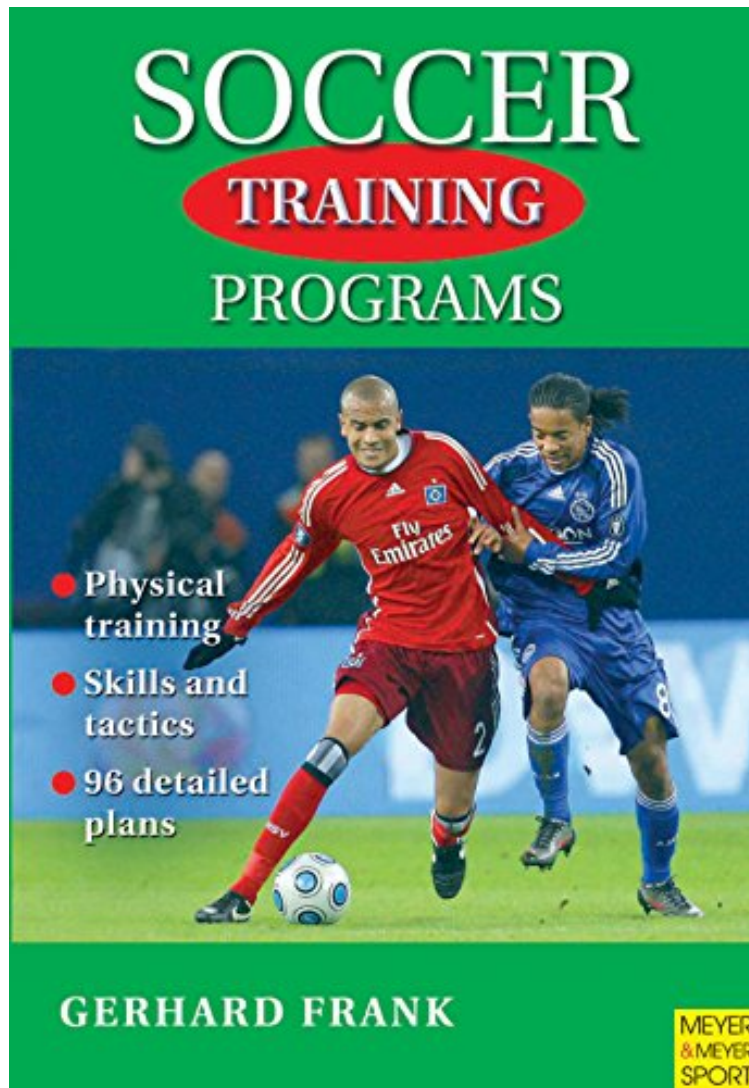


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Soccer Training Programs (English Edition)

Von Gerhard Frank

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Von Gerhard Frank : Soccer Training Programs (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Soccer Training Programs (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Soccer Training ProgrammsVon Fritz RittmannDas Produkt ist fr 2 Sportlehrer aus dem Senegal bei einen Lehrgangan der Sportschule in Leipzig von grossem Nutzen.

Kurzbeschreibung Success on the soccer field demands a high degree of fitness, technical skills and tactical ability from players. The challenge for coaches is to devise training programs which meet these requirements while remaining safe, interesting and fun. This is particularly true in amateur soccer where facilities and equipment are often less than ideal and there are special motivational considerations. Soccer Training Programs contains a collection of 96 detailed plans designed to be used by amateur coaches. Each program is based on knowledge and techniques developed in professional soccer and other sports which have been adapted to the specific conditions and needs of the amateur game. In clear and concise chapters Soccer Training Programs also provides an overview of the key aspects of a coach's work, including physical training, skill development, tactics and psychological preparation. Other features of the book include a valuable discussion of periodisation for soccer, a special section on supplementary indoor training activities and an appendix of stretching exercises.

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ber den Autor und weitere Mitwirkende For more than 20 years Gerhard Frank has been coaching successful soccer teams in Germany, teams which have won numerous amateur championships and cups. In addition to his work as a PE teacher he works in the education of soccer coaches and has published numerous articles and books on coaching soccer.