



New Mexico Rapids Soccer Club Coaching Education Library



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Format	Item	Author	Date
Book	300 Innovative Soccer Drills for Total Player Development	Roger Wilkinson and Mick Critchell	2000
Book	Ajax Training Sessions	Jorrit Smink	2004
Book	Attacking Down the Center	Henk Mariman	2006
Book	Attacking Down the Flank	Henk Mariman	2006
Book	Attacking Soccer – A Tactical Analysis	Massimo Lucchesi	2001
Book	Attitude 101 – What Every Leader Needs to Know	John C. Maxwell	2003
Book	Basic Training - Techniques and Tactics for Developing the Serious Player - Ages 6-14 - Volume 1	Success in Soccer, Norbert Vieth	2002
Book	Best Practices for Coaching Soccer in the United States	United States Soccer Federation	2006
Book	Bobby Robson: High Noon - A Year at Barcelona	Jeff King	1997
Book	Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success	Matthew Syed	2010
Book	Challenger's Competitive Team Training Guide	Challenger Sports	2004
Book	Challenger's Parent Coach Coaching Guide	Challenger Sports	Unknown
Book	Challenger's Top 100 Soccer Practices	Challenger Sports	2004
Book	The Champion Within – Training for Excellence	Lauren Gregg with Tim Nash	1999
Book	Coaching the 4-3-3	Massimo Lucchesi	
Book	Coaching for Teamwork – Winning Concepts for Business in the Twenty-First Century	Vince Lombardi	1996
Book	The Coaching Philosophies of Louis van Gaal and the Ajax Coaches	Henny Kormelink and Tjen Seeverens	1997
Book	The Complete Keeper – Youth Goalkeeper Training from A to Z	Peter Greiber and Robert Freis	2002
Book (2)	Developing the Young Soccer Player – Ages 6 to 21 – A Coaches/Parents Guide	Istvan Balyi	1999
Book	The Edge – The Guide to Fulfilling Dreams, Maximizing Success and Enjoying a Lifetime of Achievement	Howard E. Ferguson	1990
Book	The Education of a Coach	David Halberstam	2005
Book	FC Barcelona – A Tactical Analysis – Attacking	Terzis Athanasios	2012
Book	Focused for Soccer	Bill Beswick	2000



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Format	Item	Author	Date
Book	The Game and the Glory – Michelle Akers Autobiography	Michelle Akers with Gregg Lewis	2000
Book	Good to Great – Why Some Companies Make the Leap...and Others Don't	Jim Collins	2001
Book	A Guide To Soccer Field Testing	Jesse Mello, Don Kirkendall, Dave Oliver, Sam Snow	2000
Book	Hannibal and Me: What History's Greatest Military Strategist Can Teach Us About Success and Failure	Andreas Kluth	2011
Book	How to Play Against and Beat the 4-3-3	David Platt	2005
Book	Inverting the Pyramid - A History of Football Tactics	Jonathan Wilson	2008
Book	Jumping Into Plyometrics	Donald A. Chue	1991
Book	Keane – The Autobiography	Roy Keane with Eamon Dunphy	2002
Book	The Lombardi Rules – 26 Lessons from Vince Lombardi – The World's Greatest Coach	Vince Lombardi, Jr.	2003
Book	Mindset: The New Psychology of Success	Carol Dweck	2006
Book	The Modern Soccer Coach 2014 – A Four Dimensional Approach	Gary Curneen	2013
Book	The New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists	James E. Loehr	1995
Book	Offensive Soccer Tactics	Jens Bangsbo and Birger Peitersen	2003
Book (2)	Outliers: The Story of Success	Malcolm Gladwell	2008
Book	The Power of Habit: Why We Do What We Do in Life and Business	Charles Duhigg	2012
Book	Practice Planner - Level 1 Amateur Adult - #2	Success in Soccer, Norbert Vieth	2008
Book (2)	Practice Planner - Level 2 Amateur Adult - #3	Success in Soccer, Norbert Vieth	2008
Book	Practice Planner - Youth U16-U18 - #1	Success in Soccer, Norbert Vieth	2008
Book	Pressing	Massimo Lucchesi	2003
Book	Professional Youth Academy Training Sessions	Sam Saif	2005
Book	The Professor – Arsene Wenger	Myles Palmer	2008
Book	Sacred Hoops – Spiritual Lessons of a Hardwood Warrior	Phil Jackson with Hugh Delehanty	2006
Book	Scholes: My Story	Paul Scholes & Ivan Ponting	2011
Book	The Score Takes Care of Itself – My Philosophy of Leadership	Bill Walsh & Steve Jamison	2009



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Format	Item	Author	Date
Book	Sir Bobby Robson – Living the Game	Bob Harris	2003
Book	The Soccer Academy: 100 Defending Practices and Small Sided Games	Michael Beale	2008
Book	The Soccer Coaching Bible	National Soccer Coaches Association of America	2014
Book	Soccer: How to Play the Game: The Official Playing and Coaching Manual of the United States Soccer Federation	U.S. Soccer	1999
Book	Soccer Strategies – Defensive and Attacking Tactics	Robyn Jones & Tom Tranter	1999
Book	Soccer Systems & Strategies	Jens Bangsbo and Birger Peitersen	2000
Book	The Sports Gene: Inside the Science of Extraordinary Athletic Performance	David Epstein	2012
Book (2)	The Talent Code	Daniel Coyle	2009
Book	Training Sessions from Around the World	Mike Saif	2003
Book	Training Soccer Champions	Anson Dorrance with Tim Nash	1996
Book	US Youth Soccer Parent/Coach Primer – Basic Philosophy & Techniques of Coaching Young Players	Dr. Thomas Fleck & John Cossaboon	1993
Book	US Youth Soccer Assistant Coach Series – U6 & U8 Activity Aids for the Parent Coach	Dr. Thomas Fleck & John Cossaboon	1999
Book	US Youth Soccer Assistant Coach Series – U10 Activity Aids for the Parent Coach	Dr. Thomas Fleck & John Cossaboon	1999
Book	US Youth Soccer Assistant Coach Series – U12 Activity Aids for the Parent Coach	Dr. Thomas Fleck & John Cossaboon	1992
Book	US Youth Soccer Coaching the U12 Player – Years of Refinement	Dr. Thomas Fleck & John Cossaboon	1992
Book	US Youth Soccer Coaching Manual	US Youth Soccer	2002
Book	The Vision of a Champion	Anson Dorrance and Gloria Averbuch	2002
Book	The American Yoga Association's Yoga for Sports – The Secret to Limitless Performance	Alice Christensen	2000
CD-ROM	Boys & Girls Soccer for under 6 & under 8	CANCoach Systems	2004
CD-ROM	Boys & Girls Soccer for under 10 & under 12	CANCoach Systems	2004
DVD	1-2-3 Goal – Disc 1 - The Foundation of the Coerver Method	Wiel Coerver	2004
DVD	1-2-3 Goal – Disc 2 – One vs One	Wiel Coerver	2004
DVD	1-2-3 Goal – Disc 3 – Putting it All Together	Wiel Coerver	2004
DVD	30 Minute Soccer Clinic – Goalkeeping	World Class Soccer	2009
DVD (2)	Attacking Soccer in the Women's Game – Part 1	NSCAA	Unknown



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Format	Item	Author	Date
DVD (2)	Attacking Soccer in the Women's Game – Part 2	NSCAA	Unknown
DVD	Ball Control Italian Style	Soccer Learning Systems	2009
DVD	Coaching 8v8 Soccer to Teach 11v11 Tactics	NSCAA	2009
DVD	Coaching the 3-4-1-2 and 4-2-3-1	Reedswain / Massimo Lucchesi	2012
DVD	Coaching the 3-4-3	Reedswain	Unknown
DVD	Coaching the 4-3-3 Attacking	World Class Soccer / Randy Waldrum	2010
DVD	Coaching the 4-3-3 Defending	World Class Soccer / Randy Waldrum	2010
DVD	Coaching the Dutch 4-3-3	Reedswain	2003
DVD	Coaching the Italian 4-4-2	Reedswain	2003
DVD	Coaching Individual Defending	World Class Soccer	Unknown
DVD	Coerver Fundamentals – Part One – Ball Control, Suppleness, Fast Footwork, Feinting	Reedswain / Wiel Coerver	2003
DVD	Coordination, Agility and Speed Training for Soccer, Volume 1	Reedswain / Schalke 04	Unknown
DVD	Coordination, Agility and Speed Training for Soccer, Volume 2	Reedswain / Schalke 04	Unknown
DVD	The Dutch 4x4 Training Method	Reedswain / KNVB	Unknown
DVD	The Dutch Soccer School - 40 Training Games and Drills for Offensive Soccer	Reedswain / AJAX	2003
DVD	English Premier League – Zonal Defending – Defending as a Team	Reedswain	Unknown
DVD	English Premier League – Zonal Defending – Systems of Play and Tactical Adjustments	Reedswain	Unknown
DVD	Footability – Total Footwork System	Footability LLC	2003
DVD	Footability 2 – Total Footwork System	Footability LLC	2006
DVD	Footwork Drills – Speed/Agility Ladder	Vern Gambetta & Steve Myrland	1996
DVD	Heroes of the Future – Part 1 – The AJAX Playing Style	AJAX	2007
DVD	Heroes of the Future – Part 2 – The AJAX Training Concept	AJAX	2007
DVD	Heroes of the Future – Part 3 – 7-12 years	AJAX	2007
DVD	Heroes of the Future – Part 4 – 12-15 years	AJAX	2007
DVD	Heroes of the Future – Part 5 – 15-18 years	AJAX	2007



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Format	Item	Author	Date
DVD	Heroes of the Future – Part 6 – Bonus DVD	AJAX	2007
DVD	Modern Defending, Part 1: Individual Tactics	Success in Soccer, Ralf Peter of DFBA	2004
DVD (2)	Modern Defending, Part 3: Team Tactics	Success in Soccer, Ralf Peter of DFBA	2004
DVD	Modern Youth Training: Practicing with Eight-to 12-Year Olds	Success in Soccer, Ralf Peter of DFBA	2009
DVD	The Notre Dame Women's 4-3-3 – Attacking	World Class Soccer, Randy Waldrum	2010
DVD	The Notre Dame Women's 4-3-3 – Defending	World Class Soccer, Randy Waldrum	2010
DVD	The Novice Coach – An Introduction to Coaching Youth Soccer – Volume 1 – U6-U8	US Youth Soccer	2007
DVD	Our Way – The Exclusive Behind-the-Scenes Story of The USA's 2002 World Cup Journey	U.S. Soccer	2002
DVD	Positive Parenting for Youth Soccer	US Youth Soccer	2009
DVD	Pressing	Paul Meulenberg – Dutch MVV	2009
DVD	Skills School - Developing Essential Soccer Techniques	US Youth Soccer	2008
DVD	Small Sided Games to Develop Game Intelligence in Soccer – 1 – Developing Awareness and Vision	Horst Wein	2004
DVD	Small Sided Games to Develop Game Intelligence in Soccer – 2 – Season Program and Complex Games	Horst Wein	2004
DVD	Soccer Training Sessions from Around the World	Reedswain	Unknown
DVD (2)	Tactical Development – Progressive Coaching for Teams and Clubs	NSCAA	2004
DVD	Tactics & Drills for Flank Play	World Class Coaching / John Walker	2010
DVD (2)	Tactics & Drills for Training Forwards – Volume 1	World Class Coaching / Bob Warming	2009
DVD (2)	Tactics & Drills for Training Forwards – Volume 2	World Class Coaching, Bob Warming	2009
DVD	Tactics & Drills for Zonal Defending	World Class Coaching	Unknown
DVD	Total Goalkeeping – Building Blocks for Individual Training	Success in Soccer, Jupp Koitka of DFBA	2005
DVD	Winning Crossing & Finishing	World Class Coaching	2008
DVD	Winning Shooting & Finishing	World Class Coaching	2008
DVD	World Class Coaching – 6 DVD Set	World Class Coaching	Unknown
DVD	Zone Play 1 – Developing Awareness of Space, Time and Orientation	Reedswain	Unknown
DVD	Zone Play 2 – 20 Exercises for Developing Defensive Formations, Transition, Pressing and Counter Pressing	Reedswain	Unknown



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Format	Item	Author	Date
DVD	Zone Play 3 – Exercises for Coaching the Principles of Zone Play	Reedswain	Unknown
Journal	Elite Soccer	Green Star Media	2016-19
Journal	Performance Conditioning Soccer	Performance Conditioning	1999-2004
Journal	Soccer Journal	United Soccer Coaches	2001-17
Journal	Success in Soccer	German Soccer Federation	1997-2014
Journal	Training & Conditioning	Momentum Media Sports Publishing	1997-99 & 2008-10
Journal	World Class Coaching	World Class Coaching	1998-2011
Journal	World Class Coaching: International Coaching Seminar	World Class Coaching	2000
Journal	World Class Coaching: One Week Journal of Juventus Practices and Training Sessions	World Class Coaching	2001
Journal	World Class Coaching: One Week Journal of PSV Eindhoven Practices and Training Sessions	World Class Coaching	1999
Journal	World Class Coaching: Practices and Training Sessions of Newcastle United FC	World Class Coaching	1999
Journal	World Class Coaching: Preseason Fitness Program of Leeds United FC	World Class Coaching	1998



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300 Innovative Soccer Drills for Total Player Development

Format: Book Author: Roger Wilkinson and Mick Critchell Year: 2000

Full of innovative drills designed to teach players skills and tactics while building the necessary physical conditioning level required in the modern game of soccer, Innovative Soccer Drills is suitable for the player, parent and coach at the junior league and junior high school level.

Ajax Training Sessions

Format: Book Author: Jorrit Smink Year: 2004

Jorrit Smink, Dutch journalist and himself a soccer coach, had the chance to report on world famous club Ajax Amsterdam for a full season. This book is a collection of 40 drills used by coaches at the various levels at Ajax, including head coach of the first team and legendary Dutch superstar, Ronald Koeman. Topics covered include: Warm Up Drills, Conditioning Drills, Shooting Drills, Goalkeeping Drills, Positional Play Drills, and more.

Attacking Down the Center

Format: Book Author: Henk Mariman Year: 2006

Proper training of the fundamentals is important in preparing young players for the game they wish to play. In a game as complex as soccer, with the many different techniques, strategies, and game-play options, this is even more crucial; especially for Junior High and Senior High school, upper level recreation leagues and off season camp instructors. Each book is full of technical and tactical exercises aimed at improving a specific aspect of play as well as detailed lesson plans which can be manipulated to fit any coach's specific situation. This books contains about 80 2-color diagrams to show the precise methods of training. In Soccer: Attacking Down the Center the focus is on the specific procedures of the center attack. From the mid-field, forward, the team members need to adjust their positions and ball handling depending on how the attack is to proceed. This book will illustrate the proper methods of game set-up for both styles of attack and show those skills needed in order to properly attack.

Attacking Down the Flank

Format: Book Author: Henk Mariman Year: 2006

Proper training of the fundamentals is important in preparing young players for the game they wish to play. In a game as complex as soccer, with the many different techniques, strategies, and game-play options, this is even more crucial; especially for Junior High and Senior High school, upper level recreation leagues and off season camp instructors. Each book is full of technical and tactical exercises aimed at improving a specific aspect of play as well as detailed lesson plans which can be manipulated to fit any coach's specific situation. This books contains about 80 2-color diagrams to show the precise methods of training. In Soccer: Attacking Down the Flank the focus is on the specific procedures of the flank attack. From the mid-field, forward, the team members need to adjust their positions and ball handling depending on how the attack is to proceed. This book will illustrate the proper methods of game set-up for both styles of attack and show those skills needed in order to properly attack.

Attacking Soccer – A Tactical Analysis

Format: Book Author: Massimo Lucchesi Year: 2001

This book examines match strategies for creating goal scoring opportunities out of various systems of play. 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.



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Attitude 101 – What Every Leader Needs to Know

Format: Book

Author: John C. Maxwell

Year: 2003

With this concise and listener-friendly guidebook, you can master attitude issues. Learn to:

- Recognize how individuals' attitudes impact their performance
- Pinpoint problem feelings, behaviors, and thinking in yourself and others
- Identify six common attitude problems that undermine teamwork
- Discover the secret to changing a bad attitude
- Create new definitions of failure and success that will improve performance
- Adopt the attitude that helps a leader keep going to the next level

Attitude is contagious! You want to make sure your team is catching the right one!

Basic Training – Techniques and Tactics for Developing the Serious Soccer Player – Ages 6-14 – V1

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2002

Techniques and Tactics for Developing the Serious Player. This Success in Soccer book will cover:

- Easy to understand basic information for training, games and educational support for boys and girls ages 6-14. Up-to-date training for the modern game.
- A variety of different training methods for an attractive, age oriented and purposeful soccer education.
- How to use the game of 4v4, replay and ball games.
- Individual exercises with the ball, games and exercises for dribbling, combination play, shooting, heading etc.

Best Practices for Coaching Soccer in the United States

Format: Book

Author: United States Soccer Federation

Year: 2006

U.S. Soccer's Coaching Education Department has released a publication designed to give youth and junior level soccer coaches in the United States a set of fundamental tools to help open up the game of soccer to young players in ways that celebrate the sport's spontaneous qualities. The 70-page "Best Practices for Coaching Soccer in the United States" coaching book serves as the sport's definitive new player development guidelines.

Bobby Robson: High Noon – A Year at Barcelona

Format: Book

Author: Jeff King

Year: 1997

This is a biography of Bobby Robson, former England manager, and manager of Barcelona. The book aims to cover every area of Robson's time in his first year in charge of Barcelona - dealing with fanatical fans, the Spanish media, his striker Ronaldo, and the challenge of Atletico Madrid.

Bounce: Mozart, Federer, Picasso, Beckham and the Science of Success

Format: Book

Author: Matthew Syed

Year: 2010

Syed, sportswriter and columnist for the London *Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages—a mentor, good facilities nearby, and lots of time to hone his skills—set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and



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Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. Cogent discussions of the neuroscience of competition, including the placebo effect of irrational optimism, self-doubt, and superstitions, all lend credence to a compelling narrative; readers who gobbled up *Freakonomics* and *Predictably Irrational* will flock to this.

Challenger's Top 100 Soccer Practices

Format: Book

Author: Challenger Sports

Year: 2004

The practices in this book have been selected from hundreds of practices that the British Soccer coaching staff has used with youth players of all ages and abilities. Each chapter begins with fundamental unopposed technical drills, which are then followed by practices that become increasing more opposed and more tactical throughout the chapter. Whether you need a couple of variations to fill out your next session, or whether you are looking for material for a whole team practice, I am sure that you will not only be able to quickly locate the appropriate material, but will also see the logical order in which the skill should be taught.

Challenger's Competitive Team Training Guide

Format: Book

Author: Challenger Sports

Year: 2004

This book contains a collection of training sessions from some of the most successful teams from around the world such as Ajax, Liverpool, Chelsea, Manchester United, Feyenord, The US Women's team, the Italian National Team and many more. The practices have been grouped into sections that will help coaches plan and select the appropriate material for their sessions. The sections covered in this book are: Defending; Shooting; Crossing & Finishing; Passing & Possession; Technical Training Sessions and Combination Play. Each training session has detailed explanations and is accompanied by easy to read diagrams.

Challenger's Parent Coach Coaching Guide

Format: Book

Author: Challenger Sports

Year: Unknown

This pamphlet contains information and advice on the Role of the Coach, Organizing Your Practice, Coaching Young Players, the Progressive Coaching Method and sample activities for U6 players.

The Champion Within – Training for Excellence

Format: Book

Author: Lauren Gregg with Tim Nash

Year: 1999

This unique coaching book written by USA Women's World Cup assistant coach Lauren Gregg draws on more than a decade of experience developing elite soccer players to define and explain the process of becoming a champion. A comprehensive and detailed guidebook to player development, self-training, mental toughness, skill development and physical conditioning. Coaches and players will learn the secrets and inside stories straight from the people who built the USA into a women's soccer powerhouse and Olympic and World Cup Champions. Contributions to the 318 page book come from all members of the US team, including chapters written by Mia Hamm, Michele Akers, and Tony DiCicco. A must read for every coach and player, man or woman.

Coaching the 4-3-3

Format: Book

Author: Massimo Lucchesi

Year: 2005

A detailed tactical overview and analysis of the popular 4-3-3 system of play. This book is your guide to implementing the 4-3-3, from selecting your players through coaching and teaching every phase of play. Main topics include tactical principles, attacking schemes, transition and counterattack, and build up and finishing. Also includes several game situation exercises to reinforce these concepts.



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Coaching for Teamwork – Winning Concepts for Business in the Twenty-First Century

Format: Book

Author: Vince Lombardi

Year: 1996

This inspiring book on winning business concepts captures the essence of the modern workplace. Lessons from sports enliven the text. Quotes from the late great Vince Lombardi and others provide wisdom for leaders. This is an invaluable tool to reevaluate your leadership skills and establish a blueprint to take you successfully into the future.

The Coaching Philosophies of Louis van Gaal and the Ajax Coaches

Format: Book

Author: Henny Kormelink and Tjen Seevers

Year: 1997

Louis van Gaal, Frans Hoek, Co Adriaanse and fitness coach Bobby Haarms discuss their training methods and philosophies in this book full of creative ideas for soccer coaches at any level.

The Complete Keeper – Youth Goalkeeper Training from A to Z

Format: Book

Author: Peter Greiber and Robert Freis

Year: 2002

The Complete Keeper is a practical goalkeeper training handbook that truly delivers: Instead of bogging down with long-winded discussions of theory, it has more than 240 clearly illustrated exercises and practice games which provide virtually infinite variations for effective youth goalkeeper training. It is a rich resource for soccer coaches who know that goalkeeper training must be taken just as seriously as field player training. The book includes descriptions of basic goalkeeping techniques, in detail and with plenty of photos. Special attention is paid to the tactical aspects of the position and all bases are covered, from elements of training to the little things that make the difference between good goalkeeping and great goalkeeping. Although this book is primarily intended for coaches of youth soccer teams, the vast majority of the exercises are appropriate for adults as well.

The Edge: The Guide to Fulfilling Dreams, Maximizing Success and Enjoying a Lifetime of Achievement

Format: Book

Author: Howard E. Ferguson

Year: 1990

"The whole idea is to somehow get an edge. Sometimes it takes just a little extra something to get that edge, but you have to have it."--Don Shula, NFL Coach. The Edge. It's something you must have if you are to be successful in athletics--and in life. All great people have it. So can you. Being successful by being the best you can be is what this book is all about. We aren't offering any pie-in-the-sky promises or candy-coated lines of encouragement. This is not a "How to Become a Great Athlete in 30 Days" book, because 30 days of dedication and hard work are just not enough to be the very best you can be. Your drive towards success must be a sustained and continuous effort. We will tell you to dream of becoming a great person --then warn you that you need to do more than just dream to reach that goal.

The Education of a Coach

Format: Book

Author: David Halberstam

Year: 2005

Now in paperback, Pulitzer Prize-winner David Halberstam's bestseller takes you inside the football genius of Bill Belichick for an insightful profile in leadership. Bill Belichick's thirty-one years in the NFL have been marked by amazing success -- most recently with the New England Patriots. In this groundbreaking new book, David Halberstam explores the nuances of both the game and the man behind it. He uncovers what makes Bill Belichick tick both on and off the field.

FC Barcelona – A Tactical Analysis – Attacking

Format: Book

Author: Terzis Athanasios

Year: 2012



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This FULL COLOUR 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 attacking play of Barcelona is admired by every coach, player and fan in the world. Each player movement and passing combination is broken down in detail for every coach to apply these tactics to their own team. Here is the chance to learn to play the 'Barca way.' We now have a full analysis of Barcelona's 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 offensive tactics employed with clear diagrams and detailed descriptions.

Focused for Soccer

Format: Book

Author: Bill Beswick

Year: 2000

Successful soccer players understand the game, have the skills to execute the techniques and tactics, and are conditioned to meet the physical demands of the sport. A fourth and equally important factor in soccer success is mental toughness. Being a champion requires concentration, discipline, motivation, and a positive attitude. Now players can learn to meet and overcome the mental challenges of intense competition with Focused for Soccer. This book alone delivers such in-depth, easy-to-follow guidelines for maximizing individual performance on the soccer field. Focused for Soccer will help you sharpen mental skills and unleash your full potential. Better than general sport psychology text, Focused for Soccer is filled with practical tips and step-by-step techniques that transfer directly to the game. Part of Human Kinetics' popular Focused for Sports series, this book makes the case that physical skills and conditioning must be combined with psychological skills to be a champion. European coach and sport psychologist Bill Beswick is the world's leading authority on the mental aspects of soccer performance. Beswick's insights and anecdotes enrich the expert instruction throughout the book. He explains how he has applied the training techniques successfully in his many years as a coach and consultant. Beswick begins by helping you create an honest player assessment and a plan of action. He then guides you through every key factor of the mental game that will improve performance, including positive outlook, intensity of actions, imagination, winning attitudes, healthy competitiveness, and true teamwork. In many sections, the author shows techniques used by professional athletes and sport psychologists to boost performance to a higher level. Encouraging athletes to play "first with the head, then with the heart," Focused for Soccer is a players' and coaches' guide to all of the psychological tools necessary to become a soccer champion. It is an invaluable tool for improving the foundation of your game and an outstanding guidebook for any physical athletic training program.



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The Game and the Glory – Michelle Akers Autobiography

Format: Book

Author: Michelle Akers with Gregg Lewis

Year: 2000

Akers, a member of the U.S. Women's National Soccer Team since its inception in 1985, was at 33 the oldest player when the team won the magical World Cup Final at the Rose Bowl in 1999. Along the way, she suffers her parents' divorce, 12 knee operations, and, most remarkably for an elite athlete, a diagnosis of CFIDS (chronic fatigue immune dysfunction syndrome). Sapping her energy and requiring post-game intravenous injections, this illness made it impossible for her to train and play at her usual "all-out" level. Much of the book deals with how she overcame CFIDS by combining her innate competitive focus and perseverance with Christian faith. She has founded a ministry to spread the Christian message through soccer. We see Akers the incredible athlete but also the ordinary person kidding around with teammates and afraid of public speaking.

Good to Great – Why Some Companies Make the Leap...and Others Don't

Format: Book

Author: Jonathan Wilson

Year: 2008

The Challenge: Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? *The Study:* For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? *The Standards:* Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. *The Comparisons:* The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. *The Findings:* The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include:

Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness.

- The Hedgehog Concept: (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence.
- A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology.
- The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap.

"Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?



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A Guide to Soccer Field Testing

Format: Book Author: DeMello, Kirkendall, Oliver & Snow Year: 2000

This easy-to-use, step-by-step manual shows you how to establish and maintain a soccer-specific field testing program. The book offers a complete description of tests for endurance, strength endurance, explosive power, speed and agility, and all are soccer-specific. Compare athlete results with thousands of soccer players from state and ODP levels, boys and girls U-10 through 23. Comes with a data collection sheet to help you get organized. In addition, receive inside information on the Men and Women National Teams' testing programs and results. A must for all serious soccer players and coaches.

Hannibal and Me: What History's Greatest Military Strategist Can Teach Us About Success and Failure

Format: Book Author: Andreas Kluth Year: 2011

The life of Hannibal, the Carthaginian general who crossed the Alps with his army in 218 BCE, is the stuff of legend. And the epic choices he and his Roman enemies made on the battlefield and in life offer timeless lessons to us today about how we should respond to our own victories and defeats. Inspired by ancient history, Hannibal and Me explores the triumphs and disasters in our lives by examining the decisions made by Hannibal and others, including Albert Einstein, Eleanor Roosevelt, Steve Jobs, Ernest Shackleton, and Paul Cézanne. Kluth shows why some overcome failure and others succumb to it, and why some fall victim to success while others thrive on it. The result is a page-turning adventure tale, a compelling human drama, and an insightful guide to understanding behavior.

How to Play Against and Beat the 4-3-3

Format: Book Author: David Platt Year: 2005

This book illustrates how to effectively coach your team to beat an opposing team that is playing the 4-3-3 system. The 4-3-3 is one of the most common formations used by teams all over the world. Regardless of the formation you employ with your team, understanding how to tactically beat the 4-3-3 formation is a must for any coach. We begin by recognizing the strengths of the 4-3-3, how to negate them, and how to take advantage of its weaknesses. After a brief summary of the main components of the 4-3-3, highlighting the strengths and weaknesses of it, we look at some effective tactical planning to play against and beat it. To do this we look at and compare how the world's top teams like Manchester United, A.C. Milan, Arsenal, Real Madrid and the Portuguese and England National Teams have success against the 4-3-3 system. Inside you will also find many training sessions showing how you can practice those tactics on the training field, through sessions and drills designed to effectively prepare in a manner to overcome the system.

Inverting the Pyramid – A History of Football Tactics

Format: Book Author: Jonathan Wilson Year: 2008

For soccer fans, following, discussing, and arguing about the tactics a manager puts into play are part of what makes the sport so appealing. This fascinating study traces the history of soccer tactics back from such modern pioneers as Rinus Michels, Valeriy Lobanovskiy, Catenaccio, and Herbert Chapman. Along the way, author Jonathan Wilson, an erudite and detailed writer who never loses a sense of the grand narrative sweep, takes a look at the lives of the great players and thinkers who shaped the game, and discovers why the English in particular have proved themselves so "unwilling to grapple with the abstract."

Jumping Into Plyometrics

Format: Book Author: Donald A. Chue Year: 1991



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"Jumping Into Plyometrics" shows how to develop a safe plyometric training programme for any sport. Readers will discover how to improve quickness, speed, and jumping ability while gaining greater co-ordination, body control, and balance. In addition to explaining basic muscle physiology, how plyometrics works, and how to design the ideal plyometric training programme for many sports, "Jumping Into Plyometrics" features many plyometric exercises. Readers will find 90 fully illustrated exercises from seven jumps-in-place, standing jumps, multiple jumps, box drills, death jumps, bounding, and medicine ball exercises. This manual also provides plyometric drills for 19 specific sports. It includes the five most effective exercises for each sport, the equipment needed, the starting position, and the action sequence of the exercise. An accompanying video is also available which shows athletes how to perform 21 of the same exercises found in the book "Jumping Into Plyometrics". The video makes learning easy by demonstrating, step by step, how each exercise is executed. Like the book, the video features exercises that vary in intensity from very low to very high. The exercises can be used by athletes at any skill level, and they can be applied to training regimens for a variety of sports. The video also features specific tests that will help athletes assess and monitor their progress.

Keane – The Autobiography

Format: Book Author: Roy Keane with Eamon Dunphy Year: 2002

The most talked about, written about and argued over sports autobiography of 2002, *Keane: the Autobiography* does not disappoint. This story of Manchester United and Ireland captain Roy Keane's brilliant and controversial career, written in collaboration with Irish journalist and former professional footballer Eamon Dunphy, crackles with score-settling vigor. It presents a revisionist view of a life in football that has had tabloid editors rubbing their hands with glee almost from the moment the fiery, confrontational midfielder made his British debut for Nottingham Forest under arch eccentric Brian Clough right through to his sensational bust-up with international boss Mick McCarthy and subsequent departure from the 2002 Irish World Cup squad on the eve of the finals. Amid all the wrangling and point-scoring Dunphy and Keane have written a rags-to-riches review of Keane's journey from a poor, battling background in Cork to the £50k a week highlife at Old Trafford. It's very entertaining, although an independent biographer would doubtless have put a less heroic spin on proceedings. The two key headline-grabbing stories--the war with McCarthy and the allegedly deliberate injuring of Alfie Haaland--read somewhat differently in the book from the way they did in the papers. Make no mistake about it, Keane is frank about his own failings, franker about the failings of others and prepared to spill the beans to some extent about being the odd-man-out in the Old Trafford glam-fest. But this is very much his side of the story.

The Lombardi Rules – 26 Lessons from Vince Lombardi – the World's Greatest Coach

Format: Book Author: Vince Lombardi, Jr. Year: 2003

Vince Lombardi is considered by most to be the greatest NFL coach ever. His leadership and motivational skills drove the Green Bay Packers to four NFL titles in seven years, an amazing record that has yet to be equaled. The Lombardi Rules examines the strategies and techniques that Lombardi followed to achieve his unprecedented success. Especially valuable in today's take-no-prisoners business environment, it provides an insider's look at Lombardi's remarkable methods and how they can be transformed to any field or endeavor.

Mindset: The New Psychology of Success

Format: Book Author: Carol Dweck Year: 2006

Mindset is "an established set of attitudes held by someone," says the Oxford American Dictionary. It turns out, however, that a set of attitudes needn't be so set, according to Dweck, professor of



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psychology at Stanford. Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your talents and abilities as... well, fixed. In other words, you are who you are, your intelligence and talents are fixed, and your fate is to go through life avoiding challenge and failure. A growth mindset, on the other hand, is one in which you see yourself as fluid, a work in progress. Your fate is one of growth and opportunity. Which mindset do you possess? Dweck provides a checklist to assess yourself and shows how a particular mindset can affect all areas of your life, from business to sports and love. The good news, says Dweck, is that mindsets are not set: at any time, you can learn to use a growth mindset to achieve success and happiness. This is a serious, practical book. Dweck's overall assertion that rigid thinking benefits no one, least of all yourself, and that a change of mind is always possible, is welcome.

The Modern Soccer Coach 2014 – A Four Dimensional Approach

Format: Book

Author: Gary Curneen

Year: 2013

Over the last 20 years, no sport has changed more than soccer. The modern player is technically more capable, physically faster and stronger, and has access to more coaching and sports science resources than ever before. With the high rewards associated with success, there has never been more pressure on coaches to win, develop players, and play soccer the 'right way'. Aimed at Soccer coaches of all levels and with players of all ages and abilities The Modern Soccer Coach 2014 identifies the areas that must be targeted by coaches who want to maximize a team's potential - the Technical, Tactical, Physical, and Mental sides to the game. Written by UEFA 'A' and NSCAA Premier licensed coach Gary Curneen - The Modern Soccer Coach 2014 offers contemporary, focused, and distilled insight into what soccer coaches need to do, and how! Filled with practical no-nonsense explanations, focused players drills and more than 30 illustrated soccer templates, The Modern Soccer Coach 2014 will help you - the modern coach - to create team performances that win match after match!

The New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists

Format: Book

Author: James E. Loehr

Year: 1995

For nearly a quarter of a century, top sports psychologist James E. Loehr has been training world-class athletes, from Olympic gold medalist speed-skater Dan Jansen to tennis stars Monica Seles and Jim Courier. His bestselling book, *Mental Toughness Training for Sports*, is a classic. In *The New Toughness Training for Sports*, he offers a toughness program that allows you to play at the very top of your game-- every time. You'll learn how to trigger your Ideal Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to sports.

Offensive Soccer Tactics

Format: Book

Author: Jens Bangsbo and Birger Peitersen

Year: 2003

The challenge you face in devising an effective offensive attack just became easier with *Offensive Soccer Tactics*. Learn the details of the offensive strategies employed by some of the most successful soccer teams in the world. This book, designed for coaches at the high school level and up, is the collective offensive genius of world-renowned coaches Jens Bangsbo and Birger Peitersen, longtime instructors with the Danish Football Federation as well as other Danish national teams and Italian clubs. By learning the strategies, systems, and tactics that have been successfully implemented by Denmark's elite clubs and other international powerhouses, you will develop players and teams with more potent offensive skills. The authors begin by covering the basics of possession play, then they take you through effective practice strategies, drills, and game plans. Other key topics include -creating space,



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- moving without the ball,
- advanced-level passing,
- challenging the defender, and
- penetrating and finishing scoring runs.

Offensive Soccer Tactics brings these principles together to demonstrate how to finish plays from all over the field, including outside and inside the penalty area. You'll gain a strategic understanding of the sport so that you can make effective decisions relative to your personnel, your offensive proficiencies and opponent. Your offense will thrive from instruction on incorporating high-percentage offensive tactics into both practices and games. Thoroughly illustrated with detailed diagrams, Offensive Soccer Tactics is the perfect tool to use to keep the ball away from your opponent and score more goals.

Outliers - The Story of Success

Format: Book

Author: Malcolm Gladwell

Year: 2008

SignatureReviewed by Leslie ChangIn *Outliers*, Gladwell (*The Tipping Point*) once again proves masterful in a genre he essentially pioneered—the book that illuminates secret patterns behind everyday phenomena. His gift for spotting an intriguing mystery, luring the reader in, then gradually revealing his lessons in lucid prose, is on vivid display. *Outliers* begins with a provocative look at why certain five-year-old boys enjoy an advantage in ice hockey, and how these advantages accumulate over time. We learn what Bill Gates, the Beatles and Mozart had in common: along with talent and ambition, each enjoyed an unusual opportunity to intensively cultivate a skill that allowed them to rise above their peers. A detailed investigation of the unique culture and skills of Eastern European Jewish immigrants persuasively explains their rise in 20th-century New York, first in the garment trade and then in the legal profession. Through case studies ranging from Canadian junior hockey champions to the robber barons of the Gilded Age, from Asian math whizzes to software entrepreneurs to the rise of his own family in Jamaica, Gladwell tears down the myth of individual merit to explore how culture, circumstance, timing, birth and luck account for success—and how historical legacies can hold others back despite ample individual gifts. Even as we know how many of these stories end, Gladwell restores the suspense and serendipity to these narratives that make them fresh and surprising. One hazard of this genre is glibness. In seeking to understand why Asian children score higher on math tests, Gladwell explores the persistence and painstaking labor required to cultivate rice as it has been done in East Asia for thousands of years; though fascinating in its details, the study does not prove that a rice-growing heritage explains math prowess, as Gladwell asserts. Another pitfall is the urge to state the obvious: No one, Gladwell concludes in a chapter comparing a high-IQ failure named Chris Langan with the brilliantly successful J. Robert Oppenheimer, not rock stars, not professional athletes, not software billionaires and not even geniuses—ever makes it alone. But who in this day and age believes that a high intelligence quotient in itself promises success? In structuring his book against that assumption, Gladwell has set up a decidedly flimsy straw man. In the end it is the seemingly airtight nature of Gladwell's arguments that works against him. His conclusions are built almost exclusively on the findings of others—sociologists, psychologists, economists, historians—yet he rarely delves into the methodology behind those studies. And he is free to cherry-pick those cases that best illustrate his points; one is always left wondering about the data he evaluated and rejected because it did not support his argument, or perhaps contradicted it altogether. Real life is seldom as neat as it appears in a Malcolm Gladwell book.

The Power of Habit - Why We Do What We Do In Life and Business

Format: Book

Author: Charles Duhigg

Year: 2012

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts



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of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

Practice Planner – Youth U16-U18 – #1

Format: Book Author: Success in Soccer, Norbert Vieth Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this age level. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

Practice Planner – Level 1 Amateur Adult – #2

Format: Book Author: Success in Soccer, Norbert Vieth Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

Practice Planner – Level 2 Amateur Adult – #3

Format: Book Author: Success in Soccer, Norbert Vieth Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most



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important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What do mid-level amateurs expect of their club?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact
- Finding the right mix of practice games

Pressing

Format: Book

Author: Massimo Lucchesi

Year: 2003

Massimo Lucchesi and the coaches at www.allenatore.net have compiled a comprehensive overview of one of the most widely used collective defensive tactics in the modern PRESSING. Minimizing the space and time available to an opponent in possession is the goal of the pressing game and if successful will undoubtedly lead to counterattack opportunities and more GOALS! This book will explain the tactical concepts and offer a number of exercises to work on the pressing game in both the attacking and defensive zones.

Professional Youth Academy Training Sessions

Format: Book

Author: Sam Saif

Year: 2005

In this book, Saif shares with you the training sessions he uses with his Academy teams. Over the years, Saif has refined his coaching sessions to reflect what he has learned from his association with these coaches and also to reflect the developments of the modern game. Through his many years of experience, he has been able to keep what works and eliminated what doesn't. What remains are some of the most creative, inspired and innovative training sessions available. Inside you will find actual training sessions on the following topics: Warm-Ups; Technical & Possession; Defending; Heading; Wing Play & Forwards; Midfield Play and Goalkeeping. Some sessions are more technique related and functional, while others are more team related and tactical in nature. Whether you coach a youth, high school, college or professional team, this book will be, without doubt, a great addition to your library.

The Professor – Arsene Wenger

Format: Book

Author: Myles Palmer

Year: 2008

Idealistic, passionate and scientific, Arsène Wenger led the modernisation of English football. A star-maker who identifies and nurtures talent, he also opened the door for foreign coaches like Houllier, Eriksson, Ranieri and Mourinho. He is Arsenal's most successful and longest-serving manager and the only manager in FA Premier League history to go through an entire season without a loss. Now completely revised and updated to include Arsenal's triumphant campaign to the 2006 Champion's League final, Wenger's induction into the English Football Hall of Fame and all the highlights from the 2007/08 season, The Professor tracks the highs and lows of Wenger's decade at Arsenal, his teams, his methods, his successes and failures, and asks what the future holds for the man who reinvented the beautiful game.



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Sacred Hoops – Spiritual Lessons of a Hardwood Warrior

Format: Book Author: Phil Jackson with Hugh Delehanty Year: 2006

With a new introduction, Phil Jackson's modern classic of motivation, teamwork, and Zen insight is updated for a whole new readership "Not only is there more to life than basketball, there's a lot more to basketball than basketball." --Phil Jackson Eleven years ago, when Phil Jackson first wrote these words in Sacred Hoops, he was the triumphant head coach of the Chicago Bulls, known for his Zen approach to the game. He hadn't yet moved to the Los Angeles Lakers, with whom he would bring his total to an astounding nine NBA titles. In his thought-provoking memoir, he revealed how he directs his players to act with a clear mind--not thinking, just doing; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos; to put the "me" in service of the "we" -- all lessons applicable to any person's life, not just a professional basketball player's. This inspiring book went on to sell more than 400,000 copies. In his new introduction, Jackson explains how the concepts in Sacred Hoops are relevant to the issues facing his current team--and today's reader. This description may be from another edition of this product.

Scholes: My Story

Format: Book Author: Paul Scholes and Ivan Ponting Year: 2011

Paul Scholes is one of the most revered footballers of the modern era, both at home and internationally. A one-club player, he has served Manchester United for more than sixteen years, making over 600 appearances in that time — the fourth highest number of appearances by any player for the club. He also represented the England national team for seven years, winning 66 caps including two World Cup and two European Cup campaigns. Throughout this time, Scholes has always played a decisive role in his teams' fortunes. As well as the technical brilliance that makes Paul Scholes such a breathtaking player to watch it is the determination and integrity which he demonstrates both on and off the pitch that means he is a fascination to fans of the sport. In an age of overpaid, workaday players, Scholes has become an icon of professionalism and club loyalty, admired by fans everywhere. Now in this book for the first time Paul Scholes shares his story: from his beginnings at United under the tutelage of Sir Alex Ferguson as part of the 'golden' youth team, to the treble-winning season and twice capturing European Cup glory, the importance of family and friends in keeping his feet on the ground, as well as his many triumphs and tribulations with England. This is without question the sports autobiography of 2011, from a player as popular and as revered as any in the game today.

The Score Takes Care of Itself – My Philosophy of Leadership

Format: Book Author: Bill Walsh and Steve Jamison Year: 2009

Bill Walsh is a towering figure in the history of the NFL. His advanced leadership transformed the San Francisco 49ers from the worst franchise in sports to a legendary dynasty. In the process, he changed the way football is played. Prior to his death, Walsh granted a series of exclusive interviews to bestselling author Steve Jamison. These became his ultimate lecture on leadership. Additional insights and perspective are provided by Hall of Fame quarterback Joe Montana and others. Bill Walsh taught that the requirements of successful leadership are the same whether you run an NFL franchise, a fortune 500 company, or a hardware store with 12 employees. These final words of 'wisdom by Walsh' will inspire, inform, and enlighten leaders in all professions.

Sir Bobby Robson – Living the Game

Format: Book Author: Bob Harris Year: 2003



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The first illustrated celebration of the life and times of Sir Bobby Robson, one of the most successful managers ever. For over fifty years he has been involved in soccer at the highest level, as a player, coach, and international coach. He was sacked from his first management position at Fulham, he was hounded by the press while England's coach, and has twice recovered from cancer. Bob Harris, a close acquaintance of Sir Bobby's, tells the football manager's own story, which is interlaced with stories and anecdotes from many of the most famous names in football.

The Soccer Academy: 100 Defending Practices and Small Sided Games

Format: Book

Author: Michael Beale

Year: 2008

This book contains 100 exercises and small sided games designed to inspire players to become better defenders both tactically and technically in a fun and competitive training environment. The games are set up to re-create the unpredictability of actual match play, with no long queues or endless repetitions.

The Soccer Coaching Bible

Format: Book

Author: National Soccer Coaches Association of America

Year: 2014

With The Soccer Coaching Bible, you can draw from the expertise and experience of 30 of the game's most successful coaches, learning new and better ways to coach the game and develop your players. The National Soccer Coaches Association of America (NSCAA) assembled an all-star lineup of 30 coaches to tackle every important aspect to coaching the sport. On- and off-field duties are covered in detail, and the material in each chapter is rich with the voice of experience. From Anson Dorrance's chapter on organizing and orchestrating a winning program to Lauren Gregg's chapter on creating the ideal training environment, this book provides the answers you've been looking for. Steve Sampson explains the technical and tactical nuances of controlling the ball, and Tony DiCicco encourages and informs mentoring developing players and coaches. The vast coaching expertise is divided into six sections, making it easy to choose what to implement into your program.

Soccer: How to Play the Game: The Official Playing and Coaching Manual of the United States Soccer Federation

Format: Book

Author: U.S. Soccer

Year: 1999

The official playing and coaching manual for youth soccer of the United States Soccer Federation. The definitive playing and coaching manual for youth soccer. Compiled by the coaching, educational and technical staff of U.S. Soccer, this book offers extensive information on all aspects of the game, technique, tactics, laws, prevention and care of injury, coaching preparation, organizational structure, model training sessions, and more than 100 practice games suitable for developing aspects of every player's game. Features numerous games for developing dribbling * passing * finishing * heading * defending * goalkeeping, as well as games specifically for young beginners * games to teach tactics * overall soccer decision-making. Extensive technique section offers detailed pointers on dribbling and turning moves * shielding * passing * receiving * drives * chips, bending the ball and volleys * heading * marking * tackling * goalkeeping catches * dives and saves. Tactical chapters offer detailed information on fundamental attacking tactics * defensive principles * restart tactics for defensive and offensive success. Model training sections construct excellent practice sessions, from warmup through cool down exercises * useful for all coaches as a guide to improving performance * efficiency * enjoyment of training.

Soccer Strategies – Defensive and Attacking Tactics

Format: Book

Author: Robyn Jones and Tom Tranter

Year: 1999



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Aimed primarily at intermediate and advanced coaches, this book examines the principle formations used in modern soccer and the need to fully understand them all if one is to adapt to game situations using counter-active tactics. The authors discuss such offensive topics as support, width, penetration, mobility and improvisation. Defensively, they provide insight into depth, delay, concentration, team balance, cover and restraint. Chapters include: Three Man Defense Four Man Defense One Forward System Two Forward System Three Forward System Well organized and clearly written, this is an outstanding coaching book.

Soccer Systems & Strategies

Format: Book Author: Jens Bangsbo and Birger Peitersen Year: 2000

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

The Sports Gene - Inside the Science of Extraordinary Athletic Performance

Format: Book Author: David Epstein Year: 2012

In this controversial and engaging exploration of athletic success, *Sports Illustrated* senior writer David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving this great riddle. He investigates the so-called 10,000-hour rule to uncover whether rigorous and consistent practice from a young age is the only route to athletic excellence. Along the way, Epstein dispels many of our perceptions about why top athletes excel. He shows why some skills that we assume are innate, like the bullet-fast reactions of a baseball or cricket batter, are not, and why other characteristics that we assume are entirely voluntary, like an athlete's will to train, might in fact have important genetic components. This subject necessarily involves digging deep into sensitive topics like race and gender. Epstein explores controversial questions such as:

- Are black athletes genetically predetermined to dominate both sprinting and distance running, and are their abilities influenced by Africa's geography?
- Are there genetic reasons to separate male and female athletes in competition?
- Should we test the genes of young children to determine if they are destined for stardom?
- Can genetic testing determine who is at risk of injury, brain damage, or even death on the field?

Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

The Talent Code

Format: Book Author: Daniel Coyle Year: 2009

A New York Times bestselling author explores cutting-edge brain science to learn where talent comes from, how it grows—and how we can make ourselves smarter. How does a penniless Russian tennis club with one indoor court create more top 20 women players than the entire United States? How did a small town in rural Italy produce the dozens of painters and sculptors who ignited the Italian Renaissance? Why are so many great soccer players from Brazil? Where does talent come from, and how does it grow? New research has revealed that myelin, once considered an inert form of insulation for brain cells, may be the holy grail of acquiring skill. Journalist Daniel Coyle spent years investigating



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talent hotbeds, interviewing world-class practitioners (top soccer players, violinists, fighter, pilots, artists, and bank robbers) and neuroscientists. In clear, accessible language, he presents a solid strategy for skill acquisition—in athletics, fine arts, languages, science or math—that can be successfully applied through a person's entire lifespan.

Training Sessions from Around the World

Format: Book

Author: Mike Saif

Year: 2003

Training Sessions From Around The World contains sessions from the world's top teams and coaches like Manchester United, Ajax, Liverpool, Juventus, PSV Eindhoven, E.C. Vitoria and Sao Paulo. These, plus sessions from National teams from Holland, Italy, USA and others, make this book a must have for any serious soccer coach. There are over 200 pages accompanied with 480 easy-to-read diagrams. Topics include-Defending With A Flat Back Four, Attacking From The Flanks, Playing With A 4-4-2 Formation, Defending With Three Defenders, Small-Sided Games, Counter-Attacking and many other sessions. Divided into five chapters- Attacking Sessions, Passing and Possession Sessions, Technical Sessions, Defending Sessions and Goalkeeping Sessions, there are over 100 training sessions included. Each training session has detailed explanations and is accompanied with easy-to-read diagrams to make this book the perfect reference for any level of coach.

Training Soccer Champions

Format: Book

Author: Anson Dorrance with Tim Nash

Year: 1996

Do you have what it takes to train champions? In Training Soccer Champions, leading NCAA coach Anson Dorrance shares the secrets to creating and maintaining a winning team. Dorrance explains his philosophies, provides practical lessons, and reflects on his experience, offering the invaluable perspective of one of the world's outstanding coaches. Training Soccer Champions digs deep into the psychology of the female athlete and conveys the principles of coaching to benefit average and high-performing teams alike. Field strategy, motivational techniques, team dynamics, and much more are discussed in this must-have guide to coaching. With countless championship titles and numerous awards, Anson Dorrance knows what it takes to win, and now you can too.

US Youth Soccer Parent/Coach Primer – Basic Philosophy & Techniques of Coaching Young Players

Format: Book

Author: Dr. Thomas Fleck and John Cossaboon

Year: 1993

Humorous insights, training sessions and diagrams throughout the book present a complete picture of understanding and training for young players ages 6 to 9 years old. The co-authors' philosophy is for young players to enjoy the sport through productive training sessions and appropriate, non-contrived competition. This book is used as resource material for the State Youth Coaching Modules.

US Youth Soccer Assistant Coach Series – U6 & U8 Activity Aids for the Parent/Coach

Format: Book

Author: Dr. Thomas Fleck and John Cossaboon

Year: 1999

The purpose of this series is to assist the youth coach with a basic understanding of coaching youth players. The books explain in detail how to prepare for training sessions and teach the fundamentals of soccer. The books also cover material that will allow the coach to introduce a philosophy that focuses on development in a low stress, fun-filled environment. The goal is to give the coach an organized structure, which applies to the particular needs of his or her team. With this in mind, the coach will be able to create their own sessions utilizing the four essential ingredients of a typical practice session: warm-up, individual activities, small group activities and large group activities. Finally, the books give a description of the characteristics of Under-6 and 8 players, and how coaching should coincide with the



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player's age. The book includes twenty individual practice sessions. Used as resource material for the State Youth Coaching Modules.

US Youth Soccer Assistant Coach Series – U10 Activity Aids for the Parent/Coach

Format: Book Author: Dr. Thomas Fleck and John Cossaboon Year: 1999

The purpose of this series is to assist the youth coach with a basic understanding of coaching youth players. The books explain in detail how to prepare for training sessions and teach the fundamentals of soccer. The books also cover material that will allow the coach to introduce a philosophy that focuses on development in a low stress, fun-filled environment. The goal is to give the coach an organized structure, which applies to the particular needs of his or her team. With this in mind, the coach will be able to create their own sessions utilizing the four essential ingredients of a typical practice session: warm-up, individual activities, small group activities and large group activities. Finally, the books give a description of the characteristics of Under-10 players, and how coaching should coincide with the player's age. The book includes twenty individual practice sessions. Used as resource material for the State Youth Coaching Modules.

US Youth Soccer Assistant Coach Series – U12 Activity Aids for the Parent/Coach

Format: Book Author: Dr. Thomas Fleck and John Cossaboon Year: 1992

This book focuses specifically on tactics for the Under 12 player and coach. Tactics are defined as a player's decision related to offensive and defensive situations that are continually occurring. With diagrams and drills the coach begins to introduce the player to the thinking aspects of the game. The book presents 20 training sessions for Under-12 players, with emphasis on technical training that includes tactical implications. Used as resource material for the State Youth Coaching Modules.

US Youth Soccer Coaching the U12 Player – Years of Refinement

Format: Book Author: Dr. Thomas Fleck and John Cossaboon Year: 1992

The objective of this book is to present a frame of reference for the Under 12 coach. Discussions of what the coach can expect from a player of this age and suggestions as to how to deal with the player are offered. The coach is shown how to create tactical awareness because of the added success in technical execution. The book emphasizes, however, that these are still young players who enjoy fun in their play. Used as resource material for the State Youth Coaching Modules.

US Youth Soccer Coaching Manual

Format: Book Author: US Youth Soccer Year: 2002

An indispensable tool for anyone coaching youth players. This manual contains a gold mine of information for novice as well as experienced youth coaches. Using an educational and sport science foundation rather than a simple collection of drills allows the youth coach a better understanding of the player. A few of the topics covered include: The Art of Coaching, Learning Through Game Activities, Characteristics of Effective Coaching, Successful Player Development, Tactical Awareness and Team Concepts, Correcting Technique, Competition and Player Development.

The Vision of a Champion

Format: Book Author: Anson Dorrance and Gloria Averbuch Year: 2002

Legendary soccer coach Anson Dorrance has coached 17 of the last 21 NCAA women's championship soccer teams. Enough said. "The Vision of a Champion" is just that, as Dorrance distills his vision in this mandatory guide for young athletes and coaches who want to inspire and train them.



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The American Yoga Association's Yoga for Sports – The Secret to Limitless Performance

Format: Book Author: Alice Christensen Year: 2000

Peak performance—when you feel as if you can run faster, jump higher, and last longer than ever before. When you feel light as air, time stands still, and all your senses feel sharp and clear. You know you are going to succeed. You can feel it throughout your body and deep within your inner being. Most athletes have experienced this limitless feeling at some time in their careers, but few believe they can do anything to elicit or enhance the experience. In Yoga for Sports, you will find out how the basic techniques of Yoga, combined with a new way of thinking that calls upon the strength of the inner body, can help you achieve your dreams. The endless source of power and strength is always there; you need only learn how to recognize it and welcome it. When you succeed, you will experience sport in a whole new way. Whether you are a serious athlete or weekend warrior, in this book you will find proven techniques to enhance your physical performance and your enjoyment of your sport. Step-by-step instruction through a comprehensive routine of Yoga exercise, including breathing, meditation, visualization techniques, and various sport-specific suggestions, will help you warm up properly and avoid injury. This book is your key to ultimate strength, endurance, and flexibility for a more high performance athletic experience. Alice Christensen, founder and executive director of the American Yoga Association, is one of the world's foremost Yoga teachers. Her many previously published books and tapes demonstrate her unique ability to translate the subtle messages and techniques of Yoga into terms that anyone can understand and benefit from.

Boys & Girls Soccer for under-6 & under-8

Format: CD-ROM Author: CANCoach systems Year: 2004

Interactive CD-ROM instructional sports software. By simply popping the CD into a PC, coaches, parents, and players can view libraries of skill development activities with text, diagrams, audio and full motion video. Viewers can print text descriptions as well as pre-designed practice plans. Age and skill-appropriate soccer instruction that will greatly assist your players, sons, and daughters, enabling them to improve their proficiency while enjoying team participation.

Boys & Girls Soccer for under-10 & under-12

Format: CD-ROM Author: CANCoach systems Year: 2004

Interactive CD-ROM instructional sports software. By simply popping the CD into a PC, coaches, parents, and players can view libraries of skill development activities with text, diagrams, audio and full motion video. Viewers can print text descriptions as well as pre-designed practice plans. Age and skill-appropriate soccer instruction that will greatly assist your players, sons, and daughters, enabling them to improve their proficiency while enjoying team participation.

1-2-3 Goal – Disc 1 – The Foundation of The Coerver Method

Format: DVD Author: Wiel Coerver Year: 2004

Training For Exciting and Productive Soccer. Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. Disc 1-The Foundation. Ball feeling, fast footwork, shielding and changing directions.

1-2-3 Goal – Disc 2 – One vs One

Format: DVD Author: Wiel Coerver Year: 2004



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Training For Exciting and Productive Soccer. Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. DVD 2- One v One. Moves to beat opponents, fakes, moves to get past opponents.

1-2-3 Goal – Disc 3 – Putting It All Together

Format: DVD

Author: Wiel Coerver

Year: 2004

Training For Exciting and Productive Soccer. Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. DVD 3- Putting It All Together 1-2 combinations, overlapping, crosses, through passes, heading, shooting.

30 Minute Soccer Clinic - Goalkeeping

Format: DVD

Author: World Class Coaching

Year: 2009

30 Minute Soccer Clinic DVDs from WORLD CLASS COACHING provide quality instruction demonstrated in a condensed training session of approximately 30 minutes. However, the drills and exercises in this DVD can be conducted as a complete training session or utilized in your training sessions regularly throughout the season. The goalkeeper position is a specialized position that requires both individual coaching as well as integration into regular team training sessions. 30 Minute Soccer Clinic – Goalkeeping features various warm-ups, shot-stopping drills and crossing exercises. The warm-ups include quick moving drills for distribution, shot catching, and various types of dives. The shot-stopping drills include a focus on footwork and shots from different angles, height and distance. The crossing exercises include crosses from various positions and progress to adding defenders as opposition for the goalkeeper. This session was conducted at the 2008 Football Coaching International Coaching Conference, Brisbane, Australia.

Attacking Soccer in the Women's Game – Part 1

Format: DVD

Author: NSCAA

Year: Unknown

This 2-part series features instruction by NSCAA staff coaches on the topic of developing the attacking mentality of today's female player. The activities in part 1 are designed to provide attacking players with a technical and tactical foundation and also to create a confident and assertive mentality.

1v1 Individual Attacking Skills with Nancy Feldman- NSCAA National Staff Coach, Head Coach- Boston University; *1v1 To 2v2 Attacking* with Nancy Feldman; *Combination Play In The Final Third* with Laura Kerrigan- NSCAA National Staff Coach, Head Coach- North Carolina State University; *Finishing Skills* with Theresa Echtermeyer- NSCAA National Staff Coach, Director of Coaching Littleton United Soccer.

Attacking Soccer in the Women's Game – Part 2

Format: DVD

Author: NSCAA

Year: Unknown

This 2-part series features instruction by NSCAA staff coaches on the topic of developing the attacking mentality of today's female player. The activities in part 2 look at a variety of functional and tactical training exercises that create an environment where players can acquire the decision making ability to be collectively and individually dangerous attacking players.

Possession with A Purpose with Nancy Feldman- NSCAA National Staff Coach, Head Coach- Boston University; *Training The Playmaker* with Janet Rayfield- NSCAA National Staff Coach, Head Coach-



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University of Illinois; *Box Organization* with Lauren Gregg- NSCAA National Staff Coach, Former U.S. National Team Assistant Coach; *Training The Three Front* with Janet Rayfield.

Ball Control Italian Style

Format: DVD

Author: Soccer Learning Systems

Year: 2009

The Ball Control- Italian Style teaching method has been developed in the youth training programs of the Italian Serie A. It has been very successful in team development coaching programs that have produced players with exceptional technical skills. The simplicity of this program is a major reason for its success. These 60 exercises aim to develop, improve and maintain individual technical skills regarding ball control. Suitable for players of all ages and abilities, these exercises can be carried out in groups, pairs or alone - all you really need is a ball and a wall. All of these exercises have a play for fun aspect that stimulate the will and motivation of the players during the workouts. Improve your ball control Italian Style!

Coaching 8v8 Soccer to Teach 11v11 Tactics

Format: DVD

Author: NSCAA

Year: 2009

As an interim step between small-sided games and 11v11, 8v8 soccer has enough numbers to provide a clear picture of how to implement the principles of the game within various team shapes. The 8v8 game also presents many technical and tactical teaching opportunities for coaches and older players, depending on which system is utilized. This DVD illustrates how different playing systems within the 8v8 format enable coaches to teach attacking and defending principles of the game. Various systems of play are covered and how they relate to the 11v11 game. Systems covered on this DVD include the attacking and defending principles of the 2-3-2, 3-3-1, 3-2-2 and the 2-4-1.

Coaching the 3-4-1-2 and 4-2-3-1

Format: DVD

Author: Reedswain / Massimo Lucchesi

Year: 2012

This DVD covers both the attack and defense phases in these popular modern zone formations. Lucchesi starts with a discussion of the characteristics of the players at each position and builds into a comprehensive tactical overview complete with build-up options and attacking schemes in the attack and marking responsibilities and zonal movement in defense. Also includes schemes for countering specific formations.

Coaching the 3-4-3

Format: DVD

Author: Reedswain

Year: Unknown

This video examines the 3-4-3 system of play with regard to both the offensive and defensive phases. Exercises for the defense include 1v1, 2v1, 3v2, synchronized movements in relations to the ball, cooperation between midfield and back defense, 4v3, 3 forwards in defense and 0v11 (shadow match). Exercises for the offense include 3v2, 3 defenders building the attack, 4 midfielders in the build-up phase, offensive combinations of the 3 forwards and various attacking schemes.

Coaching the Dutch 3-4-3

Format: DVD

Author: Reedswain

Year: 2003

Develop and implement this attacking system played by the top clubs Ajax and Heerenveen and the Dutch National Team, as well as 90% of the youth teams in Holland. This video shows how to build this offensive system of play in your team and the adjustments to be made when the opposition has possession through clear diagrams, choreographed sessions and game footage.



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Coaching the Italian 4-4-2

Format: DVD

Author: Reedswnain

Year: 2003

See the small-sided games, functional training, drills and combination plays the Italian team used to reach the 94 World Cup Final. Through easy to follow demonstrations Sacchi shows how to organize: The Flat Back Four, Zonal Defense, Developing and Maintaining Shape, Attacking as a Compact Unit, Pattern Play, Overlapping, Use of Width, Changing the Point of Attack, Pressing on Attack in Midfield and Defense, Support on and off the Ball, Building the Team as a Unit.

Coaching the 4-3-3 Attacking

Format: DVD

Author: Randy Waldrum

Year: 2010

Coaching the 4-3-3 was filmed at the Nebraska WORLD CLASS COACHING International Coaching Seminar. Randy Waldrum was invited to present a session due to his exceptional record of successfully transforming teams into champions utilizing the 4-3-3 formation. The DVD enables you to watch Waldrum's sessions, from start to finish. You will gain many valuable lessons on how to use the 4-3-3 to its full potential, such as how to utilize a 'free' holding midfield player, how to cut the opposition's attacking line and how to squeeze their midfield when in defense.

Coaching the 4-3-3 Defending

Format: DVD

Author: Randy Waldrum

Year: 2010

Coaching the 4-3-3 was filmed at the Nebraska WORLD CLASS COACHING International Coaching Seminar. Randy Waldrum was invited to present a session due to his exceptional record of successfully transforming teams into champions utilizing the 4-3-3 formation. The DVD enables you to watch Waldrum's sessions, from start to finish. You will gain many valuable lessons on how to use the 4-3-3 to its full potential, such as how to utilize a 'free' holding midfield player, how to cut the opposition's attacking line and how to squeeze their midfield when in defense.

Coaching Individual Defending

Format: DVD

Author: World Class Soccer

Year: Unknown

This DVD will show you how to teach the principles of individual defending to your players. It will explain critical details of how to slow attackers down' how to make forwards play predictable, how and when to make a challenge and at what angle to approach a player in possession of a ball. This and other coaching points of 1v1 defending make this a great tool for teaching your players the importance of individual defending.

Coerver Fundamentals – Part One – Ball Control, Suppleness, Fast Footwork Feinting

Format: DVD

Author: Wiel Coerver, Reedswnain

Year: 2003

The skills and techniques in this series are clearly demonstrated by Wiel Coerver and his young players. Slow motion is used to breakdown the skills and emphasize the key teaching points, while exciting game highlights show the skills used by such great players as Cruyff, Gullit, Platini, Vanenburg and VanBasten. Coerver, the consummate motivator, gives a sense of real accomplishment to his training and his extraordinary ability to make practice enjoyable. The Coerver Method concentrates on ball touches, developing confidence, and on the ball skills.

Coordination, Agility and Speed Training for Soccer – Volume 1 & 2

Format: DVD

Author: Reedswnain, Schalke 04

Year: Unknown

This truly outstanding DVD provides step-by-step progressions of over 200 exercises from which soccer coaches will receive many valuable training ideas that will increase their player's speed, balance, agility, footwork, and turning ability. In addition, they will enhance jumping power and acceleration. Selected



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video clips from German matches clearly show the meaning, purpose and results of this training program. Youth, high school, college and professional coaches will find many creative ideas suitable for their training needs.

The Dutch 4x4 Training Method

Format: DVD

Author: Reedswain / KNVB

Year: Unknown

The Dutch Soccer Federation (KNVB) has developed the 4x4 training method as a way of teaching soccer techniques. This excellent teaching method uses small-sided games to teach a variety of on- and off-the-ball skills and to develop the players' ability to make creative decisions. These games are based on 4v4 while using various simple conditions to create an environment where the players will work on specific skills which they can transfer to the real game. Clearly explained and easy to follow, this is a superb coaching tool.

The Dutch Soccer School - 40 Training Games and Drills for Offensive Soccer

Format: DVD

Author: Reedswain / KNVB

Year: 2003

Louis van Gaal and Co Adriaanse take their Ajax youth players through small sided games designed to develop awareness of space, passing and support, width, and tactical understanding. These 40 different offensive games will make your forwards sharper, midfield creative and defense eager to move forward. Excellent for goalkeepers, too, as they are put under pressure and develop accuracy in their distribution of skills.

English Premier League – Zonal Defending – Defending as a Team

Format: DVD

Author: Reedswain

Year: Unknown

The vast majority of teams worldwide defend zonally and with four defenders on the back line. And no one does it better than teams in the English Premier League. Liverpool, Arsenal, Chelsea and Manchester United are all renowned for the strength and organization of their back four. English Premier League Zonal Defending -- Defending as a Team, is the third DVD in a 4-DVD series. The first two DVD's started with 1v1 defending and progressed to the back four and then added the midfielders. This DVD now adds the forwards and shows their importance in defending as a team. Former Manchester United U18 Coach, David Williams, then introduces an 8v8 game specifically to train zonal defending. This game is played in three zones and includes overload situations and adjustments based on any breakdowns or loss of team shape.

The other DVDs in this series are:

English Premier League Zonal Defending -- 1v1 to the Back Four

English Premier League Zonal Defending -- Back Four and Midfielders

English Premier League Zonal Defending -- Systems of Play at Tactical Adjustments

This session was filmed at the WORLD CLASS COACHING International Coaching Seminar and is unedited so you can see the complete session from start to finish. David Williams has extensive coaching experience in the English Premier League, coaching at Leeds United, Everton, Norwich City, plus five years as the Academy Director at Manchester United and the coach of the Manchester United U18 Team. Williams also has experience in the international arena as the assistant coach of the Welsh National Team.

English Premier League – Zonal Defending – Systems of Play and Tactical Adjustments

Format: DVD

Author: Reedswain

Year: Unknown

The vast majority of teams worldwide defend zonally and with four defenders on the back line. And no one does it better than teams in the English Premier League. Liverpool, Arsenal, Chelsea and



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Manchester United are all renowned for the strength and organization of their back four. English Premier League Zonal Defending – Systems of Play and Tactical Adjustments, is the fourth DVD in a 4-DVD series. The first three DVD's started with 1v1 defending and progressed to the back four and then added the midfielders and forwards. This DVD shows practices on how to defend in 11v11 situations. Former Manchester United U18 Coach, David Williams, explains the options of defending with high pressure or low pressure. Defending when playing a 4-4-2 and 4-3-3 are covered. Just as important, Williams, explains how to defend against opposition playing a 4-4-2 and 4-3-3. Finally, different options for defending zonally at corner kicks and restarts are demonstrated.

The other DVDs in this series are:

English Premier League Zonal Defending -- 1v1 to the Back Four

English Premier League Zonal Defending -- Back Four and Midfielders

English Premier League Zonal Defending – Defending as a Team

This session was filmed at the WORLD CLASS COACHING International Coaching Seminar and is unedited so you can see the complete session from start to finish. David Williams has extensive coaching experience in the English Premier League, coaching at Leeds United, Everton, Norwich City, plus five years as the Academy Director at Manchester United and the coach of the Manchester United U18 Team. Williams also has experience in the international arena as the assistant coach of the Welsh National Team.

Footability – Technical Footwork System

Format: DVD

Author: Footability LLC

Year: 2003

Introducing the Base System and Set-Up and Get-Away Touch Techniques. These tools will develop two-footed soccer players, as well as teach the player how to get in and out of moves efficiently and effectively. The progression is from slow to fast. Remember, “walk it and talk it” for best results.

Footability 2 – Technical Footwork System

Format: DVD

Author: Footability LLC

Year: 2006

Take your technical speed to new heights with this latest addition to the Footability System. Learn six all-new ultra dynamic moves, mechanically broken down and implemented using the Base System and Set-Up and Get-Away Touch techniques.

Footwork Drills – Speed/Agility Ladder

Format: DVD

Author: Vern Gambetta & Steve Myland

Year: 1996

The Speed/Agility Ladder Footwork Drills DVD with Vern Gambetta and Steve Myland is great for all sports as well as rehab. The DVD demonstrates footwork drills for practice on the field or in the gym to improve quickness, speed, body control and awareness.

Modern Defending, Part 1 – Individual Tactics

Format: DVD

Author: Success in Soccer, Ralf Peter, DFBA

Year: 2004

In this series we show a systematic method of teaching ball-oriented defense, foccusing on: tactical sequences in detail, recognizing and correcting mistakes, and relevant exercises. Whether your formation includes a sweeper, a back three or a back four, 1 v. 1 play is the foundation for all forms of defending. That's why individual defensive training is the first step toward ball-oriented defense. DVD includes:

- 1 v. 1 defense (defender facing attacker)
- the role of individual tactics in the playing system,
- 1 v. 1 defense (attackers back to defender)



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-1 v. 2 defense

Heroes of the Future – Part 1 – The AJAX Playing Style

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 1 takes an in-depth look at the individual and team qualities required to be successful.

Heroes of the Future – Part 2 – The AJAX Training Concept

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 2 examines the philosophy behind the AJAX training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development.

Heroes of the Future – Part 3 – 7-12 years

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 3 covers the 7 to 12 year old age group.

Heroes of the Future – Part 4 – 12-15 years

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 4 covers the 12-15 year old age group.

Heroes of the Future – Part 5 – 15-18 years

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this



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end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 5 covers the 15-18 year old age group.

Heroes of the Future – Part 6 – Bonus DVD

Format: DVD

Author: AJAX

Year: 2007

Ajax Amsterdam has developed a unique youth development program which is admired throughout the soccer world. At Ajax, the emphasis is on attractive, attacking soccer with an emphasis on skill. To this end, Ajax has developed a proven method of training which provides young players with the high skill level and tactical understanding necessary to implement the Ajax playing style. This DVD examines the philosophy behind the Ajax training concept and how it is designed to physically and mentally develop players appropriately according to their stage of development. Part 6 includes interviews and highlights of current AJAX stars and a look at the AJAX stadium and training facilities.

Modern Defending, Part 3 - Team Tactics

Format: DVD

Author: Success in Soccer, Ralf Peter, DFBa

Year: 2004

This DVD shows you how to teach a ball-oriented defensive concept on the basis of comprehensive individual and group defensive tactics training. While the method shown here uses a playing system with a back four, it can be applied to other systems as well. DVD includes:

- Introducing the back four system
- Playing with a 4-3-3 system
- Playing with a 3-5-2 system

Modern Youth Training – Practicing with Eight- to 12-Year Olds

Format: DVD

Author: Success in Soccer, Ralf Peter, DFBa

Year: 2009

Play and practice with eight to 12-year-olds with building blocks for play sessions such as learning to dribble, learning to fake, learning to shoot, learning to receive and control the ball, and learning heading as well as tips on organizing sessions.

The Notre Dame Women's 4-3-3 - Attacking

Format: DVD

Author: World Class Soccer, Randy Waldrum

Year: 2010

The 4-3-3 is not only one of the most commonly used formations around the world, it is also one the most successful, with teams like Chelsea, Inter Milan, Ajax, the Dutch National Team and the U.S. Women's National Team all utilizing the 4-3-3. Randy Waldrum, head coach of the University of Notre Dame Women's Team, is a strong advocate of the 4-3-3 and has used it with his Notre Dame teams with great success over the years. Waldrum has guided the Notre Dame Women's team to the NCAA National Championship in 2004 and to the semi finals for five consecutive years since 2006, including runner-up finishes in 2006, 2008 & 2009...all while playing with a 4-3-3. This DVD breaks down the 4-3-3 from an Attacking standpoint. They take a look at the responsibilities of the back four, midfield three and the three attackers in attacking situations. They explain the roles of each unit and show exercises you can use to train your team to understand the responsibilities that are important needed when playing the 4-3-3 formation. Coaching the 4-3-3 was filmed at the Nebraska WORLD CLASS COACHING International Coaching Seminar and includes the complete session from start to finish.

The Notre Dame Women's 4-3-3 - Defending



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Format: DVD Author: World Class Soccer, Randy Waldrum Year: 2010

The 4-3-3 is not only one of the most commonly used formations around the world, it is also one of the most successful, with teams like Chelsea, Inter Milan, Ajax, the Dutch National Team and the U.S. Women's National Team all utilizing the 4-3-3. Randy Waldrum, head coach of the University of Notre Dame Women's Team, is a strong advocate of the 4-3-3 and has used it with his Notre Dame teams with great success over the years. Waldrum has guided the Notre Dame Women's team to the NCAA National Championship in 2004 and to the semi finals for five consecutive years since 2006, including runner-up finishes in 2006, 2008 & 2009...all while playing with a 4-3-3. This DVD breaks down the 4-3-3 from an Defending standpoint. They take a look at the responsibilities of the back four, midfield three and the three attackers in defending situations. They explain the roles of each unit and show exercises you can use to train your team to understand the responsibilities that are important needed when playing the 4-3-3 formation. Coaching the 4-3-3 was filmed at the Nebraska WORLD CLASS COACHING International Coaching Seminar and includes the complete session from start to finish.

The Novice Coach – An Introduction to Coaching Youth Soccer – Volume I – U6-U8

Format: DVD Author: US Youth Soccer Year: 2007

US Youth Soccer's Coaching Staff shows you how to get started teaching soccer to young players. Learn how to organize and conduct training sessions for Under-6 and Under-8 boys and girls. US Youth Soccer's Introduction to Coaching Youth Soccer features live training sessions for each age group, plus a downloadable companion booklet. Includes: Introduction, U6 Activities, U8 Activities, Setting Up the Field, Ball Skills, PDF for PC.

Our Way – The Exclusive Behind-the-Scenes Story of The USA's 2002 World Cup Journey

Format: DVD Author: U.S. Soccer Year: 2002

Whether you're a soccer die-hard that has followed the U.S. Men all the way through World Cup Qualifying over the last two years, or you're just a casual sports fan who became one of the millions of American people caught up in the whirlwind of the USA's unexpected World Cup success this summer, "Our Way" presents one of the most exciting stories of modern day sports. "Our Way" gives fans the chance to relive virtually every key moment along the team's historic run, from the moment they stepped off the plane to intense security in Seoul, to the unforgettable bus ride back to the hotel in which they cranked the volume of the onboard karaoke machine and served up their own version of Sinatra's classic tune. It was one of those times where you had to be there ... and now you can! Go inside the U.S. locker room, team meetings and training sessions to witness the unique blend of talent, character, and determination that symbolized the U.S. performance in Korea. With highlights from all five matches, interviews and never-before-seen exclusive footage, you will witness firsthand the dramatic performance that captured the hearts of the American public. Special features of the DVD include hilarious Outtakes and a Memorable Moments Highlight Reel (including all U.S. goals) for a total of 70 minutes of action.

Positive Parenting for Youth Soccer

Format: DVD Author: US Youth Soccer Year: 2009

The US Youth Soccer Coaching Education Department, in cooperation with the Coaching and Recreational Committees, has created this 'view from the sidelines' in an effort to create a positive learning environment for those involved in the lives of young soccer players. The Department is proud to provide a teaching tool designed for administrators, coaches, parents and anyone who cares about children to assist them in providing positive learning atmosphere for our children. The DVD will assist adults in helping young players play and keeping the fun in youth sports.



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Pressing

Format: DVD

Author: Coach Paul Meulenberg-Dutch MVV

Year: 2009

The Dutch MVV Youth Team and Coach Paul Meulenberg show how to develop pressing into your team's play. Coach Meulenberg takes you step by step through an excellent series of small sided games and pressure drills created to develop your team's ability to apply pressure on the opposition.

Skills School – Developing Essential Soccer Techniques

Format: DVD

Author: US Youth Soccer

Year: 2008

Focusing on technique, Skills School teaches the fundamental elements of dribbling, passing, receiving, shooting, tackling and heading for field players as well as basic goal keeping skills. Each skill is shown in full and show motion and broken down into stages to enable coaches to better instruct their young players. In an easy to follow layout, Skills School provides first-time coaches and those who have little experience in coaching young players the basics of all ball skills.

Small Sided Games to Develop Game Intelligence in Soccer – 1 – Developing Awareness and Vision

Format: DVD

Author: Horst Wein

Year: 2004

This innovative soccer development model puts players into game situations in which they must make decisions quickly and translate them into action. This DVD focuses on small sided games and variations in which the players learn, step by step, to read game situations quickly and react intelligently. The small sided games provide an ideal tool for developing and promoting soccer intelligence and coaching soccer technique in game situations while not neglecting the conditional aspects of the game.

Small Sided Games to Develop Game Intelligence in Soccer – 2 – Season Program and Complex Games

Format: DVD

Author: Horst Wein

Year: 2004

This innovative soccer development model puts players into game situations in which they must make decisions quickly and translate them into action. Horst Wein shows how to plan and schedule a soccer season with small sided games and how to offer the players plenty of opportunities to practice in competitive situations. The number of players and the demands on them are gradually increased, giving the players confidence to play in any position. Also includes Horst Wein's innovative "Ability Test" and the popular "Mini-Soccer Pentathlon".

Soccer Training Sessions from Around the World

Format: DVD

Author: Reeds wain

Year: Unknown

Watch training sessions from top clubs around the world! From youth to first division professional, actual practices are shown and discussed by top New Zealand coach Maurice Tillotson. Coach Tillotson's travels to Holland, Brazil, Germany, Italy and England produced almost 3 hours of excellent footage of soccer teaching and training at its finest.

Tactical Development – Progressive Coaching for Teams and Clubs

Format: DVD

Author: NSCAA

Year: 2004

Tactical Development was created by the NSCAA as a coaching tool designed to help clubs and teams go beyond just participation. Tactical Development will create a coaching connection that is stronger than just the team name and uniform. There should be technical and tactical connections between what happens when one age group progresses to the next age group. Tactical Development focuses on teaching the individual player the responsibilities and possibilities of the positions in the diamond formation that will remain the same regardless of the number of players on a team. Through the use of



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on field action and computer graphics, Tactical Development covers the 5v5, 8v8 and 11v11, as well as 6v6 small-sided games.

Tactics & Drills for Flank Play

Format: DVD Author: World Class Coaching, John Walker Year: 2010

John Walker has been the head coach at the University of Nebraska for 14 years and it that time he has developed the program into a perennial National Championship contender. His teams have made the NCAA Tournament 10 times with eight Sweet Sixteen appearances. At one point, the Huskers finished in the top 15 in the nation seven straight times. Walker has also helped Husker players compete at the international level. Over the past several seasons, the Husker team has placed 20 players on the national team as well as seven players on WUSA rosters. Walker is also a staff coach for Canadian Football Association. Walker's Husker's teams are renowned for their attacking style of play. In Tactics and Drills for Flank Play Walker demonstrates exercises to train your wide players to provided quality crosses and train your attackers to finish them. The exercises progress from simple, unopposed patterns to realistic game situations that will help your players transfer what they have learned to the next match. This session was filmed at the WORLD CLASS COACHING International Coaching Seminar and is unedited so you can see the complete session from start to finish.

Tactics & Drills for Training Forwards - Volume 1 & 2

Format: DVD Author: World Class Coaching, Bob Warming Year: 2009

This was filmed at the 2009 WORLD CLASS COACHING International Coaching Seminar in Kansas City and includes the complete session from start to finish.

Tactics & Drills for Zonal Defending

Format: DVD Author: World Class Coaching Year: Unknown

WORLD CLASS COACHING assembled on American soil for the first time ever, coaches from England's top Premier League teams. David Williams, Manchester United U19 Youth Team Coach and Sammy Lee, Liverpool F.C. Assistant Manager were joined by former Leeds United Coach, Mick Hennigan in this once-in-a-lifetime seminar. *Defending With a Back Four - David Williams*: This session starts with some individual defending and progresses to various exercises with two defenders and then four defenders. The session ends with four defenders working on a full field. *Zonal Defending - Mick Hennigan*: A session designed to get the entire team familiar with their roles when the opposing team has possession. Based on a 4-4-2, the session could easily be adapted to a 3-5-2 or any other formation. Hennigan introduces "key words", and the actions that go with them that will enable each player to be comfortable and confident with his role and that of his teammates. *Improving Confidence For Heading - Mick Hennigan*: A lively session that starts with heading warm-ups and progresses to game-like exercises that includes heading for goal as well as defensive heading.

Total Goalkeeping – Building Blocks for Individual Training

Format: DVD Author: Success in Soccer, Jupp Koitka, DFBa Year: 2005

This DVD is designed to be an introduction to the basics of goalkeeper training, from the ground up. The sooner players learn and internalize basic movement sequences the better, and the only way to accomplish this is through lots of practice and plenty of repetition. As you will see in the DVD, goalkeepers can practice many of the exercises either with partners or alone - after all, not every player has a goalkeeper coach and not every coach or assistant coach has the time to conduct goalkeeper training the way it should ideally be done. Includes: Keeper specific warm up, Coordination, Ball mastery, Goalkeeper gymnastics, Technique exercises, Reaction training, Complex exercises.



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Winning Crossing & Finishing

Format: DVD

Author: World Class Coaching

Year: 2008

Attacking from crosses can put fear into opposing defenders and goalkeepers. But often overlooked when conducting crossing and finishing practices is the actual art of finishing. In these videos former EPL Championship coach and England Manager, Howard Wilkinson shares a session that will help improve your attacking options from wide areas.

Winning Shooting & Finishing

Format: DVD

Author: World Class Coaching

Year: 2008

This DVD begins with a number of active shooting drills with various passing combinations leading to the final shot. The session concludes with a functional game-like practice played on a uniquely shaped field. Various progressions are introduced throughout the game to replicate game-like situation. In these videos former EPL Championship coach and England Manager, Howard Wilkinson is shown delivering this session at the Football Coaching International Coaching Conference.

World Class Coaching – 6 DVD Set

Format: DVD

Author: World Class Coaching

Year: Unknown

This 6 DVD set from World Class Coaching includes: Coaching Essential Techniques, Improving Soccer Speed and Acceleration, Lessons from the U20 World Cup, Nutrition for Peak Performance, Soccer Specific Speed & Agility Drills and Using Width in Attack.

Zone Play 1 – Developing Awareness of Space, Time and Orientation

Format: DVD

Author: Reeds wain

Year: Unknown

This excellent series shows in detail how to teach and implement each facet of Zone Play. Exercises to develop every aspect of Zone Play are presented: from the very basic awareness of space and time, to developing shape, to the application of learned formations and schemes. This DVD provides a series of simple exercises to teach the concepts of space, time and orientation, the fundamental basic elements of Zone Play.

Zone Play 2 – 20 Exercises for Developing Defensive Formations, Transition, Pressing/ Counter Pressing

Format: DVD

Author: Reeds wain

Year: Unknown

This excellent series shows in detail how to teach and implement each facet of Zone Play. Exercises to develop every aspect of Zone Play are presented: from the very basic awareness of space and time, to developing shape, to the application of learned formations and schemes. These exercises and small sided games are designed to teach the defensive formations of Zone play including positioning, transition from attack to defense and defense to attack, pressing, counter pressing, help and support, and give and go while also improving the one and two touch skills necessary to implement zone play.

Zone Play 3 – Exercises for Coaching the Principles of Zone Play

Format: DVD

Author: Reeds wain

Year: Unknown

This excellent series shows in detail how to teach and implement each facet of Zone Play. Exercises to develop every aspect of Zone Play are presented: from the very basic awareness of space and time, to developing shape, to the application of learned formations and schemes. The exercises in this excellent 70 minute DVD take the players step by step through the tactical implementation of the fundamentals they have learned into Zone Play, beginning with 2 v 2 and progressing to 11 v 11.



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Elite Soccer

Format: Journal

Author: Green Star Media

Year: 2016-19

Elite Soccer gives subscribers exclusive insight into the training ground practices of the world's best coaches. Published in partnership with the League Managers Association, we offer unparalleled access to the leading lights in the English leagues, as well as a host of international managers. Every month, we bring you a new selection of sessions to enjoy, written by the coaches themselves. There are no observed sessions and no sessions "in the style of", just first-hand advice delivered direct to you from the coach.

Performance Conditioning Soccer

Format: Journal

Author: Performance Conditioning

Year: 1999-2004

Our mission: Improve soccer performance through the conditioning process. This process includes providing soccer-specific educational information for the 14 areas of conditioning including: developing power, strength/stability, speed, agility, endurance, proper nutrition and recovery methods, testing, injury prevention and more. This mission is primarily achieved through the publication of this newsletter an official licensed publication of the National Soccer Coaches Association of America with over 650 articles from 261 authors published for over 16 years.

Soccer Journal

Format: Journal

Author: National Soccer Coaches Association (NSCAA) Year: 2001-17

Soccer Journal is the Official Publication of the NSCAA and is one of the few magazines in the world produced exclusively for soccer coaches. Each issue contains technical and tactical articles, news and updates on important events, thoughts from opinion leaders in the sport and features on the interesting people and issues of the game. Soccer Journal is a benefit of membership in the NSCAA and delivered seven times per year to all member coaches.

Success in Soccer

Format: Journal

Author: German Soccer Federation

Year: 1997-2014

The mission of Success in Soccer is to provide top quality information for coaches at all levels of the game. For the last sixteen years we have been publishing content on technical and tactical training, conditioning and psychology from Germany and around the world. If your job is to develop soccer players to their full potential, Success in Soccer is your twelfth man. Subscribers receive six issues a year, available in print and/or digital format, loaded with superior training tips and comprehensive information, plus much more.

Training & Conditioning

Format: Journal

Author: Momentum Media Sports Publishing Year: 1997-99 & 2008-10

A trade magazine for the injury treatment/rehab and strength/conditioning specialists.

World Class Coaching

Format: Journal

Author: World Class Coaching

Year: 1998-2011

Since 1998, WORLD CLASS COACHING has become a household name in the worldwide soccer coaching community. Our digital magazine is the publication of choice for soccer coaches in over 70 countries ranging from coaches of professional and national teams to coaches of young recreational teams. What makes WORLD CLASS COACHING different is that the drills, tactics and complete training sessions of the world's top teams and their academies like, Juventus, Real Madrid, Inter Milan, Ajax, PSV Eindhoven, Manchester United, Liverpool, Arsenal, Chelsea, Tottenham, Cruzeiro, Atletico Mineiro and many others.