Ajax Youth Academy Curriculum

A practical handbook for sports psychologists that outlines the most effective interventions for athletes across a variety of sports. A practical manual for the growing force of sports psychologists helping today's athletes to unprecedented levels of application and success Offers specific guidance on the psychological assessment of athletes, uniquely presented in an accessible sport-by-sport format Written by an experienced practicing sports psychologist and author, who draws on his own methods and experience in the field

The British sportswriter goes inside some of Europe ' s best soccer clubs—from Bilbao to Bavaria and beyond—to reveal their winning secrets. In The European Game, Daniel Fieldsend travels across Europe to discover the methods for success used at some of the continent ' s biggest Football clubs—from Ajax, Juventus and Benfica to Bayern Munich, A.C Milan, Lyon, Athletic Bilbao and many more. At every stop, Fieldsend pulls back the curtain to reveal what makes each club tick, speaking to everyone from scouts and academy coaches to first team managers, analysts and board members. Insightful, ambitious and compelling, The European Game is about more than just a game. It ' s about community, identity and attachment. It explores leadership, tactics, coaching and scouting as well as politics, finance, fandom and culture. Celebrating the uniqueness of football clubs around the continent, it also investigates whether their methods can be replicated in other domestic leagues.

Coach your young players to their maximum potential! Developing Youth Football Players combines proven coaching methods with engaging games that allow young athletes to develop their skills, understand team play and appreciate the sport.

Introduces basic soccer techniques, describes offensive and defensive maneuvers, and recommends practice drills and conditioning exercises

A Documentary History

Our Competition is the World

Advanced training for developing the serious player (ages 14 - 18 and amateurs) / [transl.: Patrick Hubenthal]

Talent Development

Soccer Speed

Optimizing Talent Development Through Movement Education

Embodied Avatars

The goal of this work is to present an up-to-date successor to Keuhner-Stegmann's Ausfeuhrliche Grammatik der lateinischen Sprache, taking into account new editions of Latin texts with better knowledge of the manuscripts, the publication and study of texts unknown in Keuhner-Stegmann's time, recent linguistic studies, and new methods and models in linguistics.

In 2005, The Woman at the Washington Zoo was published to major critical acclaim. The late Marjorie Williams possessed "a special voice, one capable not just of canny political observations but of tenderness and bracing intimacy," observed the New York Times Book Review. Now, in a collection of profiles with the richness of short fiction, Williams limns the personalities that dominated politics and the media during the final years of the twentieth century. In these pages, Clark Clifford grieves "in his laborious baritone" a bank scandal's blow to his re-pu-taaaaaay-shun. Lee Atwater likens himself to Ulysses and pleads, "tah me to the mast!" Patricia Duff sheds "precipitous tears" over her divorce from Ronald Perelman, resembling afterwards "a garden refreshed by spring rain." Reputation illuminates our recent past through expertly drawn portraits of powerful - and messily human - figures.

The Routledge Handbook of Elite Sport Performance is the first book to examine a broad span of performance and support issues in contemporary elite sport; including coaching, sports science and medicine, leadership and management, operating in different societies, living in the system as a performer, and future developments in the domain. The book is written by authors with elite-level experience, expertise, success, and status across individual and team sports, including football, NFL, track and field athletics, rowing, and rugby, in professional, Olympic, and other elite domains. The book also considers the integration of systems at micro to macro levels, from working with individual athletes to developing national organisations and policy, and features in-depth case studies from real sport throughout. This is an essential reference for any researcher or advanced student with an interest in elite sport or applied sport science, from sport injury and sport psychology to sports coaching and sport policy. It is also an invaluable resource for coaches, managers, administrators, and policy-makers working in elite sport, offering them a "breadth first" guide to how and why specialists may work together for maximum effect.

A detailed outline of the Dutch training methodology for this age group. Topics include, age-specific characteristics, technical training, style of play, building up play, attacking, defending, positional play and small sided games. The book contains 35 Tactical Patterns of Play and 62 Practices as used in the top academies in the Netherlands.

The European Game

The Secrets of European Football Success

Protecting Our Daughters Against the Injury Epidemic in Women's Sports

No Logo

How I Learned to Overcome Bullying

Taking Aim at the Brand Bullies

Australian National Bibliography

The Dutch Academy Football Coaching (U10-11) book contains a detailed outline of the Dutch training methodology for this age group. Topics include the basic principles, the age-specific characteristics, coaching methods, match days, training sessions, technical practices, moves to beat, positional games and formation specific small sided games. This book contains 66 practices as used in top academies in the Netherlands. There are technical and tactical practices for coaches at youth level wanting to develop their team to world leading, Dutch academy standards. - Henk Mariman - Former Club Brugge Academy Director and AFC - Ajax Assistant Academy Director - Han Berger - Chairman of the Dutch Professional Coaches (CBV) - Louis Coolen - Former Zenit St. Petersburg Academy Director

The world's most popular sport is also one of the most demanding. Stronger, smarter, and more agile players have increased the intensity and tempo of the game. Success hinges on the ability to read, react, and execute. For individual players and teams alike, speed is a necessity. Soccer Speed is a groundbreaking work—more than a training guide, but an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game. Inside, you'll learn how to develop these skills: - Quickness, agility, and balance for defending, attacking, reacting, and executing - Most effective techniques, such as heel passes and stride changes, to challenge opponents and keep them off balance - Soccer intelligence, or the ability to instantly recognize and exploit the opposition's weakness - In-game decision making with and without the ball Every aspect of the game is covered, including step-by-step instruction and drills for developing technical and tactical speed in passing, receiving, dribbling, scoring, counterattacking, and defending. Soccer Speed is the one and only guide for outpacing, outsmarting, and outplaying the opposition.

SPORT AND EXERCISE PSYCHOLOGICAL "This book is a joy to read and greatly needed. The overall scholarly quality is very strong, and the chapters are clear, accessible, helpful and interesting - a rare combination. There are few texts that examine sport and exercise from a practitioner's perspective, and fewer that help students and trainees navigate the complex terrain of practice. The editors should be congratulated on pulling together a book that educates, inspires, provokes, and will be of practical use." Professor Brett Smith, School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham Sport and Exercise Psychology: Practitioner Case Studies is a contemporary text focusing on current issues in the discipline of sport and exercise psychology. Integrating research and practice in order to develop a coherent understanding of existing knowledge, future research directions and applied implications within the field, the text explores issues pertinent to the applied practitioner/supervisor and draws on expert commentary to investigate potential solutions to many key issues. Each chapter uses a case study approach to allow internationally recognized contributors to highlight and evaluate their experience across a broad range of sport and exercise performance areas. Practitioners are provided with a full range of available interventions to address specific types of psychological issue including performing under pressure, working with teams, injury rehabilitation, working with coaches, mental toughness, career transitions, athlete well- being, physical activity promotion, exercise and body image, lifestyle interventions, exercise dependence, and motor learning and control. Sport and Exercise Psychology is supported by a range of online materials designed to help both study and practice. It presents content that is directly applicable to those seeking to enter the profession, and which can also inform the ongoing development of reflective practitioners.

Amy Steadman was destined to become one of the great women's soccer players of her generation. "The best of the best," Parade magazine called her as she left high school and headed off to the University of North Carolina. Instead, by age twenty, Amy had undergone five surgeries on her right knee. She had to give up the sport she loved. She walked with a stiff gait, like an elderly woman, and found it painful to get out of bed in the morning. Warrior Girls exposes the downside of the women's sports revolution that has evolved since Title IX: an injury epidemic that is easily ignored because we worry that it will threaten our daughters' hard-won opportunities on the field. From teenage girls playing local soccer, basketball, lacrosse, volleyball, and other sports to women competing at the elite level, female athletes are suffering serious injuries at alarming rates. The numbers are frightening and irrefutable. Young female athletes tear their ACLs, the stabilizing ligament in the knee, at rates as high as eight times greater than their male counterparts. Women's collegiate soccer players suffer concussions at the same rate as college football players. From head to toe, female athletes suffer higher rates of injury, and many of them play through constant pain. Michael Sokolove gives us the most up-to-date research on girls and sports injuries. He takes us into the homes and hearts of female athletes, into operating theaters where orthopedic surgeons reconstruct shredded knees, and onto the practice field of famed University of North Carolina soccer coach Anson Dorrance. Exhaustively researched and strongly argued, Warrior Girls is an urgent wake-up call for parents and coaches. Sokolove connects the culture of youth sports -- the demands for girls to specialize in a single sport by age ten or younger, and to play it year-round -- directly to the injury epidemic. Devoted to the ideal of team, and deeply bonded with teammates, these tough girls don't want to leave the field even when confronted with serious injury and chronic pain. Warrior Girls shows how girls can train better and smarter to decrease their risks. It makes clear that parents must come together and demand changes to a sports culture that manufactures injuries. Well-documented, opinionated, and controversial, Warrior Girls shows that all girls can safeguard themselves on the field without sacrificing their hard-won right to be there.

From Science to Performance

Dutch Academy Football Coaching (U12-13) - Technical and Tactical Practices from Top Dutch Coaches

Genealogies of Black Feminist Art and Performance

Harness Clarity to Drive Development

Long-Term Athlete Development

Developing Game Intelligence in Soccer

The Oxford Latin Syntax

The process of talent development (TD) is essential to success in any sport. Drawing on the latest evidence and a considerable experience base, this book dispels myths about talent development and offers practical advice on the TD pathway from pre-school to elite level. Aimed at practitioners and other stakeholders involved in the TD process – including coaches, scientists, administrators, educators, students, parents, policy makers and senior development athletes – this is the only up-to-date practical guide to TD in sport. Written by experts with more than 20 years ' experience in TD training, coaching and research, it covers key topics from deliberate practice and fundamental movement skills to designing and managing a TD pathway. It also includes contributions from professionals working in a wide range of sports, providing real-world insights into important topics including: the recruitment process academy and apprenticeship preparation the coach – athlete relationship what to do to stay ahead considerations for parents and coaches. Talent Development: A Practitioner Guide is an indispensable resource for all those interested in talent identification, talent development and coaching practice in elite sport.

This focused and easy-to-understand soccer coaching book details training practices and tactics, and goes on to show you how to help young players achieve peak performance through tactical preparation, communication, psychology, and age-specific considerations. Making the Ball Roll is the ultimate complete guide to coaching youth football.

This book demonstrates what coaches should and should not be doing with young players in the sport and enables you to identify if effective coaching is taking place."Any parent whose child is playing youth soccer should read this book as the information is going to have a powerful impact on your child's experiences, development, and ultimately their success in the sport. This book is an essential tool for any club, coach, or parent who is truly focusing on player development." Manchester United Youth Academy Coach - Dean Whitehouse Using insightful anecdotes, personal experiences, and perspectives of numerous development experts, they passionately provide the reader with a clear and compelling breakdown of critical issues involved with youth development. Holding nothing back, they unveil the damaging problems that currently exist in U.S. youth soccer due to high numbers of administrators, coaches, and parents demonstrating misguided and outdated beliefs, and/or harboring ulterior motives that are simply not beneficial for the players' best interests. They emphasize how conventional thinking in youth soccer leads to so many youngsters encountering negative experiences during their formative years and is a major driver as to why 70-80% of young players drop out of the sport at a young age before they have even had the opportunity to unlock their true potential. In this book, Mairs and Shaw reveal how coaches and parents can positively impact young players' involvement. They demonstrate how to ignite young players' passion for the sport and arm players with the powerful tools which will help them become successful players in the long-term.

Soccer is the biggest game in the world and has proved to be an unprecedented phenomenon of social impact, inhabiting a prominent place in the daily lives of millions of human beings, a game that has impact even in the most remote places. In an ever-changing world of soccer coaching and tactics, player intelligence has become increasingly important, providing the essential ability to act effectively in a given moment. Therefore, in recent years, the tactical component has been increasingly valued and diffused. Around the world, this dimension of sport performance is being studied and applied by many professionals in the field, from the youth academies all the way through to the professional level. This book is designed to help those who devote much of their time to improving the quality of the game, by coaching and training highly informed, creative and intelligent players. These coaches devote their time and energy to improve players ' and teams ' performances. In turn, match analysts, physiotherapists, psychologists, clinicians and the sport science team dedicate themselves to optimize resources that help boost the performance levels of the players, the coaches and the team. Football Intelligence: Training and Tactics for Soccer Success presents procedures and ideas that, besides assisting in the task of evaluating the tactical performance of soccer players and teams, also allows improving their expression throughout the learning and training phase. This book will be key reading for football coaches and players alike, as well as students and practitioners of sport psychology and performance analysis.

Watching Baseball Smarter

A Complete Guide to Youth Football for the Aspiring Soccer Coach

Changing the Mindset in Youth Soccer

Clear Coaching

Soccer Fundamentals for Players and Coaches

The Sport Psychologist's Handbook

Working with Elite and Professional Players

All the facets of the team building process, including team tactics and psychology, are included down to the minutest detail. Also included is how youth talent, per age group category, should be developed. And finally, how to set up training sessions to achieve the best results. All the chapters are interspersed with examples from Rinus Michels' personal experiences as a trainer. At the same time he gives a reference framework for everyone who is, on a daily basis, involved with the team building process: from youth and professional coaches to managers in the business world. Because of these unique examples, most of which were never published, this will be a fascinating book for anyone involved in a team building process.

Teaches students to avoid the common mistakes that lead to a victim mindset.

Ranging from Plato in antiquity to Martha Nussbaum in the present era, the authors of the seventy readings included in The Liberal Arts Tradition present significant and exemplary views addressing liberal arts education over the course of its history, particularly in the United States. Most of the documents are newly translated or no longer available in print. Arranged chronologically, each selection is accompanied by an informative introduction and extensive explanatory notes discussing its place within the liberal arts tradition. Based upon the author's twenty-five years of experience leading seminars concerning the history of liberal education, this collection presents a uniquely comprehensive and salient set of documents, while incorporating the neglected portrayal and discussion of women within the history of the liberal arts.

The call for sport organizations and organizers to take up social responsibilities is reflected in a wide variety of sport-related practices. This book critically examines sport-related social interventions in different cultural settings, such as promoting local community-building by sport. Social constructions of peace, integration and managing diversity are studied from the perspective of sport and play, and the power position of global sport organizations with corporate features is discussed from the perspectives of good governance, legal issues and fair trade. Referring to Foucault ' s concept of biopolitics, this book contributes to the discussion on the rising power position and the social responsibilities of sports and sport organizations. It is a valuable contribution to the understanding of interconnections between sport and society for students in sociology, policy and politics of sport, for sport leaders, and for policy and decision-makers in sport.

Success in Soccer

Coaching Outside the Box

Psychology in Football

Youth Soccer

Dutch Academy Football Coaching (U14-15) - Functional Training & Tactical Practices from Top Dutch Coaches

Brilliant Orange

Routledge Handbook of Elite Sport Performance

How black women have personified art,expression,identity, and freedom through performance Winner, 2016 William Sanders Scarborough Prize, presented by the Modern Language Association for an outstanding scholarly study of African American literature or culture Winner, 2016 Barnard Hewitt Award for Outstanding Research in Theatre History, presented by the American Society for Theatre Research Winner, 2016 Errol Hill Award for outstanding scholarship in African American theater, drama, and/or performance studies, presented by the American Society for Theatre Research Tracing a dynamic genealogy of performance from the nineteenth to the twenty-first century, Uri McMillan contends that black women artists practiced a purposeful self- objectification, transforming themselves into art objects. In doing so, these artists raised new ways to ponder the intersections of art, performance, and black female embodiment. McMillan reframes the concept of the avatar in the service of black performance art, describing black women performers ' skillful manipulation of synthetic selves and adroit projection of their performances into other representational mediums. A bold rethinking of performance art, Embodied Avatars analyzes daring performances of alterity staged by " ancient negress " Joice Heth and fugitive slave Ellen Craft, seminal artists Adrian Piper and Howardena Pindell, and contemporary visual and music artists Simone Leigh and Nicki Minaj. Fusing performance studies with literary analysis and visual culture studies, McMillan offers astute readings of performances staged in theatrical and quotidian locales, from freak shows to the streets of 1970s New York; in literary texts, from artists ' writings to slave narratives; and in visual and digital mediums, including engravings, photography, and video art. Throughout, McMillan reveals how these performers manipulated the dimensions of objecthood, black performance art, and avatars in a powerful re-scripting of their bodies while enacting artful forms of social misbehavior. The Critical Lede interview with Uri McMillan

"Cultural Sport Psychology is the first full text to offer a complete and authoritative look at this developing field by a diverse group of established and aspiring contributors. As clinicians develop their practice to include more diverse athletes and sport psychologists expand to work in multicultural settings, this text will undeniably spark increased discussion, reflection, and research of cultural considerations in sport psychology practice."--BOOK JACKET.

Coaching matters. Furthermore, we know this endeavour depends upon capable leaders. So what? For most people, it ends there. However, for you start it starts here. You read voraciously and jot notes on napkins. You care about kids. You care about your craft. In fact, you are drawn deeply into this role that found you as much as you found it. For every ten moments of frustration you are gifted one of inspiration and that is enough for you. You are an educator. This talent activation handbook is a practical and powerful read for you who lead young people.

This smart and funny fan ' s guide to baseball explains the ins and outs of pitching, hitting, running, and fielding, while offering insider trivia and anecdotes that will appeal to anyone—whether you're a major league couch potato, life-long season ticket-holder, or a beginner. What is the difference between a slider and a curveball? At which stadium did " The Wave " first make an appearance? How do some hitters use iPods to improve their skills? Which positions are never played by lefties? Why do some players urinate on their hands? Combining the narrative voice and attitude of Michael Lewis with the compulsive brilliance of Schott ' s Miscellany, Watching Baseball Smarter will increase your understanding and enjoyment of the sport – no matter what your level of expertise. Features an glossary of baseball slang, an appendix of important baseball stats, and an appendix of uniform numbers.

A Practitioner Guide

The Simple Clause

Sports Governance, Development and Corporate Responsibility

Football Intelligence

Practitioner Case Studies

A Defense of the Free Market in a Time of Crisis (Large Print 16pt)

Introducing Microsoft Power BI

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: · Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span · Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete · The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity · Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

How can the skills of the sport psychologist be put to best use within a football club? How can a sport psychologist help elite footballers perform at their maximum level? In this groundbreaking guide to the role of the sport psychologist within elite and professional football, leading sport psychologist Mark Nesti argues that working closely with coaches and players to create a receptive environment is vital if psychologists are to add maximum value to team and individual performances. Drawing on a decade ' s professional experience working at the top level of English football, Nesti offers a detailed guide to delivering sport psychology in an elite team sport environment, from practical drills on the training field to shaping organizational behaviour at club level. The book explores the full range of issues and themes that define the role of the professional sport psychologist working in football today, including: mental skills training group cohesion and team dynamics counselling, trust and confidentiality transitions in football managerial and coaching philosophies structure, communication and organizational psychology. The book is illustrated throughout with real-world case studies, drawing on research into sixteen professional clubs across five European countries, and concludes by suggesting how other elite team sports can learn from the experiences of professional football. This is the only book to outline a holistic approach to psychology in football and the to offer such a rich combination of theory and practice. It is therefore essential reading for all students of sport psychology and all psychologists and coaches working in elite team sport.

As the adult game has increased in popularity, youth soccer has also seen significant expansion in recent years. The popularity of the youth game is set to continue. Young boy and girl players wish to emulate professional soccer stars and the professional game, often with long-term financial rewards in mind, is increasingly keen to develop young talent. Applied sports science is now a well-established feature of the adult game but the sports science that supports modern football does not translate directly into the youth game. The coaches of young players need specific information about children. Themes explored in this text include: growth of physiological systems development of motor and perceptive skills paediatric environmental physiology prevention of injury diet and nutrition youth fitness and skills training effective teaching and coaching of juniors the role of football academies. Youth Soccer: From Science to Performance blends current child-focused sports science theory with youth-specific coaching practice to help create soccer development strategies for children. It promotes knowledge and understanding in all these areas and will further professional expertise amongst coaches who wish to develop the all year round potential of youth soccer players and train the stars of the future.

The Netherlands has been one of the world's most distinctive and sophisticated football cultures. From the birth of 'Total Football in the sixties, through two decades of World Cup near misses to the exiles who remade clubs like AC Milan, Barcelona, Arsenal and Chelsea in their own image, the Dutch have often been dazzlingly original and influential. The elements of their style (exquisite skills, adventurous attacking tactics, a unique blend of individual creativity and teamwork, weird patterns of self-destruction) reflect and embody the country's culture and history. This book lays bare the elegant, fractured soul of the Dutch Masters and the culture that spawned them by exploring and analysing its key ideas, institutions, personalities and history in the context of wider Dutch society.

Dutch Soccer Secrets

Cultural Sport Psychology

Making the Ball Roll

The Liberal Arts Tradition

Victimproof

Warrior Girls

What is Tactical Periodization?

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Introducing Microsoft Power BI enables you to evaluate when and how to use Power BI. Get inspired to improve business processes in your company by leveraging the available analytical and collaborative features of this environment. Be sure to watch for the publication of Alberto Ferrari and Marco Russo's upcoming retail book, Analyzing Data with Power BI and Power Pivot for Excel (ISBN 9781509302765). Go to the book's page at the Microsoft Press Store here for more details:http://aka.ms/analyzingdata/details. Learn more about Power BI at https://powerbi.microsoft.com/.

An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

Learn how a nation of about 16 million inhabitants can regularly produce world-class players or coaches like Johan Cruyff, Arjen Robben or Dick Advocaat and Louis van Gaal.

Originally developed by Vitor Frade, at the University of Porto, Tactical Periodization is a methodology - popularized by coaches such as Jose Mourinho and Andre Villas Boas - that trains soccer players through a logical process that focuses on four moments of the game. These four moments are: Offensive Organisation, the Transition from Defence to Attack, Defensive Organisation, and the Transition from Attack to Defence. Through Tactical Periodization, the aim is to develop players to rapidly alter their on-field behaviours according to the tactical context of the match, and what actually unfolds in front of them. In turn, every training exercise focuses on at least one of the four moments, and always the coach's tactical game model of how he wants his team to play. In doing so, football players prepare and learn how best to conquer the often unpredictable matches that they encounter competitively. This book is the English language translation of the acclaimed book Periodizacion Tactica by world-renowned coach and sports science specialist Xavier Tamarit. *Important Note: What is Tactical Periodization is the translation of an academic book that examines Tactical Periodization's underlying philosophies, methodologies, and application. It covers areas such as systemic thinking, football as a complex phenomenon, and how the 'sum is greater than its parts'; it does not contain practical how-tos or drills. Candidly, it is not an 'easy' book to read, and requires a certain level of effort and concentration by the reader. However, for those who stick with it, the book provides a rewarding and high value resource for the modern football coach who wishes to understand exactly how Tactical Periodization developed, what it means for the sport, and how it can influence his or her coaching. Summary sections have been added to each original chapter to offer additional insight."

Soccer Systems and Strategies

The Athletic Skills Model

Team Building

Sport and Exercise Psychology

The Neurotic Genius of Dutch Football

Economics Does Not Lie

Training and Tactics for Soccer Success

The Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic broad-based movement education, focusing on health and wellbeing. It places the emphasis on ' physical intelligence ' – including attributes such as agility, flexibility and stability – through adaptable and varied training programmes, creating a skilled athlete before introducing sport specialization. The book sets out the scientific underpinnings of the ASM before going on to offer practical guidance on the content of the programme, how to adapt and vary the programme, and how to apply the approach to different age groups and sports. The ASM ' s application in the youth development programme at AFC Ajax is explored in depth, before a future of talent development with an emphasis on athletic, rather than sport-specific, expertise is imagined. The Athletic Skills Model introduces an important and timely challenge to conventional wisdom in talent development and is a fascinating read for any upper-level student or researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

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. These include different attacking styles, various defensive styles, and styles that are characteristic of international soccer powers, including the Latin, British, Norwegian, South American, and African styles of play. After you determine the optimal system and style for your team, you learn how to counter opponents' tactics and how to teach your system, style, and tactics through practice instruction and drills. Detailed diagrams and plans of action for implementing the systems are included, along with insights on how to make adjustments during the game. Top coaches throughout the world have proven that adapting your system to match your players' strengths and your opponents' weaknesses is the key to developing teams that are competitive year in and year out. With Soccer Systems and Strategies, you have all the information you need to implement the ideal system for your team.

64 Small Sided Soccer Games

A Guide for Sport-Specific Performance Enhancement

The Road to Success

Dutch Academy Football Coaching (U10-11) - Technical and Tactical Practices from Top Dutch Coaches

A Professional Fan's Guide for Beginners, Semi-experts, and Deeply Serious Geeks