purchased separately or as part of the Complete Conditioning for Soccer With CE Exam package that includes the book and the exam.**

**Take an inside look at the world's most popular sport. Soccer Anatomy will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots. Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping, Soccer Anatomy will improve every aspect of your game. You'll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical research program. Combining authoritative advice, expert instruction, and stunning four-color illustrations, Soccer Anatomy is truly an inside look at this one-of-a-kind sport. Whether you're a player, coach, or fan, if you're serious about soccer, this is one book you need to own.**

**Soccer Fundamentals**

**High-Performance Training for Sports**

**Soccer Anatomy**

**The Soccer Goalkeeper**

**Collects conditioning programs for athletes between the ages of six and eighteen, offering over three hundred exercises for increasing coordination, flexibility, speed, endurance, and strength**

**Straightforward and fun, this book presents an understandable approach to learning the correct execution of basic soccer techniques. 125 photos.**

**Written by Bill Beswick, renowned performance psychologist and mental skills coach with a wealth of experience for elite teams, including the English Premier League and high-profile teams like Manchester United, One Goal is the definitive guide to developing the mindset of a winning soccer team. It offers proven methods for producing team cohesion, flow, and success.**

**Master all the fundamentals that matter on the pitch with Soccer Skills & Drills. This comprehensive instructional guide for players and coaches alike teaches the techniques necessary for success as well as games**

***and drills to hone your skills to perfection. Learn to dribble, receive, pass, shoot, head, tackle, and guard the goal with guidance from the National Soccer Coaches Association of America, the top coaches' organization in the United States. Then use the 80 progressively arranged games and drills to practice those skills in competitive situations and small-sided games. The insightful teaching points and effective practice activities will reinforce your execution of the fundamentals and expand your repertoire of techniques and tactics. Dozens of photographs and diagrams are provided to help you visualize the technical instruction, while the application of each skill is described from both tactical and positional perspectives. More than a drill book, Soccer Skills & Drills is the information-packed resource that will elevate any player's game!***

***Developing Speed***

***Managing Risk in Sport and Recreation***

***Soccer Coaching Bible, The***

***Soccer Systems and Strategies***

Through the years a wealth of information has been accumulated in soccer. Experiential and science-based knowledge abounds in the sport. Yet the scientific information has not been sufficiently disseminated to those who would benefit most from it. Soccer Science fills the void with the best and most up-to-date research in the sport. With editor Tony Strudwick and a who ' s-who list of international experts on the sport, Soccer Science offers you an unprecedented wealth of advanced yet accessible information on biomechanics, physiology, psychology, skill acquisition and coaching, tactical approaches and performance and match analysis. It is simply the most significant and comprehensive published work on the sport.

A year-round system for athlete development and program success

One Goal

Focused for Soccer

Developing Youth Football Players