

THE TOTAL PLAYER TRANSFORMATION SYSTEM

IMPROVE EVERY ASPECT OF YOUR GAME WITH THE ULTIMATE GUIDE TO SOCCER PLAYER DEVELOPMENT



CREATED BY
PROGRESSIVE SOCCER



12 MODULE SYSTEM TO INCREASE
SKILLS, FITNESS, MENTAL TOUGHNESS,
DECISION MAKING, SPEED OF PLAY, AND MORE

WEEK 1 - BALL KICKING

What are some techniques for kicking a ball? What are some common mistakes? What are some drills to improve your kicking?

What are the key components of a good kick? What are some drills to improve your kicking?

What are some common mistakes when kicking a ball? What are some drills to improve your kicking?

What are some common mistakes when kicking a ball? What are some drills to improve your kicking?

What are some common mistakes when kicking a ball? What are some drills to improve your kicking?

What are some common mistakes when kicking a ball? What are some drills to improve your kicking?

I will stop blaming other people for my lack of success. To achieve more, I must become more. To achieve my goals I must start training, playing, and living today like the type of player I want to be tomorrow.



Soccer For Youth Fundamental Techniques And Training Routines

Katrin Zwirgmaier



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