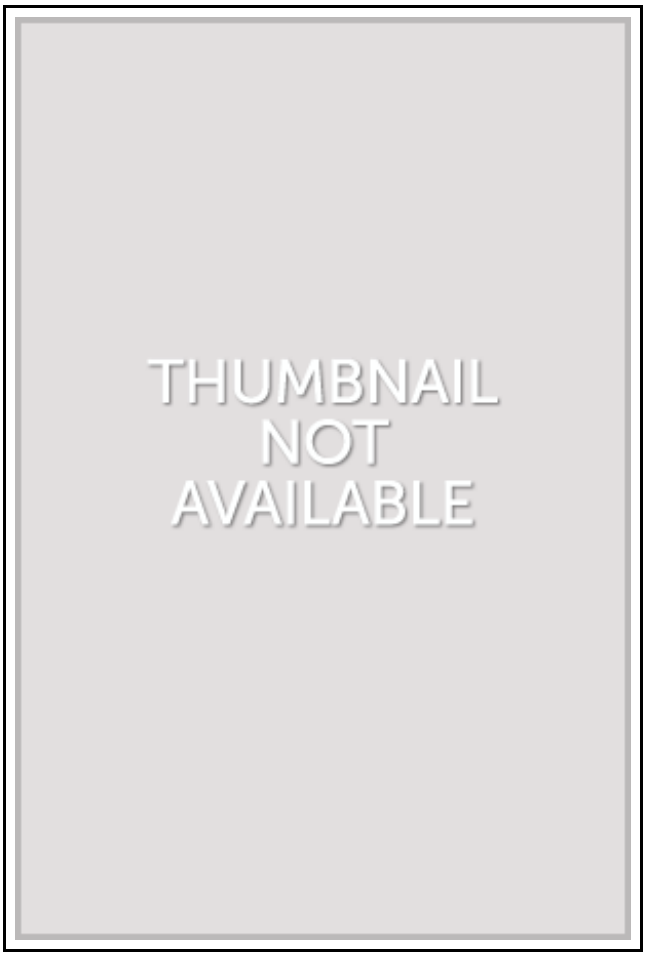
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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 1st edition. 236 x 140 mm. Language: English . Brand New Book. Soccer player are more than the sum of their parts: endurance, speed, shooting technique, passing technique, skills, and intelligence on the pitch. The soccer coach has to take all of these factors into one system that will create good players. The concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches: Pep Guardiola, Jos Mourinho, Diego Simeone, Andr Villas-Boas, and many others train according to these principles. By creating match-like situations in practice, players learn to link their technical, tactical, and athletic abilities to match intelligence. They will learn to transfer their skills to soccer matches and they can improve endurance, technique, and tactics all at the same time while enjoying the practice sessions more. The author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands. All exercises are performed with a ball so that players learn to apply each skill to the game. Anyone coaching soccer players will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players and the teams performance. With Tactical Periodization, your team will become better and be successful on the next match day!.

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