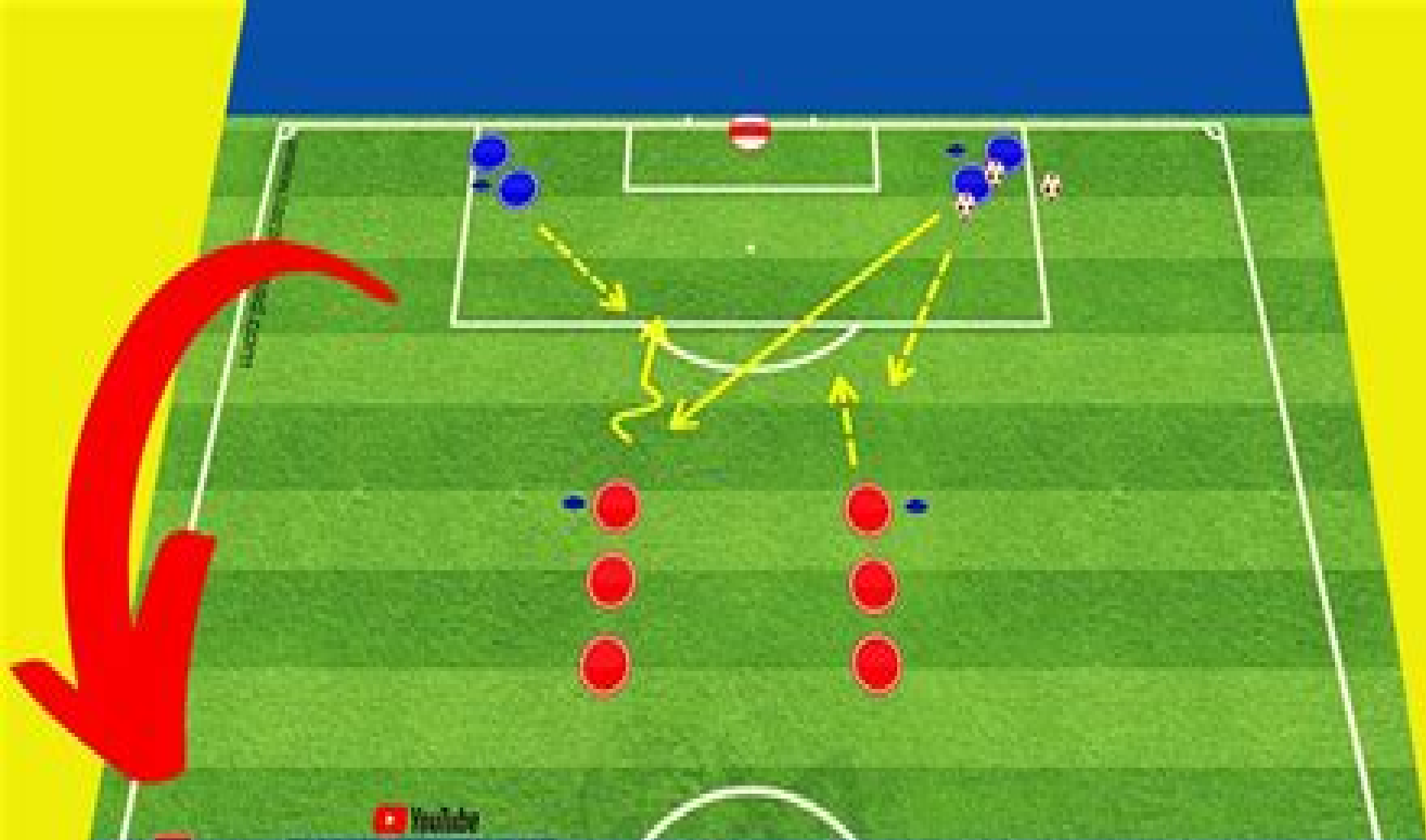




6 DEFENDING DRILLS

Soccer Drills For Individual And Team Play

Andy Caruso, Andrew Caruso



Soccer Drills For Individual And Team Play:

Soccer Drills for Individual and Team Play James P. McGettigan, 1989 Promoting lasting good habits and reactions in players the 264 drills included create game like situations in practice resulting in direct interaction among small groups of players in the area of the ball Illustrated *Soccer Drills* Albert M. Luongo, 2015-11-17 Without the proper all around skills no soccer player can reach his or her potential and without skilled players no team can play on the championship level Players and coaches then need more than just a routine collection of offensive drills to be successful In addition to goal scoring players need instruction in ball or field control perhaps the most important skill that needs to be mastered This handbook is designed to help the soccer coach amateur or expert to instruct players in first the most elementary skills building up to the drills for sophisticated plays common in higher levels of game play This book illustrates the exact method for teaching each individual skill showing correct body positions and the various progressive stages of each drill **Rondo** **Soccer Drills** Chest Dugger, 2021-06-12 Have you wondered how Pep Guardiola s teams have dominated European leagues for the last two decades Not only is the answer simple it s something that you can use to take your game and your team s game leagues above your opposition The key to Pep s success at Barcelona and Manchester City is the Rondo Rondos have transformed modern football Not only have Rondos helped Pep dominate European football they ve helped turn the Spanish national team into the best in the world The system behind Rondos was the beating heart of the brilliant Barcelona teams which dominated Europe for a decade from 2005 They made soccer even more exciting to watch improving players technical ability and creating a proper total football in the European sense game Their approach was reminiscent of the fantastic Ajax team of the 1970s and the great Dutch teams of that era They led to the excitement of the high press and the thrilling soccer which follows when the press is defeated They proved the benefit of technique over physical prowess So what is this miracle of the training pitch which has so transformed the game of soccer The beauty of the rondo is its simplicity It is a drill where the objective is to retain possession As rondo drills become more complex this aim might develop It might be about keeping possession in transition or maintaining possession to create a goal scoring opportunity However at its heart is the objective of one side keeping hold of the ball A second key element of a rondo is that the sides are uneven One team has extra players It can take a form as exaggerated as 10 v 1 or as close as 5 v 4 However the point is that some pressure is applied but not so much as to make the drill difficult to perfect Thus confidence grows and in turn touch and vision A rondo is usually a drill that takes place in a limited space typically a circle square or rectangular grid Thus first and second touches are perfected because there is not much time to take many touches Finally and crucially rondos are drills that are fast and fun They involve lots of touches for the players in possession and a real sense of achievement on the rare occasions that the smaller side actually wins back the ball So simple Yet so effective This coaching book celebrates the rondo and offers drills tactics and coaching techniques to help soccer players at any level from the unbounded enthusiasm of Under 6s to the worldly view of

veteran teams From the pub side who turn out on a Sunday morning cooked breakfast weighing heavily on their hangover infused stomachs to the champion youth team of the region We can all improve as coaches and players The rondo is the system that enables progress to happen more quickly and efficiently than any other soccer coaching strategy Even if you haven't heard of Rondos before you'll gain a lot from this book Order Now **Elite Soccer Drills** Michael Matkovich, 2009

Soccer Defensive Drills and Tactics Santiago Vazquez Folgueira, 2000-11 This excellent book is at once a defensive drill book a detailed tactical discussion Loaded with outstanding drills for both individual group defense the book provides countless ideas for practice sessions game like situations to prepare your defense to counter modern attacking schemes The tactical side covers both man zone philosophies the advantages disadvantages of specific systems **Teaching the Skills of Soccer** Jose Segura Rius, 2003-09 This book contains hundreds of innovative and practical exercises and games designed to optimise the learning process for young soccer players in both the technical and tactical aspects of the game From ball mastery to passing to conditioned small sided games the author walks you through the stages of teaching soccer as efficiently and effectively as possible **Soccer Drills** Chest Dugger, 2017-12-22 Are you ready to take your soccer game to the next level Or just looking for ways to improve your team This book can help solve your problems Whether known as football or as in the US soccer the beautiful game is the most popular sport in the world The best players earn millions of dollars per year and the greatest clubs are icons in their regions Children love putting down a couple of jerseys and having a kick around It is globally the team sport that has the greatest public participation and at the highest level such as the World Cup top leagues and cup finals matches are watched live by tens of thousands of cheering fans Support is only limited by stadium size with tens or even hundreds of millions following their team on TV It is therefore no surprise that so many people love to play the game and want to become better at it Youngsters dream of becoming the next Pele Messi Maradona or Ronaldo This book offers coaches and players an insight into how to become a better soccer player There are chapters on the role of the individual in this team game and the role of the team in a sport lit up by the brilliance of individuals There are drills listed to help the player and his side Indeed it is drills that lead to players becoming experts as good as they can be Drills take the individual components of soccer and allow practice in a pressure free or pressure controlled environment What you very much do not want is to be learning new concepts under the pressure of the examination hall That is the place to show what you can do not try out risky ideas In many ways sport is the same For soccer the examination is the match learning the skills is like gaining your understanding of Shakespeare applying those skills is automatic in the chaos of the game Those exercises you worked on in training ensure that you are fit enough to survive the game at your best And just like a piece of great literature so a great soccer performance is made up of separate elements which combine to produce the art form that is the beautiful game Just as you could examine character plot language and metaphor when studying Macbeth a great performance in soccer is made up of control passing shooting defending and teamwork Those elements can be broken down

practiced and perfected during drills The drill allows for experimentation failure and error does not matter Indeed we learn through our mistakes There is less pressure during a drill so time can be spent getting the individual skills and movements right A good coach can help a player focus on areas of weakness Pressure can be introduced slowly and in a controlled way ratcheted up to recreate conditions more like those in the match situation During practice sessions often younger and probably older players long for the game Can we play a match now is the sort of request coaches of younger players will recognize readily And that is fine a little match perhaps one that reinforces the skills on which the session focuses on makes a fun and useful end to a coaching session But drills are crucial in helping players to become the best they can be These skill sessions can be focused on the individual working on technique perhaps in groups of two to four they can also be larger group drills or whole team activities which help mutual understanding and coordination Here s a Preview of What You ll Learn from This Book Soccer for the Individual Soccer for the team Keeping Possession Short Passing Drills Shooting Drills Long Passes Drills Dribbling Drills Fitness Drills Communication Drills Team Passing Drills Team Interception Drills Possession Drills Scroll up and download now **Elite Soccer Drills** Michael J. Matkovich,Jason Davis,2008-11-07 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

Creative Soccer Training Fabian Seeger,Loïc Favé,2017-11-01 Meyer Meyer Premium At Meyer Meyer we make no compromises to present the best in sports content Go for Gold Creative Soccer Training includes 350 modern practical games and drills that build on basic playing skills Foregoing theoretical introductions the authors focus on presenting comprehensive exercises and particular skills that go beyond standard training This book includes a great variety of creative training exercises that will form intelligent soccer players Numerous graphics help soccer coaches implement training content with their own team in a simple and fast way The practice oriented design additionally makes this compilation an optimal resource for training players at advanced levels **Soccer Coaching, Ages 5-12** Andy Caruso,Andrew Caruso,1996

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