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## DEMARION MCKEE

*Soccer Coaching Journal* Meyer & Meyer Verlag

Soccer Speed addresses all aspects of speed, including physical conditioning, tactical skills, and mental strategies, with 36 drills and small-sided games. Players will learn to retain and regain possession, change direction quickly, master one-touch passing and receiving, and employ strategies to unbalance the opposition.

**Tactical Periodization** Soccertutor.com Limited

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...

**Tactical Periodization - A Proven Successful Training Model** Meyer & Meyer Verlag

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences on how to learn and master key skills, and tips on how to improve your overall form. Essential Soccer Skills covers everything from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers, heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

*Coaching Soccer Like Guardiola and Mourinho* Human Kinetics

In the fútbol world Pep Guardiola is considered as the coach who comes up with the best ideas for his teams to play an aesthetically quality attacking game with great results. However, having studied his training methods both at Barcelona and Bayern Munich, I am convinced the structured approach his technical staff uses to implement his ideas doesn't really reflect his genius. In my opinion Tactical Periodization is the appropriate methodology to implement Pep's ideas which is my intention to demonstrate throughout this book. As you may recall the principles of Tactical Periodization were detailed in my previous book ('Tactical Periodization: A Practical Application for the Game Model of the FC Bayern Munich of Jupp Heynckes (2011-2013)')

which are needed to understand the advance training thoughts herein discussed.

*The Concept of Tactical Periodization* Meyer & Meyer Verlag

This book gives you a rare opportunity to use Pep Guardiola's Practices and learn from one of the best coaches in the history of football. The 88 Attacking Combinations and Attacking Positional Patterns of Play included are taken direct from Pep Guardiola's training sessions at Manchester City, Bayern Munich and FC Barcelona.

**Tactical Essentials and Training Exercises** Bennion Kearny Limited

Through the years a wealth of information has been accumulated in soccer. Experiential and science-based knowledge abounds in the sport. Yet the scientific information has not been sufficiently disseminated to those who would benefit most from it. Soccer Science fills the void with the best and most up-to-date research in the sport. With editor Tony Strudwick and a who's-who list of international experts on the sport, Soccer Science offers you an unprecedented wealth of advanced yet accessible information on biomechanics, physiology, psychology, skill acquisition and coaching, tactical approaches and performance and match analysis. It is simply the most significant and comprehensive published work on the sport.

*Football Psychology* Blurb

Masters of Modern Soccer is the definitive thinking fan's guide to modern soccer and the most in-depth analysis of the craft of soccer ever written for the American fan.

*Epic Athletes: Simone Biles* Penguin

Maybe you are asking what exactly is a passing pattern and how will it make my team better? Passing patterns are designed patterns which players execute in a pre-set order. The patterns can range from very simple to very complex. The 20 Professional Soccer patterns in the book can be adjusted to fit many levels. These are the same patterns that FC Barcelona and Bayern Munich FC use in training. The most important thing to remember when training passing patterns is "The Secret Is In The Details". What I mean by details is as follows; firmness of the pass, proper timing and movement of the receiving player, proper body position of the player receiving the ball, proper technique of the passer and receiver, eye contact with receiver before passing the ball, using correct passing and receiving surface, establishing a rhythm of play with teammates, executing the drill at a challenging level and always remaining focused. If you want your team to improve their passing ability then this is the book for you. Pay attention to the details, make sure the patterns are trained under the deliberate practice guidelines and keep it fun.

*What is Tactical Periodization?* Human Kinetics

Louis van Gaal is a paradox from top to toe. This is the man who, when unveiled as Bayern Munich manager in 2009, described himself like this: "I am what I am; self-confident, arrogant, dominant, honest, industrious, innovative." Former players have described him as "scary," as a "volcano." The former Barcelona president described him as "the devil himself." At Bayern, they said he "vaangalised" their team. And yet at the same time, he is "warm-blooded." He openly admits: "I cry almost every day. There's always something that touches me." Barcelona's Xavi says of him: "People see him as arrogant and aloof but he's really not." Dutch Courage is a detailed dissection of the truth behind the myth of Van Gaal, studying his philosophy and his character, as well as some of the excellent football teams he has produced. This Dutch master has been the head of some of the greatest dynasties in European football - Ajax, Barcelona, Bayern Munich, and Manchester United - as well as the boss of the Netherlands national team (twice). Along the way, he has won a combined seven league championships across Europe. He has also been successful in continental competitions, listing the Champions League, the UEFA Cup, and the UEFA Super Cup amongst his honours. As head coach of the Netherlands in the 2014 World Cup, he led them to within a whisker of the final, beating world champions Spain 5-1 along the way, before his young Dutch charges were finally beaten on penalties by Argentina in the semi-final. But in 2014 he took on arguably his greatest challenge: restoring Manchester United to their perch after a year in the doldrums. Christian Nerlinger predicts that Van Gaal's United reign will be anything but predictable: "one thing is for sure: it will not be boring." And this book is anything but boring. It is the exciting tale which supporters of Ajax, Barcelona, AZ Alkmaar, Bayern Munich, Manchester United and the Netherlands national team will want to read. Andrew J Kirby is a season-ticket holder at Old Trafford, and writes about United for a number of fanzines and blogs. He is the author of Fergie's Finest: Sir Alex Ferguson's Greatest Manchester United x11, and The Pride of all Europe:

Manchester United's Greatest Seasons in the European Cup.

PRAISE FOR THE BOOK "From Ajax to Man United, via Bayern Munich, Andrew J Kirby plots the rise of this indomitable, complex figure with verve and great insight. Despite not being a Manchester United fan, Van Gaal's extreme personality has long intrigued me. Kirby captures it on the page with an uncanny accuracy. This book is exhaustively researched, and offers great psychological insights into the man, as well as the world of football. Most books about football are poor- Kirby's is an exception, and is written with a ferocious intellect that matches its subject matter. A must-read for fans of United, and those of us interested in this colossus of football." - Guy Mankowski, author of 'How I Left the National Grid' PRAISE FOR ANDREW J KIRBY'S SPORTSWRITING "The author knows his stuff," Angela Bowman, Manchester United fan "The perfect gift for the red devil in your life!" Sam Sharp, Manchester United fan "A good read for United fans young and old," AJ Hellina, Amazon reader "A must read for any red," Scott the Red, Republik of Mancunia on Fergie's Finest **The 4C Coaching Model for Developing World Class Player Mindsets and a Winning Football Team** CreateSpace

Build a successful team around the strengths of your players! In Soccer Systems and Strategies, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary systems of play--defined by the number of players at each position and their alignment on the field--and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British, Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the key to developing teams that are competitive year in and year out. With Soccer Systems and Strategies, you have all the information you need to implement the ideal system for your team.

*Soccer Science* Soccertutor.com Limited

Presenting an empirically underpinned synthesis of research and theory, while offering guidance for applied practitioners, this is the first book to comprehensively map the psychology of learning, playing, and coaching the world's favourite sport. The book provides a complete analysis of key topics that capture the broad range of football psychology such as personality, motivation, cognition, and emotion; coaching and team essentials; psychological skills for performance enhancement; and developing players in youth football. Including contributions from a range of international researchers, each chapter provides a review of the relevant literature, key theories, real-world examples, and reflections on how knowledge can be applied in practice. Split into four sections, the book covers a diverse range of topics relevant not only to coaching and performance but also to personality development and health promotion. Essential reading for any student, researcher, or professional in the area, the book is the most cutting-edge overview of how psychology can explain and improve the way football is both played and understood.

**Professional Soccer Passing Patterns** Rowman & Littlefield In this book, you'll learn how to use Tactical Periodization to train your players at the correct intensity for each day of the week, making sure they are always prepared tactically, mentally and physically for competitive matches. Your players (and team) will react quicker, be sharper, and make better decisions in all tactical situations.

*Strength | Motor Skills | Speed | Endurance* German Soccer

Passing Drills More than 100 Drills from the Pros

This focused and easy-to-understand soccer coaching book details training practices and tactics, and goes on to show you how to help young players achieve peak performance through tactical preparation, communication, psychology, and age-specific considerations. Making the Ball Roll is the ultimate complete guide to coaching youth football.

*How the World's Best Play the Twenty-first-century Game* Crown

The book includes Marcelo Bielsa's tactics (and playing philosophy) for building up play from the back against high pressing teams with a full analysis of his 4-2-3-1, 3-3-3-1 and 3-4-3 formations with extensive analysis of Marcelo Bielsa in 9 different tactical situations, supported with 9 full training sessions (35 practices).

[A Complete Guide to Youth Football for the Aspiring Soccer Coach](#)  
Soccertutor.com Limited

The 4-2-3-1 is a system that Arsenal, Real Madrid, Everton, Bayern Munich and many more professional teams use. The formation can be employed in many different ways depending on the personnel available. It can be used to play a conservative, defensively sound counter-attacking game or opened up for an ultra-offensive approach. The interchanging of positions, room for tactical adjustments, defensive soundness, room for creativity and overall fluidity of the system is what makes the 4-2-3-1 effective. This book will take you through the fundamental roles and responsibilities of each player within the system. It also provides multiple training exercises, explains and demonstrates individual and team movement patterns, covers the strategy of team defending and team attacking in the 4-2-3-1 and a number of ways to modify the system.

*Marcelo Bielsa - Coaching Build Up Play Against High Pressing Teams* Crown Archetype

After the hugely popular Volume 1, Volume 2 gives you another rare opportunity into Pep Guardiola's Training Sessions with 85 Practices taken directly from Pep's training sessions including: Technical Circuits, Passing, Rondos, Positional and Possession Games, Small to Large Sided Games at Manchester City, Bayern Munich and FC Barcelona.

[Coach's Guide to Teaching](#) Meyer & Meyer Sport

A soccer player is more than the sum of his parts: endurance, speed, shooting technique, passing technique, and many more. All of these factors need to be turned into one system to create good players. Traditional training theory doesn't achieve that because each skill is trained individually. This is why the concept

of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches: Pep Guardiola, José Mourinho, Diego Simeone, André Villas-Boas, and many others train according to these principles. By creating match-like situations in practice, players learn to link their technical, tactical, and athletic abilities to match intelligence.

They will learn to transfer their skills to soccer matches and they can improve endurance, technique, and tactics all at the same time while enjoying the practice sessions more. For this book, the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands. All exercises are performed with a ball so that players learn to apply each skill to the game. Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players' and the team's performance. With Tactical Periodization, your team will become better and be successful on the next match day!

**How the World's Best Play the Twenty-First-Century Game**  
Human Kinetics

Train like the World Champions! Over the past few years, a new trend has become ever more prominent in the soccer world: passing often, fast, and including all players in the game.

Combining this with their own personal style, we have seen teams reach new heights of success from FC Barcelona to Bayern Munich and Borussia Dortmund and, most recently, the German National Team at the 2014 World Cup in Brazil. But what does it take to learn this 'art' of passing? What are the methodological and technical requirements for becoming the new Schweinsteiger, Messi, or Neuer? In this book, the only of its kind, two German League certified coaches have created the ultimate guide to passing. Using the "Hyballa-te Poel-Passing-Puzzle," they present every type of pass there is in modern soccer, with lots of drills for each type. From the goalkeeper to the center forward, everyone can learn passing with these exercises.

**Dutch Soccer Secrets** Meyer & Meyer Sport

Coaching soccer is demanding. Impossible to perfect, it requires a broad knowledge of many performance areas including technique,

tactics, psychology and the social aspects of human development. The first two components are covered in detail in many texts - but Soccer Brain uniquely offers a comprehensive guide to developing the latter two - player mindsets and winning teams. The environment that a coach creates, and the relationships formed with players, is the bedrock of performance and achievement. Coaches who are able to deliver students of the game, and who are able to help players execute skills and tactics under pressure are the future leaders of the world's most loved sport. Soccer Brain teaches coaches to train players to compete with confidence, with commitment, with intelligence, and as part of a team. The positive messages from each chapter of Soccer Brain help coaches to develop players through patience, repetition, reinforcement, re-appraisal and high value relationships. Soccer Brain is for the no limits coach. It's for the coach who is passionate about developing players and building a winning team. This is not a traditional soccer coaching book filled with drills or tactics or playing patterns. This book is about getting the very best from you, the coach, and helping you develop a coaching culture of excellence and world class football mindsets. This book is for Soccer Coaches of all levels and experience. Written by Dan Abrahams, the best-selling author of "Soccer Tough," it aims to show coaches how their approach to coaching is as much about their relationships with players and the coaching environment as it is about tactics, fitness or strength. By utilising the information in this book - coaches will be able to create an optimum coaching world that creates confident, committed, and mentally strong players. More book details are available on the Bennion Kearny website.

Meyer & Meyer Verlag

A complete guide to developing every aspect of conditioning for soccer players. Europe's top soccer conditioning experts contributed the following chapters: Soccer Strength Training, Soccer Specific Endurance Training, Speed Training for Soccer, Pre-Season Conditioning, Goalkeeper Training, Fitness Testing and Injury Prevention.