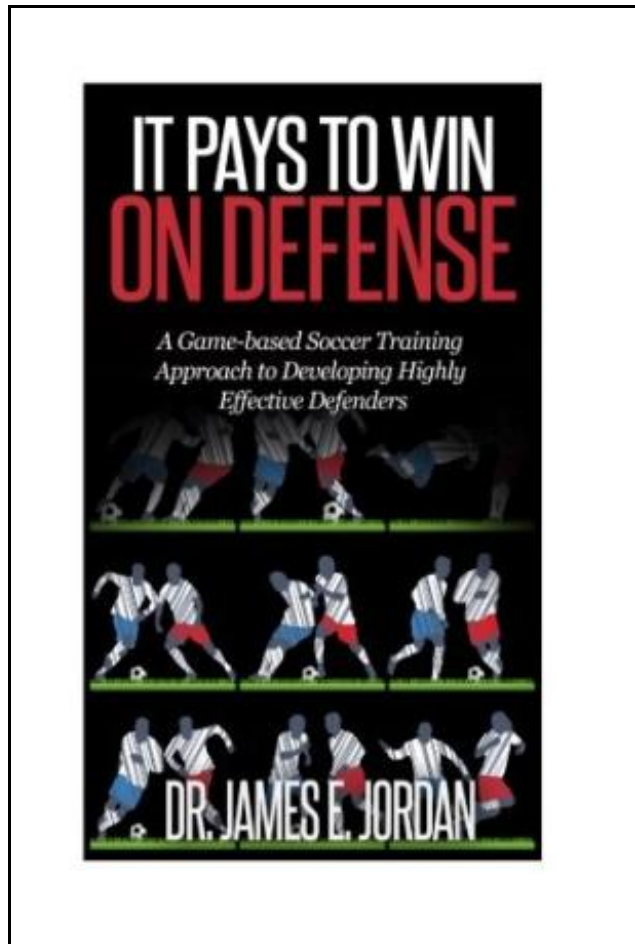


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(Rebecca Bechtelar)

IT PAYS TO WIN ON DEFENSE: A GAME-BASED SOCCER APPROACH TO DEVELOPING HIGHLY EFFECTIVE DEFENDERS



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Named to US Youth Soccer s Recommended Reading List in September, 2015, It Pays to Win on Defense is a book for soccer coaches who are looking for the most effective way to engage all of their players all of the time in order to teach them how to best keep the ball out of their own team s goal! The book provides an all-encompassing framework for instilling the skills and mindset necessary for highly effective defenders. By combining educational theory and making everything a competition, coaches can maximize their practice time and teach that defending concepts are not just limited to certain players (e.g. the centre backs or the defensive midfielders). As I tell my teams, when we don t have the ball, EVERYONE is a defender. Therefore, EVERY player on your team needs to know how to defend and defend well! Whether you are an experienced coach or a volunteer parent just starting out, there is something for everyone in this book. It Pays to Win on Defense includes 50 games that bring defending situations to the fore, hundreds of guided discovery questions, and many regressions/progressions to tweak every activity to match your specific training needs. Still need convincing? Why choose this soccer book over the hundred that are out there? For parents of soccer players, It Pays to Win on Defense gives you insight into what might motivate your own child at soccer practice. While this is really a coaches book, you may find it interesting to learn about defensive principles of play and the guided discovery questions allow you to ask good questions about the defensive side of the game. For...

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