



NEW WAY TO KEEP FIT

# SOCCER CISE

GET FIT WITH FOOTBALL

# Soccercise Volume 1 heading

**United States Soccer Federation,  
Inc., Michael Lewis**



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**Bowker's Complete Video Directory**, 2000      The Video Librarian, 1997      Media Review Digest C. Edward Wall, 1998      Success in Soccer. Vol. 1 German Soccer Association, Norbert Vieth,      **Soccer For Dummies®** United States Soccer Federation, Inc., Michael Lewis, 2011-03-16 Entertaining very informative and essential for parents fans and players Tony DiCicco Head Coach 1999 Women s Cup Champions Two thumbs up This book will broaden your knowledge of the game Ron Newman all time winningest American Soccer Coach This book will help people to understand why soccer is the world s sport and why we love it so much Tiffeny Milbrett Forward U S Women s National Team Fans will love it and those who want to become fans will devour it Bob Ley ESPN ABC Broadcaster Simplicity alone doesn t explain soccer s enormous popularity worldwide Soccer is a game that can be as frustrating as golf as physical as football and hockey as sporadic as baseball and as graceful as basketball It can also be addictive Whether you are a youth league player a soccer parent or a World Cup fan here at last is the book you ve been waiting for Written by New York Daily News soccer columnist Michael Lewis with the full support and participation of the United States Soccer Federation Soccer For Dummies shows you how to Get a handle on soccer rules and regulations Learn the basic moves and plays Improve dribbling passing and other basic skills Find a league to play in Coach kids effectively Get more out of the game as a spectator Featuring expert tips from U S Men s and Women s National Soccer Team stars and packed with hundreds of action photos and illustrations Soccer For Dummies is the ultimate beginner s guide to the sport You ll discover The where and wear of soccer Laws of the game Footwork passing shooting receiving goal tending and other game fundamentals Staying in soccer shape Teamwork and strategy Coaching youth soccer Everything the informed spectator should know The current state of soccer at all levels from youth leagues to geriatric leagues Get Soccer For Dummies and get the lowdown on the world s most popular sport from some of its most celebrated players      Soccer Step-by-step Madeleine Jennings, 2009      The Book of Soccer Bobby Moore, 1970-01-01      **Play Faster: Speed, Agility & Quickness for Soccer** Thomas DeNigris, 2016-03-23 Speed kills Indeed Speed in soccer can be a potent weapon in matches With the game offering so many different systems of play the Speed of Play system used by so many professional and top level amateur teams can be taught to youth teams Using the Total Soccer Fitness Training s Speed of Play Coaching Pyramid this book can show coaches how to teach the Speed of Play system to their players using myriad Speed Agility and Quickness SAQ drills and concepts Players can be coached to become faster both with and without the ball And using the Total Soccer Fitness Training s Building Blocks to Player Development this book shows how to incorporate individual and small group into a team environment      The Everything Kids' Soccer Book Deborah W Crisfield, 2015-03-13 Presents an introduction to the game of soccer in simple text with illustrations providing information on its rules describing key techniques presenting winning drills and offering tips for excelling at the game      *My First Book of Soccer* The Editors of Sports Illustrated Kids, 2017-05-16 My First Book of Soccer like the others in the series coaches

young kids ages 3\_6 through the game of hockey with a visual retelling of an professional soccer game from the kick off to the game winning goal Penalty kicks corner kicks drop balls dribbling and more are all explained using an engaging mix of Sports Illustrated action photography simple text a full glossary of terms and engaging cool graphics An illustrated and relatable Rookie character appears on every page providing fun facts to help kids better understand the game Perfect for beginning readers My First Book of Soccer is meant to be a shared reading experience between parents and their little rookies before during and after the game Book of Soccer Bobby Moore,1969 *Soccer: the Game and how to Play it* Gary Rosenthal,1973 *Soccer Rules and Positions In A Day For Dummies* Michael Lewis,United States Soccer Federation, Inc.,2012-06-13 Soccer basics in a day Easy Do you get a kick out of soccer but need to brush up your knowledge on the key elements of the game Look no further Soccer Rules Positions In A Day For Dummies quickly brings you up to speed on one of the most popular sports in the world From essential information on the sport to expert coverage of the game s rules regulations and players this book provides invaluable insight to new and veteran fans alike The essential information you need to understand and enjoy soccer Expert coverage of the game s rules and regulations Helpful breakdowns of soccer positions and their roles in offense and defense Online component takes readers beyond the book with bonus content and features Get set to impress your friends with your newfound knowledge in no time **Strength Training for Soccer** Bram Swinnen,2016-02-22 Strength and power are key elements of soccer performance A stronger player can sprint faster jump higher change direction more quickly and kick the ball harder Strength Training for Soccer introduces the science of strength training for soccer Working from a sound evidence base it explains how to develop a training routine that integrates the different components of soccer performance including strength speed coordination and flexibility and outlines modern periodization strategies that keep players closer to their peak over an extended period Dealing with themes of injury prevention rehabilitation and interventions as well as performance the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context Fully referenced and full of practical drills detailed exercise descriptions training schedules and year plans Strength Training for Soccer is essential reading for all strength and conditioning students and any coach or trainer working in football **Getting Into Soccer** Joe Herran,2005 *Science and Soccer* A. Mark Williams,Paul Ford,Barry Drust,2023-06-13 Now in a fully revised and updated fourth edition Science and Soccer is still the most comprehensive and accessible introduction to the physiology biomechanics and psychology behind the world s most popular sport Offering important guidance on how science translates into practice the book examines every key facet of the sport with a particular focus on the development of expert performers The topics covered include anatomy physiology psychology sociology and biomechanics principles of training nutrition physical and mental preparation playing surfaces and equipment injury decision making and skill acquisition coaching and coach education performance analysis talent identification and youth development Science and Soccer Developing Elite Performers is a unique resource for students and

academics working in sports science It is essential reading for all professional support staff working in the game including coaches at all levels physiotherapists conditioning specialists performance analysts club doctors and sport psychologists

The Everything Kids' Soccer Book Deborah W Crisfield,2002-03-01 Presents an introduction to the game of soccer in simple text with illustrations providing information on its rules describing key techniques presenting winning drills and offering tips for excelling at the game      The Soccer Book ,2026-05-05 Whether you want to bend it like Beckham or dribble like Ronaldinho The Soccer Book is the ultimate visual guide to soccer skills rules tactics and coaching illustrating every aspect of every variant of the sport more clearly and in more detail than any other book has done before      **Soccer Science** ,2016      **How to Play Soccer for Kids** Tony R Smith,2019-05-09 Do you love Soccer Do you want to improve your Soccer skills This is the book for you Soccer is a game of skill and hard work Some players are blessed with skill size or desire This book will help you mentally and physically get ahead of the competition This book breaks down Soccer fundamentals but it also gives you other things to help you be one step ahead of your peers or competitors One of the most important parts of the game is having great footwork This book helps you with being a better all around player This book includes HISTORY OF SOCCER HOW TO PLAY SOCCER SOCCER RULES FUNDAMENTALS INSTRUCTIONS TO PLAY SOCCER BALL CONTROL 5 ESSENTIAL SOCCER SKILLS IN 5 MINUTES HOW TO SCORE MORE SOCCER GOALS HOW TO IMPROVE YOUR SOCCER DRIBBLING SKILLS

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