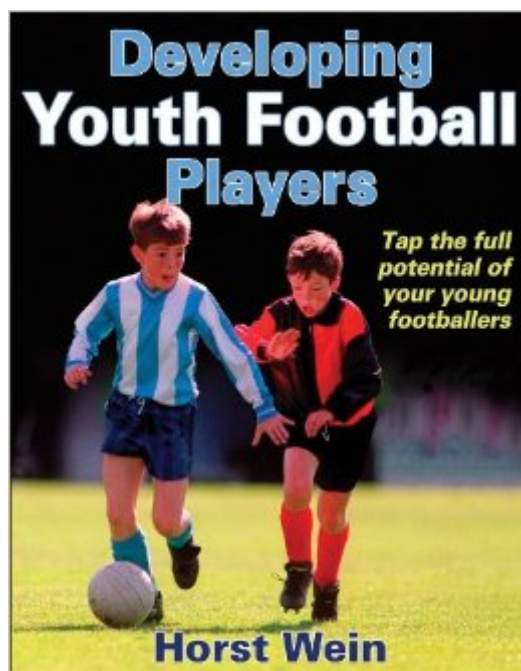


The book was found

Developing Youth Football Players



Synopsis

Ensure that your young footballers reach their 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. Author Horst Wein provides more than 150 games, corrective exercises, and competitions for players aged 7 to 14. Based on the internationally renowned Football Development Model, training and coaching methods are divided into four levels, resulting in the best age-appropriate coaching resource available. From fundamental skills and goalkeeping to tactics and game intelligence, Developing Youth Football Players covers it all with clear writing and colourful illustrations, making it easy to incorporate each lesson into your programme. Developing Youth Football Players will help you become a better teacher and coach. Use it to give your players a great start to a successful football career. v

Book Information

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Customer Reviews

This is a worldview changing book when it comes to both soccer coaching, and child development. This is that influential even after having read or at least tried reading 20+ soccer coaching books, watching 20+ videos, earning coaching licenses through the US Soccer National D course, and playing soccer since I was 6 in the US, France, and Brazil. There are three things that make this a great book: 1). Understanding children's capacities and needs. I learned how most kids are receiving coaching instruction that does not fit them at all, and so actually hinders them. Like a shoe that does not fit. Often kids are playing with far too many numbers beyond their abilities - such as 6v6, when they have not even shown any mastery at 2v2. So the actual activities in practice and competition

need to be tailored to the abilities of the kids for efficient learning and maximum enjoyment.²). Children learn best by discovering. I learned so much how to not give answers to players where they end up relying on the coach, and not becoming creative problem-solvers. By answering open questions the coach poses and playing simplified games, players learn how to learn: perceive (look), analyze (think), decide (act), perceive the effect of decision (pay attention to result). Most people think soccer starts developmentally at the feet, and moves up when older to the head as the game becomes more about tactics and teamwork. Actually, soccer starts in the head as every action involves thought, moves to the heart where passion and joy develop from success and expressiveness, and then to the feet where technical skill is developed. This is contrary to many schools of thought that think technique should be taught outside of context to tactics.

This book is written by the man who has revolutionized the development of soccer training for children throughout the world. The author has trained coaches in 50+ countries, including working for the Royal Spanish Football Federation (defending World Cup champions). Anyone involved in youth soccer has been affected by his work - it was his insight that led to younger children playing smaller sided games than the traditional 11 v. 11 that predominated into the 1980s. Many of the insights contained in this book are known to anyone who has raised or been involved with young children - simply put, the child psychology is now applied to soccer. It's almost like Maria Montessori was now coaching soccer - his theories are promoting active participation, allowing children more control, and stimulating player's minds. To do this, Wein advocates a "Football Development Model," consisting of 5 levels of progression: 1. developmental games (a/k/a drills) 2. mini-soccer games 3. 7 v. 7 4. 8 v. 8 5. 11 v. 11 Wein's insight is to simplify the game of soccer for small children, and then to gradually increase the complexity as the children master the technical and tactical components of the game. It sounds stunningly simple, yet this is the first book on youth soccer that I've read that creates such a logical progression rather than a mish-mash of drills. The exercises in Wein's book are also quite good. They are well illustrated and intuitive. I've tried several of these with my children and they are excellent. Before buying this book, I'd recommend considering your background and objectives.

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