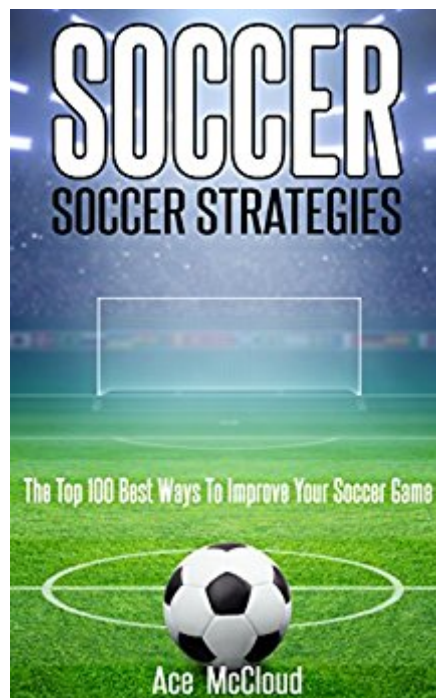


The book was found

Soccer: Soccer Strategies: The Top 100 Best Ways To Improve Your Soccer Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport Of Soccer)



Synopsis

Are you tired of your opponents running circles around you? Do you wish you could score more goals? Whether you want to (1) have better soccer skills, (2) kick the ball with more force and accuracy, or (3) be a valued member of your team, this book will teach you everything you need to know. Don't let the other team embarrass you on the field. Soccer can be one of the most rewarding games in the world. It is an extremely fun and exciting game filled with strategy, intrigue and action. Being good at soccer can be a long road of blood, sweat and tears, but it is all worth it when you can perform to the best of your abilities and help your team win! You will be amazed at how far a few basics skills will carry you once they have been totally mastered. Learn how to build up incredible soccer skills by following the easy to follow and detailed instructions in this book. Keep yourself physically poised to play. Physical conditioning is the foundation for any sport, but especially for the fast-moving game of soccer. Your physical fitness level will determine how long you can play at a high level without risking injury. The better your cardiovascular and muscular strength is, the better your overall playing ability will be. I wrote this book so that you would have the nutritional knowledge and the training wisdom to prepare yourself physically and mentally for the game. In this book you will find the best exercises and training plans to get and keep yourself at the top of your game, both in season and off season. Develop your soccer brain. Soccer can be very complicated and difficult to master, especially as the competition increases. The tougher the competition, the more important it is to have your head on straight before you hit the field. You will find in this book a host of strategies you can easily apply to shape your thinking and build your confidence, strategies that can set you up to play at your very best. Because the game relies on physical skill, it is easy to overlook the mental skills that make it possible to instantaneously assess and adjust your strategy to meet the split-second needs of the game. Sharpen your mental game and watch your game play improve. Boost your positional skills. Whatever position you play, there are essential skills you must have under your belt that are specific to that position. I have provided targeted exercises and tactical notes for each position on the field. Focus on those skills and playing tactics, and you will soon be striking fear into the hearts of your opponents. What will you learn about soccer? Professional mental strategies to boost your game. How to improve your striking skills. The best nutrition, supplements and foods for soccer players. Success strategies for each soccer position. Exercises and drills that will increase both your skill and strength. You Will Also Discover: How to prepare for games the right way. How to play soccer intelligently and strategically to maximize your success potential. How to be an overall better player. How to be a highly valued team member. Boost your soccer skills and be the star player! Click the BUY NOW button at the top

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Book Information

File Size: 5469 KB

Print Length: 40 pages

Publisher: Pro Mastery Publishing (March 31, 2015)

Publication Date: March 31, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00VHHDUA2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #236,397 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #84 inÂ Books > Sports & Outdoors > Coaching > Soccer #107 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Sports & Outdoors

Customer Reviews

The author does a very good job of presenting 100 strategies for soccer players that will improve their game and ultimately can be used in real life. The first chapter is on mental strategies and include visualization exercises and breathing exercises to keep you calm under the stress of the game. It tells you how to focus, set and achieve goals and how to make a habit out of helpful techniques. The chapter on nutritional strategies will ensure you have enough energy and strength for the game. Carbohydrates are important for maintaining energy and protein is important to build strong muscles. The chapter encourages you to eat fresh fruits and vegetables and stay away from unhealthy foods and processed sugars. It gives you tips on vitamins, avoiding caffeine and gives you the 10 most important foods soccer players should eat. If you are goalie, you will find chapter three very informative. It takes that position and gives you all you need to know about it along with strategies on getting better at it. It explains how to speed reaction time and read the other players. The basics are discussed including catching the ball, communication with the team and using hands and legs. The chapter for playing offence explains how to keep with the tempo of the game and not

fall behind and gives you ideas on exercises to get better at the position like passing and running exercises and defensive plays. It takes the striker and center fullback position and explains techniques on how to better their plays. Defensive strategies include suggestions for the sweeper, right and left fullback, midfielder, wingback and winger, all of which will improve their game dramatically.

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