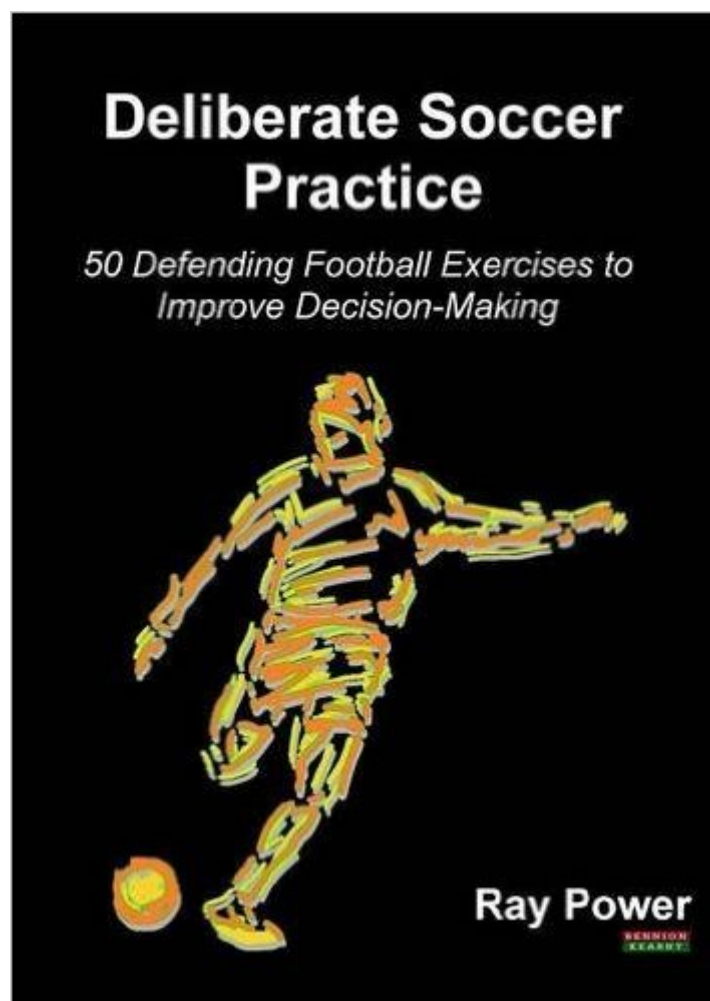


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# Deliberate Soccer Practice: 50 Defending Football Exercises To Improve Decision-Making



## Synopsis

We are told that the art of defending is dying. We are told that even large academies neglect it, as it is not 'technical' enough. Based on the concept of Deliberate Practice, and extensive recent research into talent development, this book shows the coach how to organize and deliver effective exercises that teach players how to defend in all situations. With sound principles and an easy-to-understand approach, this book will help you teach your players to defend effectively by absorbing them physically and mentally in the challenges of defending. Aimed at football coaches of all levels, but with a particular emphasis on coaches who work with youth players, *50 Defending Football Exercises to Improve Decision-Making* is comprised of 10 Individual Defending Practices, 10 Small Group Practices, 10 Position-Specific Practices, 14 Single-Sided Games, and 6 Scenario-Based Practices. They are carefully designed to be adaptable to suit the needs of the players you work with; to challenge them and give them decisions to make. The sessions look to make soccer complex and realistically difficult - no passing in queues from one cone to the next with no interference. Crucially, the exercises offer a means to accelerate player development effectively and enjoyably.

## Book Information

Paperback: 118 pages

Publisher: Bennion Kearny Limited (January 28, 2016)

Language: English

ISBN-10: 1909125784

ISBN-13: 978-1909125780

Product Dimensions: 8.3 x 0.2 x 11.7 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #212,224 in Books (See Top 100 in Books) #60 in [Books > Sports & Outdoors > Coaching > Soccer](#) #239 in [Books > Sports & Outdoors > Soccer](#)

## Customer Reviews

This volume is one in a series of four titles and the best praise that I can give this book is that I want the other titles. In *Deliberate Soccer Practice: 50 Defending Football Exercises to Improve Decision-Making*, Ray Power provides an excellent introduction that sets the stage for his approach and the topic. The deliberate practice method takes modern coaching principles of engaging players mentally and physically in real game situations. Each exercise clearly declares the purpose, set-up,

instructions, and progressions to increase the challenge for players. Best of all, however, are the list of challenges and questions included for use with players. Using questions demands players be switched-on and called into the decision-making process, helping them find their own creative solutions to game-related problems while maximizing the quality of training time. All the exercises in this title begin with these real game situations from the individual to full side, including position-specific details. There are even specific scenario practices. I have read a lot of coaching title and this is excellent value for the price -- no glossy, color images just insight and knowledge about coaching the game.

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