



Soccer Drills: A Guide for all Levels of Ability

David Smith

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Soccer Drills provides a wide variety of training drills for all levels of youth and adult soccer teams. Each drill is broken down into step-by-step diagrams, with possible variations on each drill given, making the book a valuable resource for coaches. The book is structured by drills according to age and skill level, providing progressive training for teams. A comprehensive resource, this collection of 190 soccer drills, practices and games is one of the most extensive ever produced, covering all age groups and skills required. Each drill has been rehearsed and refined over a period of many years and they are proven to work in developing skills and teamwork with players of all levels of ability. Superbly illustrated with 582 step-by-step drill diagrams.

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