

Ajax Soccer Drills

Eventually, you will enormously discover a new experience and capability by spending more cash. nevertheless when? complete you agree to that you require to acquire those all needs later having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more with reference to the globe, experience, some places, taking into consideration history, amusement, and a lot more?

It is your certainly own become old to play a part reviewing habit. accompanied by guides you could enjoy now is **Ajax Soccer Drills** below.

German Soccer Passing

Drills - Peter Hyballa

2015-08-15

Train like the World

Champions! Over the past few years, a new trend has become ever more prominent in the soccer world: passing often, fast, and including all players in the game. Combining this with their own personal style, we have seen teams reach new heights of success from FC Barcelona to Bayern Munich and Borussia Dortmund and, most recently, the German

National Team at the 2014 World Cup in Brazil. But what does it take to learn this 'art' of passing? What are the methodological and technical requirements for becoming the new Schweinsteiger, Messi, or Neuer? In this book, the only of its kind, two German League certified coaches have created the ultimate guide to passing. Using the "Hyballa-te Poel-Passing-Puzzle," they present every type of pass there is in modern soccer, with lots of drills for each type. From the

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goalkeeper to the center forward, everyone can learn passing with these exercises.

Vertical File Index - 2004

24 Easy to Follow Practices Sessions for 8-11 Years Olds

- Peter Schreiner 2000-07

Complete practice plans for young players organized in a neat and easily understandable way. Skills covered include controlling, dribbling, passing, juggling, shooting, coordination and goalkeeping.

Professional Soccer Restarts

- Marcus DiBernardo

2014-03-21

Professional Soccer Restarts" contains the best 15 corner kicks I have seen in my 20+ years of coaching. Each corner kick is accompanied by its own diagram that clearly maps out the play. Set plays often make the difference between winning and losing. Championships are often decided on restarts. Give your team the advantage they deserve. I have also included a game changing defensive counter attack when defending corner kicks.

[The Coaching Philosophies of](#)

[Louis Van Gaal and the Ajax Coaches](#) - Henny Kormelink
1997

The methods and philosophies of the coaches at one of the most successful Clubs in the history of European soccer. The current Manchester United manager made a name for himself in the world of football while at dutch super club Ajax Amsterdam. This book chronicles his time in charge there with unprecedented inside access to the methods and philosophies that produced not only championship teams but also world class players.

Soccer Science - Tony Strudwick 2016-07-06

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

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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. The Athletic Skills Model - René Wormhoudt 2017-10-12 The Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic broad-based movement education, focusing on health and wellbeing. It places the emphasis on 'physical intelligence' - including attributes such as agility, flexibility and stability - through adaptable and varied training programmes, creating a skilled athlete before introducing sport specialization. The book sets out the scientific underpinnings of the ASM before going on to offer practical guidance on the

content of the programme, how to adapt and vary the programme, and how to apply the approach to different age groups and sports. The ASM's application in the youth development programme at AFC Ajax is explored in depth, before a future of talent development with an emphasis on athletic, rather than sport-specific, expertise is imagined. The Athletic Skills Model introduces an important and timely challenge to conventional wisdom in talent development and is a fascinating read for any upper-level student or researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

Soccer in Mind - Andrew M. Guest 2021-11-12 From the FIFA World Cup to pick-up games at your local park, soccer is the closest thing in our world to a universal entertainment. Many writers use this global popularity to

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describe the game's winners and losers, but what happens when we use social science to explore how soccer intersects with culture, society, and the self? This book provides a thinking fan's guide to the world's most popular game, proposing a way of engaging soccer that sparks intellectual curiosity and employs critical consciousness. Using stories and data, along with ideas from sociology, psychology, and across the social sciences, it provides readers with new ways of understanding fanaticism, peak performance, talent development, and more. Drawing on concepts ranging from cognitive bias to globalization, it illuminates meanings of the game for players and fans while investigating impacts on our lives and communities. While it considers soccer cultures across the globe, the book also analyzes what makes U.S. soccer culture special, including its embrace of the women's game. As a scholar, former minor league player and coach, and fan, Andrew

Guest offers a distinctive perspective on soccer in society. Whatever name you call it, and whatever your interest in it, Soccer in Mind will enrich your own view of the one truly global game. *Guide to Summer Camps and Summer Schools* - Porter Sargent Staff 2005-10

Rondo Soccer Drills - Chest Dugger

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

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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.....

[Ajax Training Sessions](#) - Jorrit Smink 2004

Ajax.

The Art of Coaching Youth Soccer - Jason Carney 2003-02

Filled with valuable coaching tips and outstanding training exercises, this book lays the groundwork for successful team and player development.

Topics include: Warm Up, Running Technique, Speed Training, Pre-Season Training, Shooting, Goalkeeping, The Thinking Player, Defending, Set Plays and Team Spirit. Also includes sample practice sessions.

Rondo Soccer Drills - Chest Dugger 2021-06-10

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

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Developing Game Intelligence in Soccer -

There is no greater power on

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the soccer field than the game intelligence of the players. With a great variety of attractive and effective simplified games, specially designed to simulate the most important game situations that may occur on the pitch, Horst Wein shows how to stimulate most of the aspects which are involved in game intelligence in young soccer players as well as professionals. Remember, Playing soccer without thinking is like shooting without aiming.

Soccer Coaching, Development, and Tactics - Andrew Caruso 1989

The Real Giants of Soccer Coaching - Josh Faga
2018-03-22

The Real Giants of Soccer Coaching is a collection of the curated thoughts of nearly 30 top soccer coaches from around the globe. In this book, you will gain access to the depth and breadth of experience from some of the best coaches across all areas of the beautiful game: from grassroots to premier leagues and everything in between. You

will learn theoretical details about tactical periodization, positional play, and the science of motor learning. You will also learn from Youth National Team coaches, NCAA National Championship winning coaches, and First Division coaches from top European clubs. This book is a resource that can direct your coaching education over and around the perilous pitfalls that often consume most coaches. After reading this book, you will have gained the experience, knowledge, and wisdom of some of the best coaches across all areas of the game. You don't have to go your coaching path alone. Take this book and bring the wisdom of these top coaches with you to help navigate every corner, turn, and hazard along your way to becoming a great coach.

Coaching Youth Soccer - Kevin McShane 2010-06-28

The popularity of youth soccer in the United States has increased dramatically in recent years. The number of players and spectators has risen and soccer now rivals the

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more traditional American sports of baseball, basketball, and football. This is a study of current youth soccer training methods at professional clubs in Europe--where soccer is an extremely competitive sport--and a guide to applying those methods to young people in the United States. The author draws much of his information from personal observation of the FC Barcelona, Newcastle United, Glasgow Celtic, Munich 1860, and Slavia Prague professional teams in Europe, and provides an overview of the state of youth soccer in the United States. Chapters cover such topics as facilities, equipment, organization, and environment, player evaluation, training timetables and components, coaching, and philosophies of youth soccer. Also included are approximately 100 diagrams of soccer training exercises for youth coaches.

Youth Academy Training Program U5-U8 - New Methodology from Italian Serie 'A' Coaches' - Mirko Mazzantini 2013-06

Soccer Italian Style coaches Mirko Mazzantini (AFC Fiorentina) and Simone Bombardieri (Empoli FC) are both professional academy coaches and in this book demonstrate their brand new training program for U5-8 year olds. This book contains their detailed philosophy and methodology to train technique, individual tactics, motor skills and coordination, as well as 20 full sessions (100 practices).

Conditioning for Soccer - Raymond Verheijen 1998

A complete guide to developing every aspect of conditioning for soccer players. Europe's top soccer conditioning experts contributed the following chapters: Soccer Strength Training, Soccer Specific Endurance Training, Speed Training for Soccer, Pre-Season Conditioning, Goalkeeper Training, Fitness Testing and Injury Prevention.

Soccer Speed - Richard Bate 2014-08-27

Soccer Speed addresses all aspects of speed, including physical conditioning, tactical

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skills, and mental strategies, with 36 drills and small-sided games. Players will learn to retain and regain possession, change direction quickly, master one-touch passing and receiving, and employ strategies to unbalance the opposition.

Soccer: Functional Fitness Training - Harry Dost

2016-11-28

The world's best soccer players are incredibly fit, fast, lean, and strong. Achieving this level of athleticism requires a rigorous soccer fitness training program applying the most effective drills, exercises, and core training methods. In Soccer: Functional Fitness Training, the authors present numerous drills for this training. Based on the latest the findings in sports science and on the authors' long-term coaching experience, they present an extensive practical guide to help you improve your team's performance through core training, soccer specific exercises, and drills. The exercises can be used for amateurs and professional

players, youth and adults alike. Your players can learn how to score the most exciting and acrobatic goals, how to tackle without fouling, and how to avoid injuries. The drills in the book create typical match situations to help your team prepare for the game and stay motivated. Many of the fitness exercises require no extra equipment and rely only on bodyweight, thus targeting many different muscles at once. The book is easy to use on the pitch and the ideal tool to turn youth players into the next Cristiano Ronaldo, Zlatan Ibrahimovic, or Bastian Schweinsteiger.

[Dutch Academy Football Coaching \(U12-13\) - Technical and Tactical Practices from Top Dutch Coaches](#) - 2015-05-20

Youth Development in Football - Mark Nesti 2014-11-13

The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game, as well as for national and international governing bodies.

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This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world, to highlight best practice, and to offer clear recommendations for improvement. The book draws on original, in-depth research at eight elite professional football clubs, including Barcelona, Ajax and Bayern Munich, as well as the French national football academy at Clairefontaine. It adopts a multi-disciplinary approach, including psychology, coaching and management studies, and covers every key topic from organisational structures, talent recruitment and performance analysis to player education and welfare. Written by two authors with extensive experience in English professional football, including five Premiership clubs, this book is important reading for any student, researcher, coach, administrator or academy director with an interest in football, youth sport, sports development, sports coaching

or sport management.

Soccer IQ - Dan Blank 2012

An Amazon #1 Best-Seller!

Named the #1 Soccer Book by Football.com. Named a Top 5

Book of the Year by the NSCAA

Soccer Journal! Soccer IQ is

the first book for soccer

PLAYERS! In a world saturated

with books about how to coach

soccer, Dan Blank finally gives

players a book on how to think

it. Standing on two decades of

collegiate coaching experience,

Blank has catalogued soccer's

most common mistakes and

provides simple, connect-the-

dots solutions to help players

solve their soccer problems.

Soccer IQ is soccer's first text

book for players; an almanac of

smarter soccer decisions

intended to flatten out the

learning curve. It covers

everything from hunting

rebounds to the value of the

toe-ball; from playing in the

rain to the world's dumbest

foul. Blank tells his story from

the familiar and humorous

voice of a coach who has

endured years of stress at the

hands of his players. Written in

plain-spoken language, Soccer

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IQ is an easy read and a quick-fix to the most common yet critically important soccer problems. Includes a bonus chapter on the college recruiting process. " Finally someone wrote this book! If every soccer player read Soccer IQ, every coach would be a lot happier." Mark Francis - Head Coach University of Kansas "Dan Blank has just written soccer's first definitive text book." Colin Carmichael - Head Coach Oklahoma State University "This book has immediately become required reading for my team. I'll take 30 copies." Steve Nugent - Head Coach UNC-Greensboro "Soccer IQ may the best practical soccer book I have ever read. There's no fluff. Just nuts and bolts principles that we teach every day. It'll solve a lot of your soccer problems." Steve Holeman - Head Coach University of Georgia

Essential Soccer Skills - DK
2011-02-21

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences

on how to learn and master key skills, and tips on how to improve your overall form.

Essential Soccer Skills covers everything from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers, heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

Soccer - Alessandro Zauli 2002
A comprehensive look at modern zone formations through the eyes of the author and ten high level professional Italian coaches. Arrigo Sacchi (Milan, Italian National Team), Marcello Lippi (Napoli, Inter, Juventus), Walter Novellino (Venezia, Napoli, Piacenza), Carlo Ancelotti (Parma, Juventus) and Renzo Ulivieri (Parma) are among the impressive list of contributors to this valuable coaching reference. Formations covered:

4:4:2 3:4:2:1 4:3:3 3:4:1:2

4:3:1:2 3:3:4 4:2:3:1 3:4:3

Soccer Coaching, Ages 5-12

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- Andrew Caruso 1996

Dutch Soccer Secrets - Peter Hyballa 2011-09-29

Learn how a nation of about 16 million inhabitants can regularly produce world-class players or coaches like Johan Cruyff, Arjen Robben or Dick Advocaat and Louis van Gaal. Soccer - Nicola Pica 1999-09
These 120 drills and small games all contain a competitive element which will help motivate young players to stay involved and play to the best of their ability. Coaches will find these exercises very useful to gear a practice session to the needs and skill level of their players. Each drill includes a clear diagram, an objective, a detailed description with scoring rules and a discussion of the techniques involved. An ideal handbook for any coach looking for new ways to keep his or her players interested and motivated while learning the skills and tactical elements of the game.

Dutch Soccer Drills - Bryan R. Beaver 2003-09-01

The fourth volume in the best

selling "Dutch Soccer Drills series focuses on technical development through the use of drills and small sided games designed to prepare players for match situation. The 180 drills are actual training exercises used by the top clubs in Holland, a country renowned for their innovative coaches and world-class players. Each drill features a clear diagram and description, an objective and possible variations. "Dutch Soccer Drills, Volume 3 has been a perennial best-seller with a 90% self-through.

Team Building - Rinus Michels 2001

All the facets of the team building process, including team tactics and psychology, are included down to the minutest detail. Also included is how youth talent, per age group category, should be developed. And finally, how to set up training sessions to achieve the best results. All the chapters are interspersed with examples from Rinus Michels' personal experiences as a trainer. At the same time he gives a reference framework

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for everyone who is, on a daily basis, involved with the team building process: from youth and professional coaches to managers in the business world. Because of these unique examples, most of which were never published, this will be a fascinating book for anyone involved in a team building process.

Training Soccer Champions - Anson Dorrance 2014

"[Coach Dorrance] knows what it takes to win, and that is very rare. He makes another kind of investment in his players beyond just training: he cares about them as people. He knows what motivates certain types of players and ties it all in to team chemistry and camaraderie." -Mia Hamm, retired American professional soccer player and first woman inducted into the World Football Hall of Fame (2013). She trained under Anson Dorrance (1989-1993), helping the Tar Heels win four NCAA championships. "Anson has an excellent understanding of athletes, and his theories on player development are very

astute. He has had a truly remarkable career. He would be a great coach in any sport."
-Dean Smith, retired University of North Carolina men's basketball coach

(1961-1997). "Coaching legend" Smith trained several NBA players including Michael Jordan and is a Basketball Hall of Fame Enshrinee (1983). Do you have what it takes to train champions? In *Training Soccer Champions*, leading NCAA coach Anson Dorrance shares the secrets to creating and maintaining a winning team. Dorrance explains his philosophies, provides practical lessons, and reflects on his experience, offering the invaluable perspective of one of the world's outstanding coaches. *Training Soccer Champions* digs deep into the psychology of the female athlete and conveys the principles of coaching to benefit average and high-performing teams alike. Field strategy, motivational techniques, team dynamics, and much more are discussed in this must-have guide to

coaching. With countless championship titles and numerous awards, Anson Dorrance knows what it takes to win, and now you can too. [Football Intelligence](#) - Israel Teoldo 2021-12-31

Soccer is the biggest game in the world and has proved to be an unprecedented phenomenon of social impact, inhabiting a prominent place in the daily lives of millions of human beings, a game that has impact even in the most remote places. In an ever-changing world of soccer coaching and tactics, player intelligence has become increasingly important, providing the essential ability to act effectively in a given moment. Therefore, in recent years, the tactical component has been increasingly valued and diffused. Around the world, this dimension of sport performance is being studied and applied by many professionals in the field, from the youth academies all the way through to the professional level. This book is designed to help those who devote much of their time to improving the

quality of the game, by coaching and training highly informed, creative and intelligent players. These coaches devote their time and energy to improve players' and teams' performances. In turn, match analysts, physiotherapists, psychologists, clinicians and the sport science team dedicate themselves to optimize resources that help boost the performance levels of the players, the coaches and the team. [Football Intelligence: Training and Tactics for Soccer Success](#) presents procedures and ideas that, besides assisting in the task of evaluating the tactical performance of soccer players and teams, also allows improving their expression throughout the learning and training phase. This book will be key reading for football coaches and players alike, as well as students and practitioners of sport psychology and performance analysis.

Soccer Strategies for Sustained Coaching Success

- Ashu Saxena 2012

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Soccer Strategies for Sustained Coaching Success is a unique book about coaching soccer. In it, Ashu Saxena shares successful secrets for long-term player development, which is a current hot topic in the soccer world. This is a special resource that combines credibility, experiences of a coach who has coached U9-U19 age groups, and comprehensive coverage of coaching soccer.

Elite Soccer Drills - Michael J. Matkovich 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.

Contents
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

Coordination, Agility, and Speed Training for Soccer - Peter Schreiner 2000-07

This book provides drills accompanied by useful tips and understandable instructions with easy to follow diagrams. Sections include: Practical Warm Ups, Drills with the Ball, Drills with Rods and Cones, Running Technique, Plyometric

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Exercises and more.

45 Professional Soccer Possession Drills - Marcus DiBernardo 2014-02-18

This book contains the best possession drills I have used in my 20+ years of coaching. The training sessions come from Barcelona FC, Everton FC, Arsenal FC, Wigan Athletic, Liverpool FC, Stoke City, Valencia FC, Sporting Lisbon FC, Inter Milan, Ajax FC and many more famous clubs. Coaching possession is about teaching decision-making, guiding players to become problem solvers, helping players understand the importance of positioning and placing players in training sessions that challenge them. One of the most important aspects of possession training is the number of meaningful touches a player gets. A competitive possession drill should demand player's play on the edge of their ability to be successful while receiving many touches. The tempo of the drills should be high, forcing quickness of thought and speed of play. In the

modern game players must be able to play under pressure without losing the ball. Players and teams that can hold the ball under pressure know how to save seconds on the ball. Playing possession soccer is all about positioning and coordinated movement. Without proper positioning keeping the ball would be impossible. Positioning and coordinated movement allows players to create overloads all over the field. Creating a numerical advantage is critical to unbalancing the opponent, keeping the ball and scoring goals. Focus on the details when training your team. Make sure you are providing an environment for maximum learning and growth. There will always be debates about possession soccer and whether controlling possession means winning more games. I personally believe players and teams that possess the ball well have more tools and options to break their opponents down. Possession training makes players well-rounded, skillful, composed, gives them the

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ability to find soccer solutions on the field and increases passing accuracy. Teams with higher passing accuracy win more games. Teams with overwhelming possession (over 65%) win more games as well.

"45 Professional Soccer Possession Drills" will be a valuable tool for developing your players' possession ability.

Train Like Ajax. Play Like

Ajax - Marcus DiBernardo

2015-05-25

This book is not designed to break down Ajax's formations and tactics. It is not an in depth tactical analysis of each players roles and responsibilities in the Ajax system of play either. The focus of this book is to provide you with training ground exercises direct from Ajax FC. The exercises focus on the major principles and concepts that Ajax embrace in their style of play. Each exercise directly relates to the "Ajax Training Model" that fits with "Ajax's Game Model". The exercises in the book cover the four phases of the game: attacking transition, attacking organization, defensive

transition and defensive organization. As a club Ajax is known for their technical proficiency, quality of possession, fluent attacking style of play and the interchanging player positions.

Ajax can play this style of soccer because of the total development of the players they produce. As a testament to the Ajax training method; the club has consistently produced world-class players over the decades along with winning of top championship trophies! The sessions in the book include counter-attacking, possession, crossing and finishing, passing patterns, defensive organization and the using rules and conditions to bring about desired outcomes (problem solving). The exercises will have your team training like Ajax and through time playing like Ajax (training model = game model). I would strongly recommend that you also read my book "Tactical Periodization: Made Simple" in order to get a greater understanding of how to organize and create a training

system like the ones the top clubs in the world use. I hope you find the exercises rewarding!

Complete Conditioning for Soccer - Greg Gatz 2009

Presents a comprehensive training approach that builds players' physical abilities as well as the soccer-specific skills required for dribbling, tackling.

Steven Pienaar - The World is

Watching - Lesley Beake

2012-10-03

Mabhuti lives in the Cape and loves watching Bafana Bafana, especially his favourite player, Steven Pienaar. He dreams of one day also playing for the national team so he starts a training diary to help him reach his goal. Along the way he learns more about the life of his hero and all the hard work that goes into being a professional soccer player.