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Soccer Practice Plans for Effective Training

Ken Sherry

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80 categorized practice sessions for advanced players complete with clear and concise diagrams, detailed instructions and directed objectives.

The Coaches` Corner section provides various suggestions for general and theme sessions using the exercises from the book.

Topics covered include:
Warm-Up
Passing
Creating Space
Shooting
Marking and Defending
Creating Goal Opportunities
Crossing
Ball Control

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