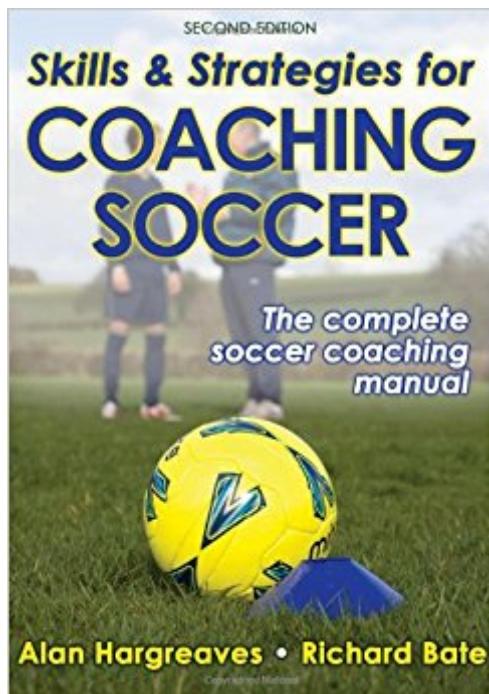


The book was found

# Skills & Strategies For Coaching Soccer - 2nd Edition



## Synopsis

The key to successful coaching is preparing your players to make intelligent decisions on the field. For years, the best-selling Skills & Strategies for Coaching Soccer has helped coaches of every level do just that. Now, soccer's premier coaching resource has been updated and expanded to provide you with more insights into developing individual talent, team tactics, and winning play. Skills & Strategies for Coaching Soccer provides you with over 125 for teaching skills and techniques. You'll also learn how to develop these skills in realistic game situations with beginning, intermediate, advanced, and all-star players. Essential skills are presented, including collecting and controlling, passing, dribbling, kicking, heading, and goalkeeping. You'll then apply those individual skills with attacking and defensive tactics, team formations, and set pieces. With Skills & Strategies for Coaching Soccer, you'll learn the what, how, and why of soccer through these essentials: -Over 125 drills for beginning, intermediate, advanced, and all-star players-Progressing basic drills into realistic, competitive situations -Tactics in attack and defense-Tactics in set plays-Team management-Mental and physical preparation for games-Handling problem players and parents -Fitness and conditioning-Preparing and developing coaching sessions-Establishing a coaching philosophySkills & Strategies for Coaching Soccer is an invaluable guide for coaching any team in any setting. The best team doesn't always winâ "but it usually does.

## Book Information

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## Customer Reviews

"Skills & Strategies for Coaching Soccer offers insight for coaches at any level. From basic drills to advanced practices, it details techniques and philosophies that will help you develop players both

on and off the field."Hope PowellHead Coach, England Women's National Football Team

Alan Hargreaves MA, Med, DLC, played for Lancashire, Loughborough Colleges, and English Universities. A fully qualified Football Association coach, he directed national residential coaching courses for players up to 18 years of age and codirected the Soccer Academy for Young Players in California. He was head coach for the British Colleges soccer team and coached professional soccer for five years—two years with Stoke City and three years with Crewe Alexandra. He has conducted numerous coaches' and players' courses in England and California and was a consultant in fitness training for soccer and hockey players. Alan directed the fitness training program for the 1980 and 1984 British men's Olympic field hockey team. He has also worked extensively in universities, soccer coaching clinics, and residential camps, many for the American Youth Soccer Organization. Now retired, Alan enjoys playing tennis and golf and traveling with his wife, Janet. Richard Bate, BEd (PhysEd), played for Sheffield Wednesday, York City, and Boston United football clubs and represented the British Colleges while a student. He is a UEFA professional license holder, an FA staff coach, an AFC staff coach, a UEFA license coach, and an England Youth team coach. Richard has coached at Leeds United FC, Notts County FC, Lincoln City FC, and Hereford United FC and has been technical director at Watford FC. He was also technical director for the Malaysian Football Association and the Canadian Soccer Association. He has directed and conducted several UEFA professional license courses and over 25 UEFA • license courses. Together with S Subramaniam, he has devised and instigated the Coach Education Programme throughout Asia on behalf of the Asian Football Confederation. Currently he is director of Elite Coaching courses for the Football Association. Richard lives in Ross on Wye with his wife, Maggie, and enjoys traveling, reading, and walking in his leisure time.

Great book that really shows me how little the head coach knows about coaching soccer. I bought two copies, one for him and one for me as the assistant coach. There are some great drills for all levels of player and some training plans for running practices. Using those, I try to set up practices to help work on the girl's deficiencies, but as the head coach, he just does whatever random thing he feels like that particular day. I'm not sure he's even read it. That being said, this book can be a very useful tool, if you read and apply the lessons inside.

I'm your typical parent/volunteer coach with absolutely zero background in the sport. While I really enjoyed the game and enjoyed coaching, I certainly struggled at first and found it very difficult to

gather information from a variety of sources. But, I stuck with it and improved as a coach and moved on to coach my younger kids, too. Then, last year, having moved up to coaching at a slightly more competitive level, I discovered this book. I've been through it several times and it is the foundation for most of my practices. I can't recommend this book enough to a beginning or slightly experienced parent/coach. The organization of the book is first-rate. Each skill is explained in detail, with plenty of photos and diagrams to get the point across, then the authors present several drills (with progressions for better players) to reinforce the teaching of a given skill. There's information on the basic skills of the game (dribbling, shooting, receiving, etc...), as well as tactics and coaching techniques. I'm currently coaching my daughter's U8 team and son's U10 team. There's definitely a gap in skillset between the two ages, yet this book has plenty of drills for both.

**Pros:** The drills are arranged in order of most basic to most advanced. This keeps the drills relevant to the skill level that you are coaching. There are plenty of drills to choose from so you won't be lacking in practice prep. The language used is easy to understand so don't worry about excessive use of jargon. **Cons:** I wish the diagrams were clearer/easier to follow. The photos do a fair job of illustrating the techniques and are helpful, but the diagrams do not help bring life to the drills.

As described

Solid Soccer Manual for Beginning to Intermediate Coaches. Good diagrams. Good explanations. The coaches progressions are reasonable so that you can see how to "regress" (dumb down) or "progress" (ramp up) each of the drills. **Re-Read-ability:** Has good re-readability and is useful as a reference during season and (more importantly) next season. There are some very popular Soccer coaching books that I have read once and then shelved. Skills & Strategies is a book that you can page through time and again, lift drills straight from the book or spark new ideas for training sessions -- the more one coaches the more one "sees" the idea behind a drill or the concept being taught and then creates a new one tailored to your own teams needs. Skills & Strategies has good breadth (technique/tactics/coaching philosophy/team concepts/team management) but not just latest fads. **ie.** Set Pieces -- doesn't try to give you the "definitive set-up" for each player but rather tries to diagram the main lanes of attack. **Problems:** As with any book w/ the word "Complete" in its title, it is not actually complete -- it's more of a, "What every beginning/intermediate soccer coach should know...." But as a large part of soccer coaching is the ability to see and teach re-occurring patterns, this book is worth the money.

Excellent. Covers the little things that you might forget about.

I found this book easy to read and easy to follow practice exercises. It is well structure and the exercise progression is well designed. Great help for both, experience and new coaches.

Book was ok, nothing spectacular in my opinion.

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