

## 3 5 2 Soccer System

A collection defensive and offensive soccer strategies.

"An outstanding work ... the [soccer] book of the decade." —Sunday Business Post Inverting the Pyramid is a pioneering soccer book that chronicles the evolution of soccer tactics and the lives of the itinerant coaching geniuses who have spread their distinctive styles across the globe. Through Jonathan Wilson's brilliant historical detective work we learn how the South Americans shrugged off the British colonial order to add their own finesse to the game; how the Europeans harnessed individual technique and built it into a team structure; how the game once featured five forwards up front, while now a lone striker is not uncommon. Inverting the Pyramid provides a definitive understanding of the tactical genius of modern-day Barcelona, for the first time showing how their style of play developed from Dutch "Total Football," which itself was an evolution of the Scottish passing game invented by Queens Park in the 1870s and taken on by Tottenham Hotspur in the 1930s. Inverting the Pyramid has been called the "Big Daddy" (Zonal Marking) of soccer tactics books; it is essential for any coach, fan, player, or fantasy manager of the beautiful game. This collaborative project, led by top Italian soccer coaching tactician and writer Massimo Lucchesi, offers a complete and insightful analysis of the world's most popular playing system. Every aspect of the 4-4-2 is covered, including the characteristics of the players, defensive tactics, attacking schemes, training exercises and adjustments to counter the opponent's system.

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.

Former NASL star Derek Smethurst takes you step by step through the skills of soccer in a fun & easy to read style. Through clear diagrams & photographs, he covers the following topics: Striking (the mechanics of kicking), Heading, Controlling/Turning, Faking, Dribbling, Shielding, Goalscoring, Goalkeeping, Tackling, Defense. This is an invaluable

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

"Truly the ultimate guide for a coach! This book is a must-read for all coaches – whether they are starting out or are well-entrenched. With all my years in coaching, I still discovered new insights!" Michael Beale, NLP Coach and Trainer. Coaching can be transformational or simply transactional. If you truly want to transform lives, then this book is a must-read. Coaching is far more than a job – it is a mission. Transformational coaches focus on their self-development as much as they do on the development of their clients. All coaches need to be aware of the different coaching frameworks, paradigms, and tools used by master-coaches world over. In five straightforward sections, this book guides you through the steps you need to achieve optimal success as a coach: • Section I: The ABCs of Coaching • Section II: Coaching Frameworks, Models and Tools • Section III: Case Studies • Section IV: The Business of Coaching • Section V: Resources It is an extensively researched overview of the latest developments in neuroscience, emotional intelligence and positive psychology, among many coaching frameworks. If you are new to coaching, you will find out how to start your coaching business. If you are a seasoned professional, you will learn how to strengthen your practice. This book also offers coaching insights in the post-pandemic era.

This book is a comprehensive overview of the 4-2-3-1 system of play. This is the formation of choice for several top clubs around the world, including World Cup Champions Spain. Coach Harrison, who utilizes the 4-2-3-1 with his teams at top Asian professional club Al Ain, covers every aspect of this popular system. Includes tactical discussion as well as small sided situational games to teach and develop players.

Teaches the technical and tactical aspects for the development of youth soccer players.

The game of soccer is perpetually in a constant state of change; as new tactical trends appear each and every season. Some of the changes are adaptations and variations from the past, while others are completely original. If we roll back the clock to the first international friendly match ever played in 1872, you would have witnessed England playing a 1-2-7 formation, against the Scottish 2-2-6. Soccer's early formations were built with few players in the back and many up top. Fast forward to the 1920's and things began to change, this is when the 3-2-2-3 W-M formation made its debut, introduced by Herbert Chapman at Arsenal. Then jump ahead to the 1966 World Cup, as England played the first diamond 4-4-2 formation. Change continued to come in 1974, when the Dutch coach Rinus Michels lined the team up in a 4-3-3 formation, introducing the world to "Clockwork Orange". The 2000's has been responsible for the emergence of the 4-2-3-1 formation, along with the 4-6-0 "false 9", introduced by the Spanish. However, the question every top coach is constantly pursuing is, what is the next major trend or change in the game? We have already seen some signs of change, with the inverted wingbacks of Guardiola at Manchester City, and the deterioration of the classic back four, even Arsenal have changed to a 3 back system! As we look at the history of soccer, the changes in formations are pronounced. The original formations have been compared to inverted or upside down pyramids, with 7 attacking players up top and only 2 in the back. As the game progressed, the pyramid completely turned around, as seen with the 4-2-3-1 formation, which took on a realistic pyramid type of shape, and now the shape appears to be changing again. This book focuses on what very well may be one of the formations of the future, the 2-6-2 formation. We saw the 2-6-2 formation used when Guardiola's Bayern, dismantled Roma in a Champions League match 7-1. Argentina recently played a 2-3-4-1 in a friendly match against Singapore. The reality is that the modern game is seeing the pyramid shape turning more into a rhombus, small on the bottom, large in the middle and small on top. Obviously, simply talking about general shapes is an over simplification of formations, but this type of rhombus idea, seems to be where the formation trend is heading. How many teams have switched to a 3-5-2 in the last 24 months? Many more than a few years ago, that's for sure. Arsenal who rarely change anything, went to 3 at the back last spring along with many others. The new trend in formations also points to need for developing more intelligent players. In order to effectively play with 2 - 3 players in the back, an overloaded midfield and two forwards, players must be excellent decision makers and possess high soccer IQ's. Today's new formations demand players be smart and skillful, while the older bunker-in and counter attack systems (4-2-3-1 or 4-4-2) can more easily accommodate the simple, disciplined and hard-working player. It's my opinion that the modern player must be technical, creative, smart, have a high soccer IQ and be an active problem solver. As formations become more expansive and more dangerous, they also become more vulnerable, the player of the future must be a different breed, they must possess a

complete soccer brain.

The 3-5-2 is a very dynamic and flexible system; it can be an ultra-attacking formation or solid defensive formation depending on how it is deployed. In attack the 3-5-2 is numerically strong in the midfield and comes with the benefit of two strikers. Creating width in the attack is never a problem with two wingers and strikers that could also run the channels. The formation is naturally set-up to encourage movement off the ball with the interchanging of positions when in possession; the interchanging of positions and movement off the ball allows different players the opportunity to fill different spaces, making the 3-5-2 more dynamic and difficult for the opponent to predict and deal with. In the modern game I personally find many advantages to playing the 3-5-2 formation, due to its fluid attacking potential and less focus on keeping numbers back. The defensive side of the 3-5-2 presents the formations biggest challenges, yet it can also be seen as a strength if the players understand how to form a back four or five in the correct situations. With only three defenders in the back, covering space in deep wide areas must be addressed and dealt with effectively. In order to offset the possible defensive weakness that come with three players not being able to cover the entire width of the field, the coach must choose player personnel and more importantly the formations tactics wisely. In this book I will cover multiple ways the 3-5-2 can be played to maximize its strengths, while turning the formations possible negatives into positives. When breaking down and analyzing any formation, it is important to note that the difference between formations is about 10 yards in player positioning. You can make an argument that most formations are similar and difficult to identify once the game has started. The transition from defending to attacking and attacking to defending creates totally new shapes from the original formation. The game of soccer is a free-flowing game but inside that flow there must be a structure which drives individual and team decisions. The coach is the one who will lay out the important tactical guidelines for the execution of the formation, so it is important to note that the same formation can be carried out in many different ways, depending on the coach. Tactics that will influence the way the formation played include things like setting a line of restraint, establishing a line of confrontation, identifying pressing zones, outlining counter-attacking areas, realizing when to press or drop-off, addressing the overall style of soccer to be played, player personnel, work load, location of the game, weather conditions, field conditions and much more. All these factors will directly influence the way a formation is played.

World Cups throw up unique tactical variations. Countries and football cultures from around the globe converge, in one place, to battle it out for world soccer supremacy. The 2014 World Cup in Brazil was no different, arguably throwing up tactical differences like never seen at a competition in modern times. Contests are not just won by strong work ethics and technical brilliance, but by tactical discipline, fluidity, effective strategies, and (even) unique national traits. Soccer Tactics 2014 analyses the intricacies of modern international systems, through the lens of matches in Brazil. Covering formations, game plans, key playing positions, and individuals who bring football tactics to life - the book offers analysis and insights for soccer coaches, football players, and fans the world over. Whether it is Tiki-Taka, counter-attacking, or David defending heroically to defeat Goliath - this book sheds light on where football tactics currently stand... and where they are going. This colour title includes analysis of group matches, the knock out stages, and the final.

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.

Adjusting your game plan to counter the tactics and abilities of your opponent is crucial in today's ultra-competitive world of soccer. This book underlines the importance of defensive organisation to not only stop the opponent but to be able to be in a position to counterattack upon regaining possession and offers tactical solutions to counteract your opponents system of play. Systems covered include: 4-4-2; 4-3-3; 3-5-2; 3-4-1-2; 3-4-3. Also includes a discussion of the offside rule and the pros and cons of using it as a tactical strategy.

Put your opponents on their heels and the ball in goal! Use the strategies, plays, skills, and drills of Attacking Soccer to develop a high-powered offensive team that will take your club, high school, or college league by storm. The expert contributing coaches cover the following: - Playing out of the thirds - Possession soccer - Changing points of attack - Quick counterattacks and transitions - Flank attacks - Offensive patterns of play - Restart plays - Individual skill development Editor Joe Luxbacher, head coach at the University of Pittsburgh, has assembled many of the game's top offensive-minded coaches including Dave Sarachan of D.C. United, Jay Hoffman of the U.S. Women's National Team, former Tampa Bay Mutiny coach John Kowalski, and college coaches Dean Foti of Syracuse, Sam Koch of Massachusetts, and Dave Masur of St. John's. Each coach explains and illustrates a specific aspect of developing an attacking offense, helping you develop and implement the tactics, skills, and drills that are needed to maximize scoring opportunities.

No other national stereotype in the world is so closely tied with a sport, as Brazil is with football. The five-time world champions have constructed their national identity around this sport. Perhaps for this reason it's no wonder that there are many Brazilian social scientists doing research on this theme. The first part of this volume is dedicated to the history of Brazilian football. The main question is how did football become so popular in the country? It also looks at other interesting historical developments in Brazilian football history up to this day. The second part considers current phenomena, especially the place of Brazilian football in a globalized world: What are the consequences of an extremely commercialized and mediatized sport on a developing country? How does Brazil figure as the main supplying country of football talents? How does the population feel about seeing their players in Europe instead of their own country? Finally, the book will conclude with a critique of a documentary film about a Brazilian national team game in Haiti which was part of the Brazilian army's blue helmet mission. The game was used as a political

instrument, revealing the importance of this sport in attaining a political position for Brazil in the world. This book was previously published as a special issue of Soccer and Society.

FC Barcelona: A Tactical Analysis - Defending A Team from Another Planet! A Tactical Blue-Print of Pep Guardiola's Barcelona Team This book is an exclusive and groundbreaking study of Pep Guardiola's Barcelona team. This information and analysis of one of the most successful club sides in history has been in high demand and it is finally here! The defensive part of Barcelona's game does not get enough attention, but is integral to their philosophy and all their superior style of play. The main elements of their tactics include pressure high up the pitch, winning the ball back quickly, maintaining a numerical advantage around the ball zone and pushing their opponents wide to limit their space. We can now see a full analysis of Barcelona's defensive tactics which have been so important to their success. The book shows Barca's 4-3-3 system of play, each player's responsibilities, positioning and movement within every possible phase of play. Terzis Athanasios is a Tactical Professor of Football and has compiled an extensive assessment of Barcelona's attacking play after over 1000 hours of studying all the games from the 2010-11 season. Guardiola's team has won 3 La Liga championships, 2 UEFA Champions Leagues, 4 Spanish Cups, 2 Super Cups, and 2 FIFA World Club World Cups. The book starts with the characteristics of the players and the philosophy of Barcelona and builds into a comprehensive overview of the defensive tactics employed with clear diagrams and detailed descriptions. Included: - Strategies used to counter specific formations (the 4-4-2, 4-2-3-1, 4-3-2-1, 5-3-2 and the 4-3-2-1). - Assessments of specific phases of play (central zone, near the side-lines and set plays). - Pressure, cover and support from front, middle and defensive zones - Preventing and limiting opposition space - Defending from set-pieces - Plus a lot more - SEE FULL BOOK CONTENTS BELOW This gives football coaches an unbelievable chance to learn how Barcelona play and adapt their tactics to combat any team they play. Their defensive work is so important to their success and allows them to be such a strong attacking force.

Master the essentials for winning soccer from one of the game's most successful coaches. In Premier Soccer, Michael Parker, the wins leader among active NCAA Division I men's soccer coaches, teaches every key technique and tactic, with accompanying drills and special tips for executing them when the match is on the line. Premier Soccer tackles the skills and traits necessary for each position on the field, both offensively and defensively, as well as systems, set plays, restarts, and practice drills. With an emphasis on player development, on-field awareness, conditioning, and team play, Parker reveals his proven approach to team and player success. Whether you are a player or coach, this is your guide to consistent and winning play at every level of competition. Contents Chapter 1. Winning Attitude Chapter 2. Roles of Players and Coaches Chapter 3. Attacking Skills and Tactics Chapter 4. Defending Skills and Tactics Chapter 5. Systems of Play Chapter 6. Set Plays and Restarts Chapter 7. Physical Conditioning and Nutrition Chapter 8. Practice Sessions Chapter 9. Matches

Juventus are the most successful team using the 3-5-2 formation in modern football. Juve have won 4 consecutive Serie A league titles including an unbeaten run of 49 games, 1 Coppa Italia and reached the Champions League final in 2014. Juventus are a very successful attacking team that focus on exploiting their numerical advantage at the back, patient build up play, pushing many players into advanced positions and finally creating and exploiting space in behind the defensive line. Athanasios Terzis is a successful author of some of the best-selling Football Coaching books, most notably with 'Jurgen Klopp's Attacking and Defending Tactics' and 'FC Barcelona Training Sessions' which won the Italian FA Award for "Best Coaching Book" in 2014. In this book the popular author presents a full and extensive analysis of the Juventus 3-5-2 formation during the 2013-14 season. This tactical blueprint is clearly presented with supporting diagrams and detailed descriptions of the attacking phase, the transition from attack to defence and the transition from defence to attack which enable you to discover exactly how Juventus played in these phases of the game, providing the positioning and movement of the players in all possible game situations. This detailed analysis has been used to produce 21 full training sessions (60 practices) including functional practices, opposed/unopposed zone play, transition games, game situations and small sided games. This will enable you to coach your team to attack like one of the most successful teams in Europe.

The 3-3-1-3 is not an entirely new concept, though it has become more popular in recent years due to its dynamic attacking nature. In particular, former Chile National Team coach Marcelo Bielsa and former Barcelona and Bayern Munich boss Pep Guardiola have implemented this system with great success. This book explores, in detail, the strengths and weaknesses of the system, the roles and responsibilities of each player in both attack and defense and the permutations of the team shape against different formations and in varying situations. Depending on the circumstances at any one moment of the match in terms of the score, the opponent's tactics, time remaining etc., the formation could become a 1-3-4-3, a 1-2-3-2-3, or even a 1-5-4-1 in an ultimate defensive setup. This adaptability, the FLEX, is made possible by teaching players to recognize the rotations required "on the fly" by presenting them with very specific game situations in training. In this book, Harrison takes you through his training sessions geared toward developing in players the tactical and spatial awareness necessary to run the FLEX 1-3-3-1-3 successfully.

An opinionated masterclass in the art and science of "reading" a match from one of professional soccer's most respected and beloved international figures. "For Americans new to European soccer, terms like 'false striker,' 'double accordion' or 'moving trios' need Mr. Gullit's expert explications." —Wall Street Journal Ruud Gullit knows better than anyone else that to understand soccer you have to understand strategy. When he started playing soccer, his only "strategy" was to get the ball, outrun everyone else to the other end of the field, and score. At first it served him well, but as he advanced through the sport, he learned that it takes much more than one player's speed to make a winning team. Over the course of his career, he worked his way from the Dutch junior leagues all the way to the legendary AC Milan, eventually retiring from the field to be a trainer, then a manager, and finally a commentator. Each step came with its own lessons, and its own unique perspective on the game. Now, having looked at soccer through every lens possible, Gullit shares his own perspective. Most spectators simply watch the ball, but in How to Watch Soccer, Gullit explains how to watch the whole game. He shows how every part of a match, from formations to corner kicks, all the way down to what the players do to influence the referees, is important. And he uses his own vast experience to illustrate each point, so his lessons are filled with anecdotes from his years on the field and insights from his observations as a manager and commentator. This exhaustive guide will change the way even the most die-hard fan watches the beautiful game.

This book is dedicated to the tactical system used worldwide in upper amateur and professional leagues: 4-4-2. The authors are both Soccer Pro License holders and have worked for many years as coaches on the international coaching circuit. They present countless tried and tested exercises to help coaches and players learn and perfect the 4-4-2 system.

A comprehensive introduction to statistics that teaches the fundamentals with real-life scenarios, and covers histograms, quartiles, probability, Bayes' theorem, predictions, approximations, random samples, and related topics.

This book teaches players and coaches how to understand momentum, affect it, control it and use it to their advantage by exploring match patterns, tactics and player and coach psychology.

This truly complete tactical coaching manual covers the Principles of Attack and Defense, Team Shape, Man-to-Man and Zonal Marking, Formations, Positions and Roles, Coaching Methods, Patterns of Play, Possession, Substitutions and more. Well written and full of clear and precise diagrams, this book is perfect for coaches at any level.

This book is a comprehensive resource for coaching the 3-5-2 formation at all levels. The level of detail and tactical solutions included will help you emulate how top coaches, such as Antonio Conte (Inter) and Nuno Espírito Santo (Wolverhampton Wanderers), use the 3-5-2 to great success. This book goes into great detail to show the movement of all players within the 3-5-2

system of play in various tactical situations and against different formations, in the attacking and defensive phase. This will enable you to optimise your team's tactical awareness and performance. Tactical solutions are provided for all game situations, in relation to how to counteract the opponent's positioning, organisation and decision making. This book will teach you to coordinate and solve specific game situations in a flexible way with many different options and tactical solutions. As a coach, you can train these patterns of play repetitively, so that the players' reading of the game becomes automatic and the team is quickly able to recognise and find the best solutions to solve every conceivable tactical situation. This book includes: Tactical Strengths and Weaknesses of the 3-5-2 Formation 3-5-2 Tactics Against Different Formations (4-4-2, 4-2-3-1, 4-3-3, 4-3-1-2, 3-5-2 and 3-4-3) Overcoming the First Line of Pressing (Build-up Play from the Back) Moving the Ball in Between the Opposition's Midfield and Defensive Lines Playing in Behind the Opposition's Defensive Line Defensive Organisation and Pressing Organisation of the Defensive Line 41 Practices and Variations to Apply Tactical Solutions with the 3-5-2 Renato Montagnolo has a UEFA 'B' Coaching Licence and a Patentino Match Analyst Licence. He has been working as a First Team Assistant Manager and Match Analyst for the past few years in Serie C in Italy. With experience of writing books and articles, speaking and teaching, Renato is a respected football tactics expert.

Includes the best articles from Soccer Journal that cover the most important aspects of soccer: technique, tactics, the mental game, and the physical game.

This book examines match strategies for creating goal scoring opportunities out of the following systems of play: 4-4-2, 4-3-3, 3-5-2, 4-3-1-2, 4-5-1. For each system, the author discusses the strategy, tactics, system and schemes of play as well as the technical, tactical and physical characteristics of the players who use the system. Several situational attacking schemes are also presented using clear diagrams and detailed descriptions.

Manchester United's Tony Strudwick leads an all-star panel in providing the most current research on soccer. Soccer Science features the world's leading experts in soccer history, biomechanics, physiology, psychology, skill acquisition, coaching, tactical approaches, and performance and match analysis.

Master key techniques on the soccer field with Soccer: Steps to Success. This comprehensive guide features step-by-step instruction on becoming skilled in individual techniques and team tactics. Improve your abilities in dribbling, passing, receiving, shooting, defending, tackling, heading, and goalkeeping with the help of detailed descriptions and full-color photos and illustrations of all fundamental techniques. Then learn how and when to apply those skills in game situations, such as winning one-on-one matchups, attacking, and defending. More than 180 exercises and small-sided games test your readiness to progress to the next step through the use of an easy-to-follow scoring system. Become a total player able to perform a variety of skills and execute tactics consistently. One of the sport's most popular resources, Soccer: Steps to Success has helped more than 100,000 players take their game to the next level.

HAPPY FEET is the ultimate resource for soccer parents. Written by best-selling author, Dan Blank, it will give you a better understanding of the game, its rules and terminology. This remarkable book includes links to seven free videos that help explain soccer's more mysterious concepts such as offside, the advantage rule and systems of play. By the end of Section 1, parents with no soccer background will have a working vocabulary of this strange sport and an understanding of all its moving pieces. More importantly, HAPPY FEET details the most common mistakes parents make in dealing with coaches, referees and their own children. It is a practical guide to situations that every soccer parent will eventually face. HAPPY FEET is not a collection of sideline horror stories. Written by a coach with more than 20 years of experience, HAPPY FEET offers a wealth of advice presented in a conversational and humorous tone. It is the definitive handbook for parents that want the best possible experience for their soccer playing children. HAPPY FEET will help you understand the most effective path for growing your child's love for the game while also helping you steer clear of the behaviors that cause children to fall out of love with team sports. Discover the easiest way to have a positive relationship with your coach, how to effectively deal with playing-time issues, and learn how to talk with your child before and after a game. Plus much, much more. Seventy-five percent of youth soccer players quit by the age of 13. HAPPY FEET was written to combat this staggering defection rate by arming parents with everything they need to know to nurture and grow their children's love for the game so that soccer fields from coast to coast are alive and well with the sounds of very HAPPY FEET.

Examines what it takes to become a champion soccer player, including training and conditioning, player positions, defensive and offensive strategies, and top players of yesterday and today.

A guide to coaching girls' soccer that includes information on the game's rules, drills and strategies, motivation, and other related topics. Sport performance analysis techniques help coaches, athletes and sport scientists develop an objective understanding of actual sport performance, as opposed to self-report, fitness tests or laboratory based experiments. For example, contemporary performance analysis enables elite sports people and coaches to obtain live feedback of match statistics and video sequences using flexible internet systems, systems that have become an indispensable tool for all those involved in high performance sport. The Routledge Handbook of Sports Performance Analysis is the most comprehensive guide to this exciting and dynamic branch of sport science ever to be published. The book explores performance analysis across the four main contexts in which it is commonly used: support for coaches and athletes; the media; judging sport contests, and academic research. It offers an up-to-date account of methodological advances in PA research, assesses the evidence underpinning contemporary theories of sport performance, and reviews developments in applied PA across a wide range of sports, from soccer to track and field athletics. Covering every important aspect of PA, including tactics, strategy, mechanical aspects of technique, physical aspects of performance such as work-rate, coach behaviour and referee behaviour, this is an essential reference for any serious student, researcher or practitioner working in sport performance analysis, sport coaching or high performance sport.

This book explores the various tactical situations that arise throughout the match. At the beginning of each chapter, the general principles that a player is required to know for every situation are presented and are clearly and simply explained. In the second -- mainly practical -- section, these different themes are applied to the field with a number of exercises and match related forms that stimulate the learning process. Practical tools for coaches at the junior high through high school levels.

Presents progressive instruction on soccer techniques and team tactics, providing illustrated descriptions and over 155 drills.

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.

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.

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