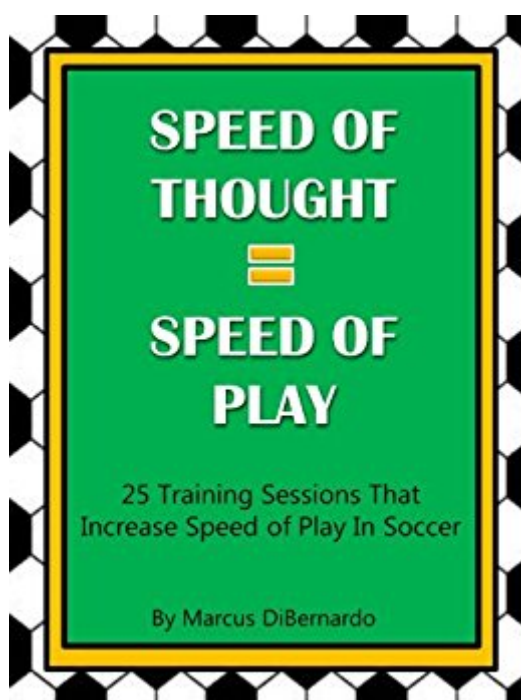


The book was found

Speed Of Thought = Speed Of Play: 25 Training Sessions That Increase Speed Of Play In Soccer



Synopsis

Increasing speed of play has less to do with the body than it has to do with the brain. Challenging the mind of a soccer player is the key to increasing speed of play. I cannot stress the importance of challenging the players to think faster and solve problems in training sessions. As the game evolves, training players' cognitive soccer ability will be the next major focus in the future of player development. This book contains 25 training exercises from top professional clubs that will without a doubt help develop players' speed of play. Cognitive Soccer Development has many benefits, but primarily gives players the ability to make quicker decisions while problem solving on the field. In order to train players on speed of play, it is important to grasp a general understanding of cognitive soccer development, theory and application. This book is written not just to provide excellent speed of play drills, but also to educate coaches on how to adapt exercises to challenge and grow players' soccer brains. I am confident the book will change the way you look at training and developing your team.

Book Information

File Size: 741 KB

Print Length: 37 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 15, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00KDP6HYA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #343,187 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #121 in Books > Sports & Outdoors > Coaching > Soccer #141 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Soccer

Customer Reviews

Good for the Futbol coach who wants to introduce the concept of speed of play...the "Holy Grail" of soccer....not for the advanced coach looking to infuse new ideas into his coaching tool box.

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