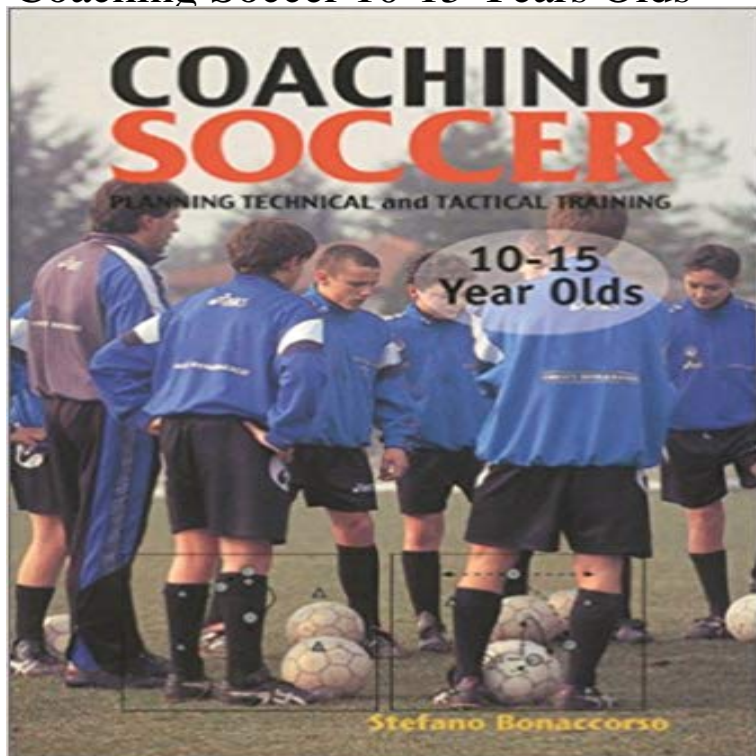


Coaching Soccer 10-15 Years Olds



The exercises and coaching units suggested in this book are designed for 10 to 15 year old soccer players. Topics covered include: Co-ordination, Dribbling, Receiving, Heading, Throw-ins, Individual Tactical Skills, Passing, Shooting, Moving without The Ball, Defending.

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or 2) After 10-15 trials, receiving player turns away from partner, retrieves ball as soon

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