



Total Soccer Coaching: Combing Physical, Technical and Tactical Training

By Riccardo Capanna, Marco Oneto, Gianni Ferrera

Reedswain Incorporated. Paperback. Book Condition: new. BRAND NEW, Total Soccer Coaching: Combing Physical, Technical and Tactical Training, Riccardo Capanna, Marco Oneto, Gianni Ferrera, This book offers match related exercises to be undertaken at match intensity with the aim of developing each players ability to use his skills effectively in the difficult physical and psychological conditions of the match. Contrary to the present coaching trend of separately carrying out conditioning training from technical and tactical training, the authors suggest that all components of soccer training should be coached at the same time. They argue that the performance of a player during a match is not simply the sum of his abilities, but rather the result of their integration.



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Reviews

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