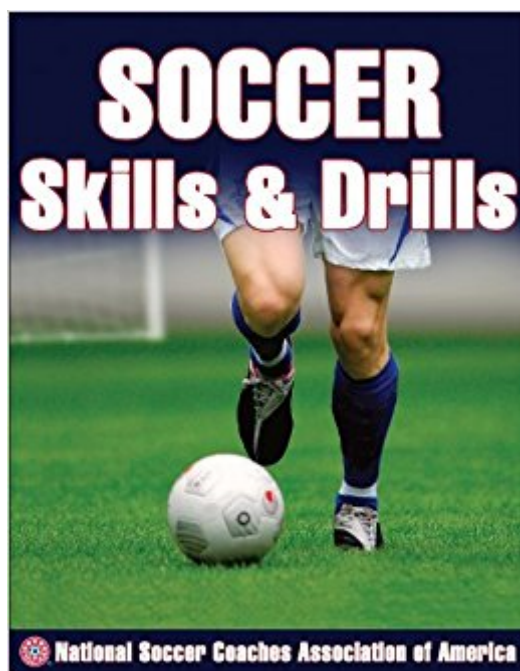


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# Soccer Skills & Drills



## Synopsis

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!

## Book Information

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## Customer Reviews

**ABOUT THE NSCAA** Founded in 1941, the National Soccer Coaches Association of America is the largest coaches' organization in the United States. Its members coach both genders at all levels of the sport. In addition to a national ranking program for colleges and high schools, the NSCAA offers an extensive recognition program that presents more than 10,000 individual awards every year. It fulfills its mission of coaching education through a nationwide program of clinics and weeklong courses, teaching more than 3,000 soccer coaches each year. The organization is based in Mission, Kansas.

**ABOUT THE CONTRIBUTORS** Bill Steffen is an NSCAA national staff coach

and is recognized as one of the top goalkeeper instructors in the United States. His coaching services are requested at camps and clinics throughout the country, as he has successfully trained players at all levels of the game – from Special Olympics players to professional and national team players. Steffen has been head coach of the University of Oregon women's team, assistant coach of the Furman University men's team, and goalkeeper coach of the University of North Carolina women's team. James W. Lennox is currently the director of coaching for the Connecticut Junior Soccer Association. Along with 35 years of experience as a college soccer coach, Lennox has also headed up international teams, including the United States men's national B team and the World University Games team from 1986 to 1994. Lennox served as the U.S. soccer coordinator of coaching schools and was named NSCAA director emeritus of coaching, having written the original five-level curriculum for the NSCAA coaching school. Lennox led Hartwick College to the NCAA Division I National Championship in 1977 and was named Junior College National Coach of the Year in 1976 and Division I National Coach of the Year in 1984. In 2000, he became the first recipient of the Mike Berticelli Excellence in Teaching Award. Lennox and his wife, Janice, reside in Oneonta, New York. Janet Rayfield has been the women's head soccer coach at the University of Illinois since 2002, during which time she has led the program to a 53-28-8 record, reached the Elite Eight in 2004, and won the Big Ten title in 2003. A United States Soccer Federation A-licensed coach, Rayfield returned to Illinois after serving two years as a United States national staff coach for Region II. She served as the 2003-2004 president of the NSCAA and is currently the U.S. Youth Soccer Region II Girls Olympic Development Program (ODP) head coach. Rayfield was one of the best collegiate players ever, leading North Carolina to four national titles while setting numerous Tarheel records and winning several honors, including Nike Player of the Year and All-America honors. She also was named one of the top 10 soccer players in America, male or female, by Soccer America in 1991. Rayfield resides in Champaign, Illinois.

Has a very useful set of drills to add to any level of playing. I have begun to incorporate several of the drills from this book into everyday session with my collegiate team. They seem to love them and have been gaining a lot of useful skills from the drills.

Very helpful for this first time soccer coach. I'm coaching U12 boys and without any head coaching experience, this book has been my go to for drills, strategies, and techniques. Some of the more complicated drills are bit tough to understand with the available drawings etc, but if you are more experienced they might make sense.

This book is perfect for beginning and intermediate coaches who desire to implement top level training for their team. The book divides topically into the expected chapters: finishing, receiving, passing, etc. There is a progression in the presentation of training exercises. Well worth the money.

This is a wonderful book of soccer drills and I use it all of the time to come up with new ideas for my youth soccer team.

Good book for various drills, or to pick up new ones. Coverage is good for all of the basic and age level appropriate skills & drills. I think most people would gain something from this book. I've been around soccer for 42 yrs, and gained items out of the book, and it's an easy read. It would help anyone doing any coaching of youth in soccer.

Used for coaching. Like the content of book.

Would have really liked more drills but provided some decent insight that I have incorporated. This is probably best for a new coach but still recommend to have in the library of coaching books.

Great all around. Enjoyed the variation of drills. Liked the psychological part at the end. Great for new and experienced coaches.

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