



Soccer Homework: Skills Drills for 1 to 3 Players

By Charlie Inverso

Reedswain Incorporated. Paperback. Book Condition: new. BRAND NEW, Soccer Homework: Skills Drills for 1 to 3 Players, Charlie Inverso, Finally, a book for players who want to go the extra mile to improve their game. Charlie Inverso has put together several outstanding drills that you can do on your own or with one or two friends outside of the team training environment. Skill is at a premium in today's game but because of the dominance and time demands of formal team training and the multitude of activities available outside of soccer, youth players often miss out on the advantages of playing soccer on their own. The importance of ball mastery in soccer is undeniable and the best way to achieve it is through playing as much as possible. This book offers effective and fun skill drills you can use to get your game to the next level! Also included is a section on Fitness Training with detailed preseason programs for running, weight training and plyometrics.



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-- Vivianne Dietrich

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