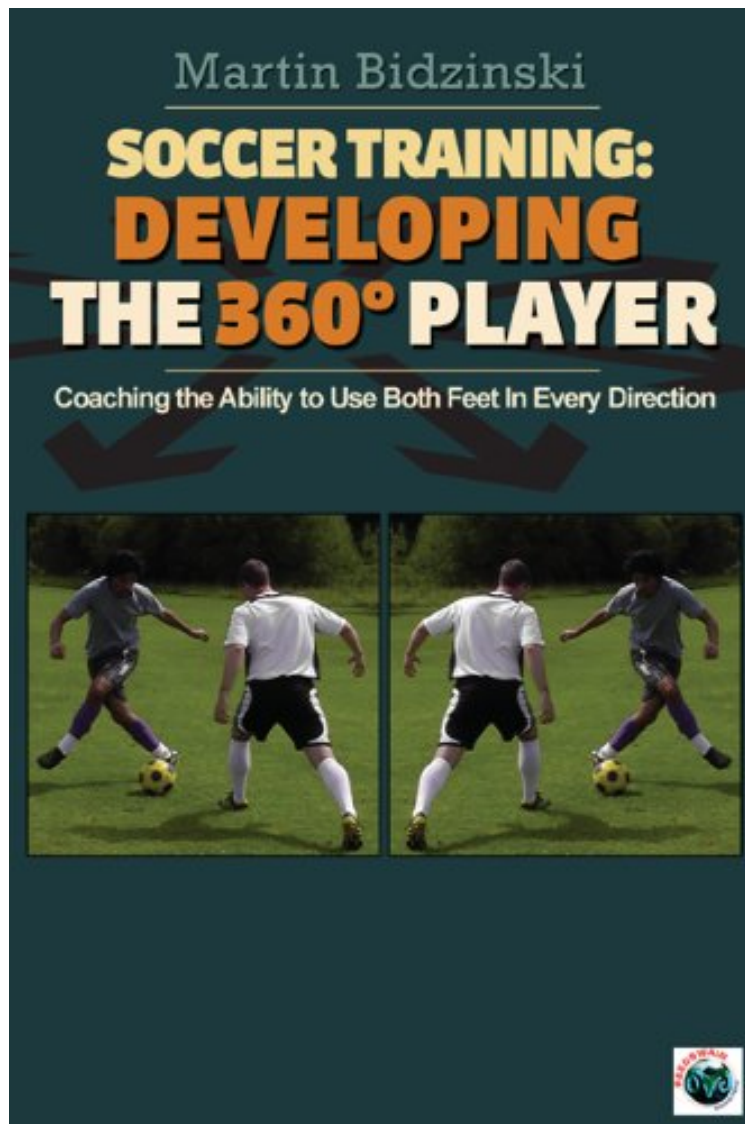


(Download free pdf) Soccer Training Developing the 360 Degree Player: Coaching the Ability to Use Both Feet in Every Direction

Soccer Training Developing the 360 Degree Player: Coaching the Ability to Use Both Feet in Every Direction

Martin Bidzinski

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Martin Bidzinski : Soccer Training Developing the 360 Degree Player: Coaching the Ability to Use Both Feet in Every Direction before purchasing it in order to gage whether or not it would be worth my time, and all praised Soccer Training Developing the 360 Degree Player: Coaching the Ability to Use Both Feet in Every Direction:

0 of 0 people found the following review helpful. Fantastic fast feet exercises.By Arturo YnclanMiddle school and

high school soccer players benefit from these foot footed drills. Repetition, repetition, repetition to develop muscle memory. Great ball control using inside instep of both left right and left feet. Easy practice field use of cones. Tiki Taka players need to be 360 degree players to make ball circulation possible. Passing in tight spaces require great ball control and these drills help a lot.

A soccer match is an ever-changing environment. With every movement of teammates, opponents or the ball a new playing "problem" is created, demanding each player on and off the ball to formulate and carry out appropriate playing "solutions". Because most players rely almost exclusively on their dominant foot, their repertoire of solutions is obviously limited. Unfortunately, in many cases players are presented with training sessions that cater to their dominant side and their coaches rarely, if ever, train or even encourage the use of the weaker foot. In this book, Martin Bidzinski presents a training method that focuses on developing physically balanced players who are comfortable playing the ball with either foot to any direction of play, thus giving them the full 360 degree range of playing options.