

FIRST TOUCH DRILLS



Soccer U13 First Day Drills

Christoph Friedrich

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Soccer U13 First Day Drills:

800+ Soccer Training Drills for U13-U20 Christoph Friedrich,2015-10-23 This book gives youth coaches a solid foundation for specialized training at every age and skill level It contains basic soccer coaching information designed for a specific level of skill Coaches of U13 U20 players and teams will find all the information they need for their day to day coaching With practice games and exercises that are up to date motivational and age appropriate for a range of skill levels this book shows how you can make your players physically stronger tactically more flexible and technically sound Here is what you get 820 Soccer Training Drills 700 Variations Descriptions Diagrams Coaching Points **The assistant soccer coach** Denis Silva Puig,2020-06-13 The assistant soccer coach has existed for decades and is a standard figure within the coaching staff with specific roles functions and responsibilities However I find it strange that nobody has yet described this profession formally I used to only be a head coach until one day I was proposed to be the assistant coach of U18 team of FC Barcelona That is when I started thinking about writing this book moved by my desire to continue learning If I wanted to train in my new role I could only do it by asking others and observing training sessions But I was missing one of the pillars that has forever supported my training studying and reading With this book I hope to cover that lack of information The book is divided into two parts the first is based on describing the assistant coach in professional soccer and I have not found a more practical way to do it than through interviews with assistant coaches Each interviewee has contributed his experiences from working with the most recognized soccer coaches I am talking about people who have worked with Vicente del Bosque Ernesto Valverde Luis Enrique Pep Guardiola Mauricio Pochettino Sergio Gonzalez Quique Sanchez Flores and Paulo Sousa The second part of the book is related to Youth soccer which I have experienced in clubs like Atletico de Madrid and FC Barcelona I propose the role of the assistant coach working in Youth soccer to be more formative and educational than what is currently given and I want to direct their effort towards two dimensions the team's sporting performance which the vast majority do and the individualized analysis of the young player which very few do This second dimension is described in the last chapter to demonstrate a new vision of assistant coaches in Youth soccer who in my view have to dedicate their time to improving the players as an athlete and as a person in a more personalized and integral way *The youth elite football players* Thomas Rostgaard Andersen,Morten B. Randers,James Malone,2024-04-01

640+ Soccer Drills for Kids U6-u12 Christoph Friedrich,2015-10-23 This book gives coaches with all backgrounds a solid foundation for specialized training at every age and skill level It contains basic soccer training information designed for a specific level of skill Coaches of U6 U12 players and teams will find all the information they need for their day to day coaching With practice games and exercises that are up to date motivational and age appropriate for a range of skill levels this book shows how you can make your players physically stronger tactically more flexible and technically sound Here is what you get 640 Soccer Drills And Practices 500 Variations Descriptions Diagrams Coaching Points *Basic Soccer Drills for Kids* Chest Dugger,2022-11-01

Are you looking to take your kids soccer game under 15 years to the next level Note The author has coached teams to finals of national competitions his teams have played at St George s Park the home of English soccer twice He was invited to be a part of the expert panel when the Government re wrote the curriculum for sport in school in 2010 He has coached across wide ages but his main experience is ages 8 13 and within that 9 11 All of the drills are ones he has used his teams were not selective just normal school sides All these drills can be adapted by a good coach for any age Soccer is the most popular team sport in the world It is perfect for kids to play It is safe simple and the skills required can be easily acquired Becoming an expert player requires high levels of dedication natural athleticism and innate skills Any girl or boy can take to the sport and find enjoyment at their own level It is for this reason that the game is escalating to such a rapid extent in the US And it is why the need for coaches and players is growing continuously and rapidly After all who would not turn down the chance for their kids to keep physically fit to allow their natural competitiveness to be channelled in an organized way to be kept busy in a manner that is both productive and worthwhile In addition to this soccer develops dexterity problem solving collaboration friendship respect self discipline team spirit and sportsmanship All of which are life skills that are best acquired young But there is so much to learn for youngsters who wish to become soccer players at a good club level Shooting defending pressing passing controlling the ball the laws of the game even professionals struggle at times with the offside law as do it sometimes seems the referees themselves And more important than all of these children must learn about the spirit of soccer Fair play and the sportsmanship mentioned above This is especially so for today s youngsters facing all the pressures of growing up in a challenging world driven by the twin pressures of consumerism and social media Here s What s Included In This Book The 7 different kinds of skills that kids need to learn in soccer How Ball Control Skills escalate the level of your kids soccer game 6 Passing Drills that will improve team cohesion quickly Offensive Tips Tricks and Drills that will make your team win 6 Drills that will make your kids get to defend in numbers and strength How to get kids to learn from the pros on TV 6 Drills that will make your kids get to defend in numbers and strength 5 Dribbling Tips and Drills that will make your kid stand out How the Mental Side of Soccer will improve your kids social and life skills What Parents must do during soccer practice and games Scroll up and Download Now *360+ Soccer Attacking & Defending Drills* Christoph Friedrich, 2015-10-23

ATTACKING In order for a team to play up to its full potential any good coach must teach how to attack and show what a team can do to maximize its chances of scoring The main objective of an attacking strategy is to produce space and time in which to create scoring opportunities by using individual ability quick confident combination play and a constant movement of players Hence coaches should attempt to create training conditions that induce players to develop their individual soccer skill while manipulating time and space

DEFENDING Good defending is the cornerstone of every team that wins the majority of its games It is the coach s role to build a certain kind of pride in his players to enjoy shutting out the other team Therefore all players on the team should learn how to defend well including midfielders and forwards and not just defenders exclusively

Players that defend well with a disciplined protection first mentality can contribute a lot to a team and may even realize that they are playing more effectively than in the past because you dedicated time and effort to become great at this soccer skill. The competitive U8 U9 U10 U11 U12 U13 U14 U15 U16 U17 soccer drills and progressive soccer games in this book will help you coach your players the attacking and defending principles and improve the soccer skill needed in those situations as a team and individual. Here is what you get: 360 Soccer Drills And Practices, 500 Variations, Descriptions, Diagrams, Coaching Points. **750+ Soccer Drills: Warm Up and Skill Building** Christoph Friedrich, 2015-10-23. This book contains simple step by step instructions, graphics, and concise coaching points. This library of drills provides you and your team with solid skill building fundamentals as well as the advanced techniques you need to get your players in top form. Teach them to dribble, receive, pass, finish, head, attack, and defend the goal. Make use of over 750 progressively designed games and drills to coach those techniques in competitive situations. The brief teaching points and effective practice activities will reinforce the execution of the fundamentals and expand your players repertoire of techniques and tactics. Here is what you get: 750 Soccer Warm Ups, Skills, Drills, 600 Variations, Descriptions, Diagrams, Coaching Points. **Youth Soccer Drills** Jim Garland, 2014-05-01. Youth Soccer Drills is your indispensable tool for coaching beginning to intermediate soccer players ages 5 to 12. Rely on 100 drills and games to make practices more fun and productive. Through these practice activities even novice coaches will soon have young players mastering the essentials of spacing, dribbling, passing, shooting, and heading. Use the comprehensive drill finder to quickly find the perfect drill by skills you want to develop. Sample practice plans for 5 to 6 year olds, 7 to 8 year olds, 9 to 10 year olds, and 11 to 12 year olds are ready to take straight to the soccer field. Progressions of 4v4, 5v5, 8v8, and 11v11 help young players execute skills and tactics at the appropriate stage. Youth Soccer Drills will make practice more productive and put the fun back into fundamentals. **Soccer Drills** David Smith, 2014-09-30. 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. **The Baffled Parent's Guide to Great Soccer Drills** Ronald W. Quinn, Thomas Fleck, 2002. A PAPERBACK ORIGINAL. A games based alternative to tedious rote exercises, guaranteed to keep practices fun, engaging, and productive. Great Soccer Drills provides soccer coaches with a great way to make every soccer practice active, fun, and productive. Coaches get 125 games guaranteed to keep kids moving and excited while teaching them basic skills, sharpening their reflexes, and building their confidence and decision making ability. Written by two of North America's foremost names in youth soccer coaching, it

also includes guidelines on how to create just the right blend of drills to hold the attention of six to twelve year old players Great Soccer Drills can be used in conjunction with the bestselling Coaching Youth Soccer A Baffled Parent's Guide or as an excellent stand alone resource for spicing up any practice Dutch Soccer Drills Henny Kormelink,2000 This third volume in the best selling Dutch Soccer School Drills series focuses on individual skill development conditioning and match situation training These drills will improve your players in every facet of their games and make your practice sessions both stimulating and effective Each drill features a clear diagram and description an objective coaching points and possible variations

Soccer Skills & Drills National Soccer Coaches Association of America (NSCAA),2006-06-20 Master all the fundamentals that matter on the pitch with Soccer Skills Drills This comprehensive instructional guide for players and coaches alike teaches the techniques necessary for success as well as games and drills to hone your skills to perfection Learn to dribble receive pass shoot head tackle and guard the goal with guidance from the National Soccer Coaches Association of America the top coaches organization in the United States Then use the 80 progressively arranged games and drills to practice those skills in competitive situations and small sided games The insightful teaching points and effective practice activities will reinforce your execution of the fundamentals and expand your repertoire of techniques and tactics Dozens of photographs and diagrams are provided to help you visualize the technical instruction while the application of each skill is described from both tactical and positional perspectives More than a drill book Soccer Skills Drills is the information packed resource that will elevate any player's game **101 Great Youth Soccer Drills** Robert Koger,2005-05-03 101 Great Youth Soccer Drills is an exhaustive collection of the very best drills available providing a solid foundation for you to build your players skills Filled with simple step by step instructions and diagrams plus a sample practice program this encyclopedia of drills provides you with solid skill building fundamentals as well as the advanced techniques you need to get your players in top form **Survival Guide for Coaching Youth Soccer** Lindsey Blom,Tim Blom,2009-05-13 You volunteered to coach the soccer team but are you really ready How will you teach the fundamental skills run effective practices and harness the energy of your young team Fear not Survival Guide for Coaching Youth Soccer has the answers In Survival Guide for Coaching Youth Soccer longtime coaches Lindsey and Tim Blom share their experience and provide advice you can rely on from first practice to final game Develop your players dribbling passing shooting and goalkeeping skills with the Survival Guide's collection of the game's best youth drills From basic plays to game day coaching tips it's all here the drills the plays the fun Survival Guide for Coaching Youth Soccer has everything you need for a rewarding and productive season So sit back relax and enjoy the experience It will be one that you won't forget Contents Chapter 1 Help Where Do I Start Chapter 2 Organizing Your Team Practices Chapter 3 Teaching Dribbling Skills With 10 Simple Drills Chapter 4 Teaching Passing and Receiving Skills With 10 Simple Drills Chapter 5 Teaching Shooting Skills With 10 Simple Drills Chapter 6 Teaching Defensive Skills With 10 Simple Drills Chapter 7 Teaching Goalkeeping Skills With 10 Simple Drills Chapter 8 Teaching

Restart and Heading Skills With 10 Simple Drills Chapter 9 Formations and Team Play Basics Chapter 10 Game Time What's My Role Again Chapter 11 Off the Field Issues *Soccer Drills for Individual and Team Play* James P. McGettigan, 1989 Promoting lasting good habits and reactions in players the 264 drills included create game like situations in practice resulting in direct interaction among small groups of players in the area of the ball Illustrated **Youth Soccer Drills, 3E** Jim Garland, 2014 **Soccer Homework** Charlie Inverso, 2003-09 Finally a book for players who want to go the extra mile to improve their game Charlie Inverso has put together several outstanding drills that you can do on your own or with one or two friends outside of the team training environment Skill is at a premium in today's game but because of the dominance and time demands of formal team training and the multitude of activities available outside of soccer youth players often miss out on the advantages of playing soccer on their own The importance of ball mastery in soccer is undeniable and the best way to achieve it is through playing as much as possible This book offers effective and fun skill drills you can use to get your game to the next level Also included is a section on Fitness Training with detailed preseason programs for running weight training and plyometrics Rondo Soccer Drills Chest Dugger, 2021-06-12 Have you wondered how Pep Guardiola's teams have dominated European leagues for the last two decades Not only is the answer simple it's something that you can use to take your game and your team's game leagues above your opposition The key to Pep's success at Barcelona and Manchester City is the Rondo Rondos have transformed modern football Not only have Rondos helped Pep dominate European football they've helped turn the Spanish national team into the best in the world The system behind Rondos was the beating heart of the brilliant Barcelona teams which dominated Europe for a decade from 2005 They made soccer even more exciting to watch improving players technical ability and creating a proper total football in the European sense game Their approach was reminiscent of the fantastic Ajax team of the 1970s and the great Dutch teams of that era They led to the excitement of the high press and the thrilling soccer which follows when the press is defeated They proved the benefit of technique over physical prowess So what is this miracle of the training pitch which has so transformed the game of soccer The beauty of the rondo is its simplicity It is a drill where the objective is to retain possession As rondo drills become more complex this aim might develop It might be about keeping possession in transition or maintaining possession to create a goal scoring opportunity However at its heart is the objective of one side keeping hold of the ball A second key element of a rondo is that the sides are uneven One team has extra players It can take a form as exaggerated as 10 v 1 or as close as 5 v 4 However the point is that some pressure is applied but not so much as to make the drill difficult to perfect Thus confidence grows and in turn touch and vision A rondo is usually a drill that takes place in a limited space typically a circle square or rectangular grid Thus first and second touches are perfected because there is not much time to take many touches Finally and crucially rondos are drills that are fast and fun They involve lots of touches for the players in possession and a real sense of achievement on the rare occasions that the smaller side actually wins back the ball So simple Yet so effective This coaching

book celebrates the rondo and offers drills tactics and coaching techniques to help soccer players at any level from the unbounded enthusiasm of Under 6s to the worldly view of veteran teams From the pub side who turn out on a Sunday morning cooked breakfast weighing heavily on their hangover infused stomachs to the champion youth team of the region We can all improve as coaches and players The rondo is the system that enables progress to happen more quickly and efficiently than any other soccer coaching strategy Even if you haven't heard of Rondos before you'll gain a lot from this book Order Now [Advanced Soccer Drills](#) Colin E. Schmidt, 1997 Written by the Director of Coaching at Table Mountain Soccer Association this book offers a set of sixty nine drills which soccer coaches can use to try and improve their players techniques and knowledge of tactics

Soccer Drills Chest Dugger, 2017-12-22 Are you ready to take your soccer game to the next level Or just looking for ways to improve your team This book can help solve your problems Whether known as football or as in the US soccer the beautiful game is the most popular sport in the world The best players earn millions of dollars per year and the greatest clubs are icons in their regions Children love putting down a couple of jerseys and having a kick around It is globally the team sport that has the greatest public participation and at the highest level such as the World Cup top leagues and cup finals matches are watched live by tens of thousands of cheering fans Support is only limited by stadium size with tens or even hundreds of millions following their team on TV It is therefore no surprise that so many people love to play the game and want to become better at it Youngsters dream of becoming the next Pele Messi Maradona or Ronaldo This book offers coaches and players an insight into how to become a better soccer player There are chapters on the role of the individual in this team game and the role of the team in a sport lit up by the brilliance of individuals There are drills listed to help the player and his side Indeed it is drills that lead to players becoming experts as good as they can be Drills take the individual components of soccer and allow practice in a pressure free or pressure controlled environment What you very much do not want is to be learning new concepts under the pressure of the examination hall That is the place to show what you can do not try out risky ideas In many ways sport is the same For soccer the examination is the match learning the skills is like gaining your understanding of Shakespeare applying those skills is automatic in the chaos of the game Those exercises you worked on in training ensure that you are fit enough to survive the game at your best And just like a piece of great literature so a great soccer performance is made up of separate elements which combine to produce the art form that is the beautiful game Just as you could examine character plot language and metaphor when studying Macbeth a great performance in soccer is made up of control passing shooting defending and teamwork Those elements can be broken down practiced and perfected during drills The drill allows for experimentation failure and error does not matter Indeed we learn through our mistakes There is less pressure during a drill so time can be spent getting the individual skills and movements right A good coach can help a player focus on areas of weakness Pressure can be introduced slowly and in a controlled way ratcheted up to recreate conditions more like those in the match situation During practice sessions often younger and

probably older players long for the game Can we play a match now is the sort of request coaches of younger players will recognize readily And that is fine a little match perhaps one that reinforces the skills on which the session focuses on makes a fun and useful end to a coaching session But drills are crucial in helping players to become the best they can be These skill sessions can be focused on the individual working on technique perhaps in groups of two to four they can also be larger group drills or whole team activities which help mutual understanding and coordination Here s a Preview of What You ll Learn from This Book Soccer for the Individual Soccer for the team Keeping Possession Short Passing Drills Shooting Drills Long Passes Drills Dribbling Drills Fitness Drills Communication Drills Team Passing Drills Team Interception Drills Possession Drills Scroll up and download now

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