

640+ Soccer Drills For Kids U6-U12: Soccer Football Practice Drills For Youth Coaching & Skills Training (Youth Soccer Coaching Drills Guide) (Volume 5)

Christoph Friedrich

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This book gives coaches with all backgrounds a solid foundation for specialized training at every age and skill level. It contains basic soccer training information designed for a specific level of skill. Coaches of U6-U12 players and teams will find all the information they need for their day-to-day coaching. With practice games and exercises that are up-to-date, motivational and age appropriate for a range of skill levels, this book shows how you can make your players physically stronger, tactically more flexible and technically sound. Here is what you get: 640+ Soccer Drills And Practices 500+ Variations Descriptions Diagrams **Coaching Points**



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