



Spanish Football Training Manual China Luxrep

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Spanish Football Training Manual China Luxrep:

Advanced Spanish Academy Coaching - 120 Technical, Tactical and Conditioning Practices from Top Spanish Coaches David Aznar, Fernando Gaspar, Manu Dorado, 2014-07-16 The Advanced Spanish Academy Coaching book provides an extensive range of practices from professional coaches from Villarreal CF Real Madrid a Spanish Football Federation Youth Development Coach and the China National Team Fitness Coach This book contains 120 practices as used in the academies of La Liga There are technical tactical and conditioning practices ideal for coaches at youth level to develop their team to world leading Spanish academy standards David Aznar Spanish Football Federation Youth Development Coach and former Atletico Madrid Real Madrid Academy Coach details his methods for long term planning the importance of decision making and how to teach learn through drills His practices work on improving vision spatial awareness possession play and finishing Rafa Juanes Villarreal CF Technical Academy Coordinator and former Atletico Madrid Coach outlines a special program designed for technical improvement in tactical positioning working with centre backs wide players centre midfielders and forwards Manu Dorado Real Madrid Academy Coach details the concepts for training and learning to deal with specific situations The practices focus on creating intelligent players in game related drills and progressing your sessions through guided discovery Fernando Gaspar China National Team Fitness Coach and former Real Madrid Benfica Coach focuses on the physical preparation for ages 14 18 focusing on combining strength speed agility stamina and flexibility with cognitive and coordinated football specific training Spanish Football Federation Coaching Program U9-12 Eduardo Valcarcel, 2018-02-22 This official RFEF book is written by Eduardo Valcarcel the Director of the Spanish Football Federation Coaching School He has used his experience to provide a full program of 96 technical and tactical practices which are ideal for coaches at youth level who want to develop their players and teams to world leading Spanish standards Spanish Football: Much more than "Tiki Taka" Nacho Ferrer, 2018-06-09 The Spaniards approach to the beautiful game is not just a matter of radical short passing combinations or very skilled players or organized teams during the defensive phase It is all that and much more For many years in Spain we have been strongly influenced by at least a dozen different football cultures and we have been lucky to learn from all of them resulting in the creation of our own way of understanding the game It would be better to say our own several ways of understanding the game because Spanish football includes Rafa Benitez Julen Lopetegui Pep Guardiola Marcelino Garcia Toral Ernesto Valverde Roberto Martinez Unai Emery Luis Enrique at the same time and many others whose coaching personality may be night and day but who always keep three guidelines in common passion for coaching deep understanding of the game and excellence in professional performance This book firstly analyses what we could call a hybrid tactical approach one of those many ways of understanding the game and later lays out another combined idea this time looking at the grassroots level and the management of football academies as a summary of the best practices of the Spanish elite clubs above all in training methodologies

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