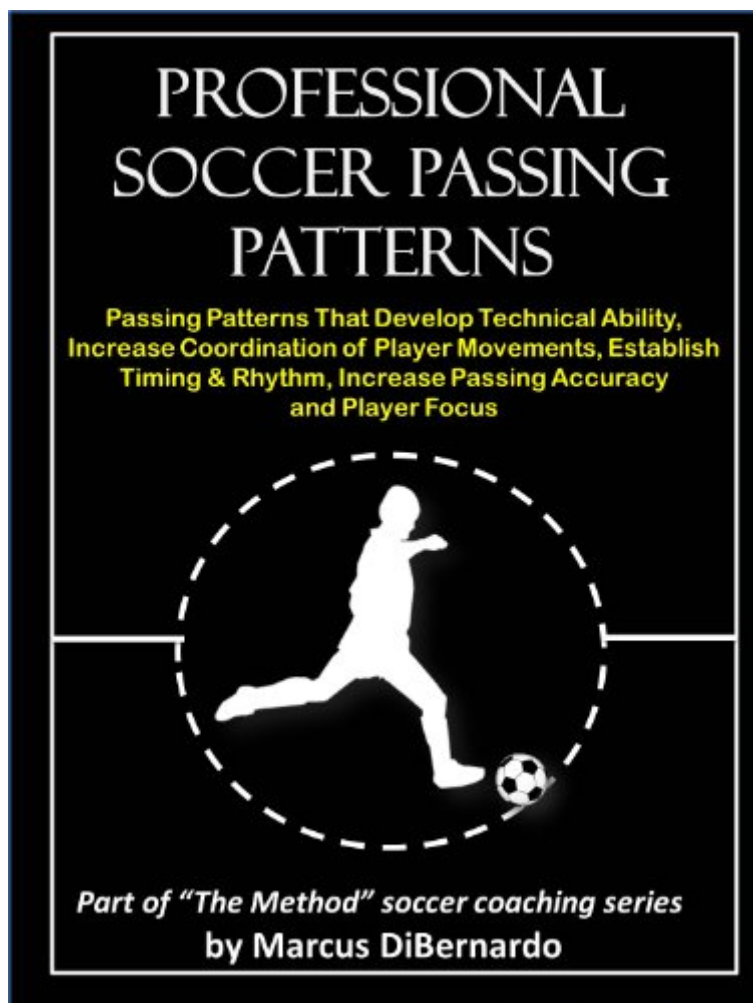


The book was found

Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination Of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy And Player Focus





Synopsis

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.

Book Information

File Size: 1134 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 10, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00ICVKNR4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #144,755 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #36 in Kindle

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Reads > 45 minutes (22-32 pages) > Sports & Outdoors

Customer Reviews

I am so glad I purchased this book. There is a lot of great information and useful patterns that I will be able to utilize in my club training.

Great wealth of knowledge, but the sequence on the drills are a bit hard to follow. Numbering the sequence would have helped

I like a book that is to the point with drills and explanations, but this book only has sketches and very little explanations.

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