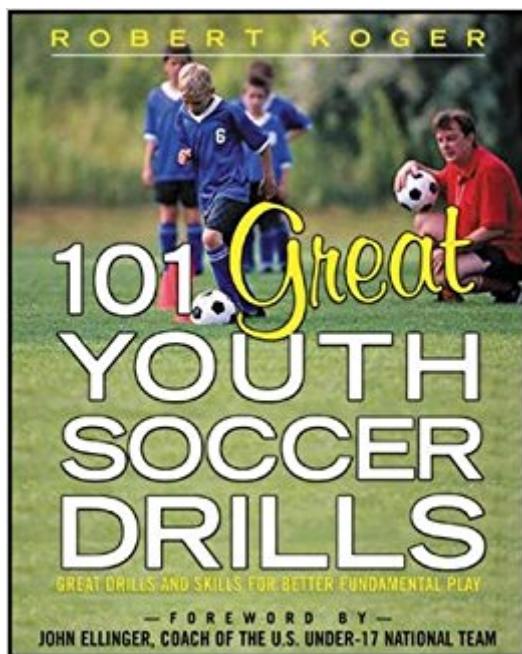


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# 101 Great Youth Soccer Drills: Skills And Drills For Better Fundamental Play (NTC Sports/Fitness)



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

Bring out the very best in your young players with these effective and fun soccer drills. Drills are essential. The groundwork of every great play, they hone existing skills and get to the heart of any problem. Challenging and exciting, with the right attitude drills can also be a lot of fun. Written by an expert youth-soccer coach with more than twenty-five years of experience on the field, this exhaustive collection provides all the drills you need to bring your players to the next level--and have fun doing it. Whether you're a beginner or an experienced coach, 101 Great Youth Soccer Drills will be your helpful assistant at every practice. The drills in this book are illustrated to show you each step along the way. Easy to follow and to find, each drill lets you to teach what you need when you need it, allowing you to design your own training program based on the level of your players. Filled with energy, these drills are guaranteed to improve your players' skills in such areas as: Passing Trapping Heading the ball Shielding the ball from defenders Dribbling and juggling Protecting the goal Shooting to score Mastering their positions And much more Designed for daily use, this handy encyclopedia of drills will be a faithful companion on your journey from Coach Mom

or Dad to true soccer expert. You won't want to step on the practice field without it.

Robert Koger coached soccer for more than twenty-five years, both in youth recreation and club programs. He received the United States Soccer Federation (USSF) "D" level Coaching Certificate and served as the league commissioner for several different soccer programs. He lives in Holliday, Texas.

At the moment when I write this, this book is number 2 in the sales rankings for soccer coaching books. This was the actual reason for me buying the book. I am a youth coach and I like to have as many coaching resources as possible. I have bought about 10 coaching books from .com based on their user reviews or on their sales rankings. How this book ranks so high is a mystery to me. It was a disappointment in more than one way. The diagrams are awful. The title seems to be just for marketing purposes - there are of course drills in the book, but they are not numbered in any way and some of the chapters don't contain any specific drills, just a few indications. The drills are not very convincing - many drills where the kids have to wait in line. I appreciate the hard work of the author and I have got a few good ideas from this book but it is worse than most other books in the same price range that are below it in the sales rankings. (Again: at the moment when I write this, this book is number 2 in the sales rankings for soccer coaching books.) Skills and Strategies for Coaching Soccer is better. The Bert Van Lingen book is better - but it has a different approach, one that uses more game-like activities and less drills. The Horst Wein book is much better. Coaching Soccer for Dummies is also a good read. I don't recommend The Soccer Coaching Bible if you are looking for drills. Knack Coaching Youth Soccer is also nice. The "Street Soccer DVD - An introduction to small sided games" is also great, but again not the drill based approach. Haven't read the Baffled Parent's Guide yet. I hope the author won't hate me. This is a decent book, but in my opinion it is not among the great books on coaching soccer.

It is always hard to think of drills throughout the year. This is a great resource of fun games and drills. Easy to understand and helps prepare great practice that the kids enjoy.

I am a new coach and use this book regularly for ideas for practice for my 9 year old's recreational team. I like how the chapters are divided into separate sections as to type of drill required: Defense, offense, etc. The author provides very simple step by step drills and pictures to help quickly reference the right skill. My only complaint, not really a complaint but a suggestion - it would be nice

to have some more details on building/progressing each drill - i.e. such as adding defenders or progressing a drill into separate activities (if that makes sense). Bottomline, I recommend this book to any new or recreational soccer coach that wants to add diverse and fun drills to his/her practice!

I LOVED THIS BOOK! Great for a new first time coach! I love the 101 drills and all the ideas they had!

b

Great material within the book!

good

This book has many great examples of drills and entire practices. I modify many but the book really helps me think of different techniques to try to emphasize different skills.

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