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The Modern Soccer Coach – Pre-Season Training by Gary Curneen

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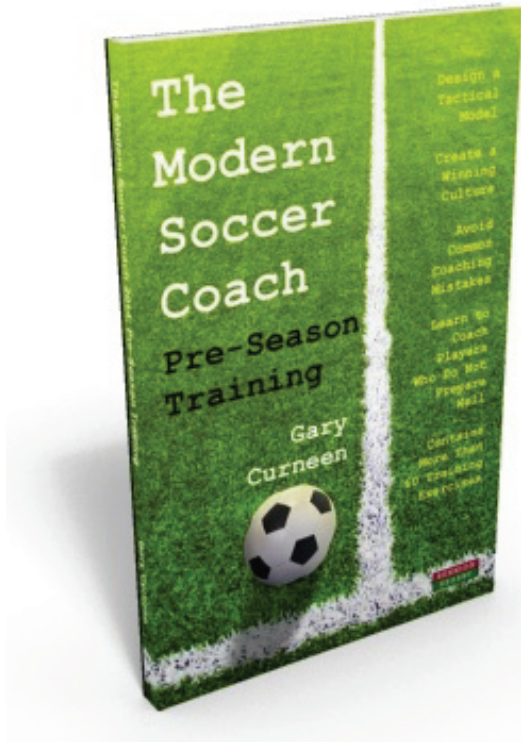
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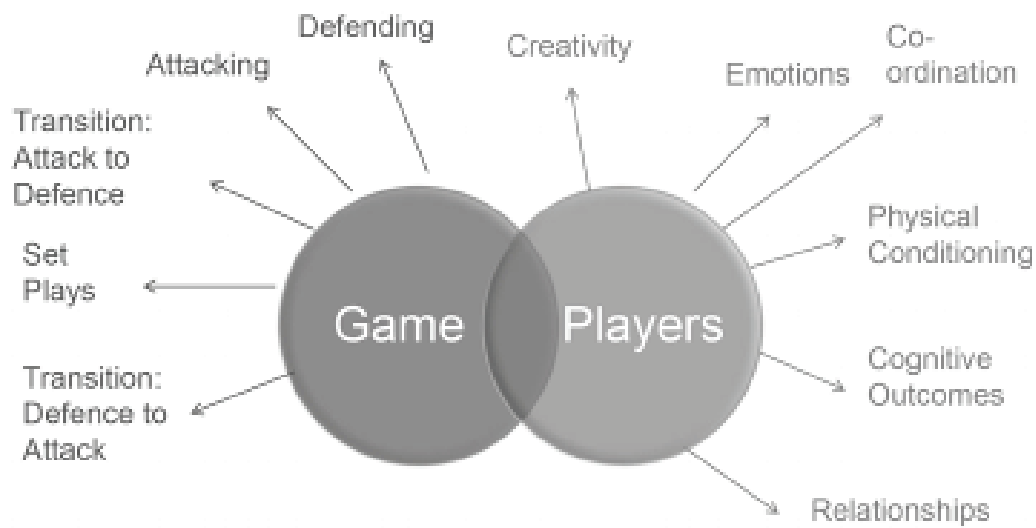
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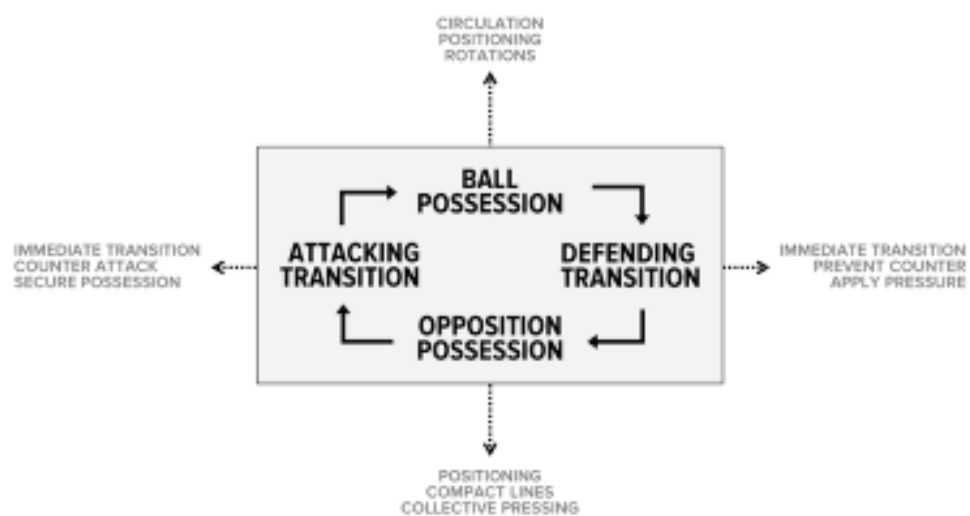


Chapter 2



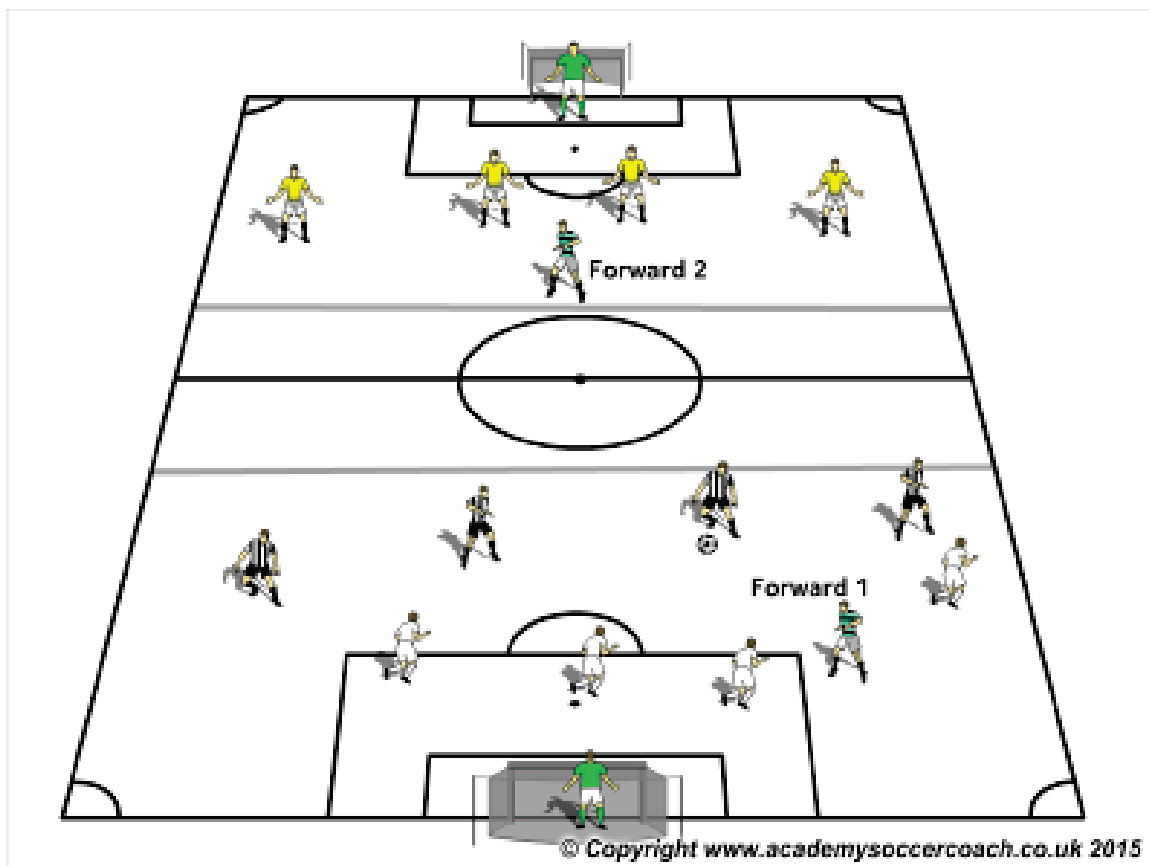
Game Model - St Josephs College 2016

Key Principles



Chapter 3

Exercise One



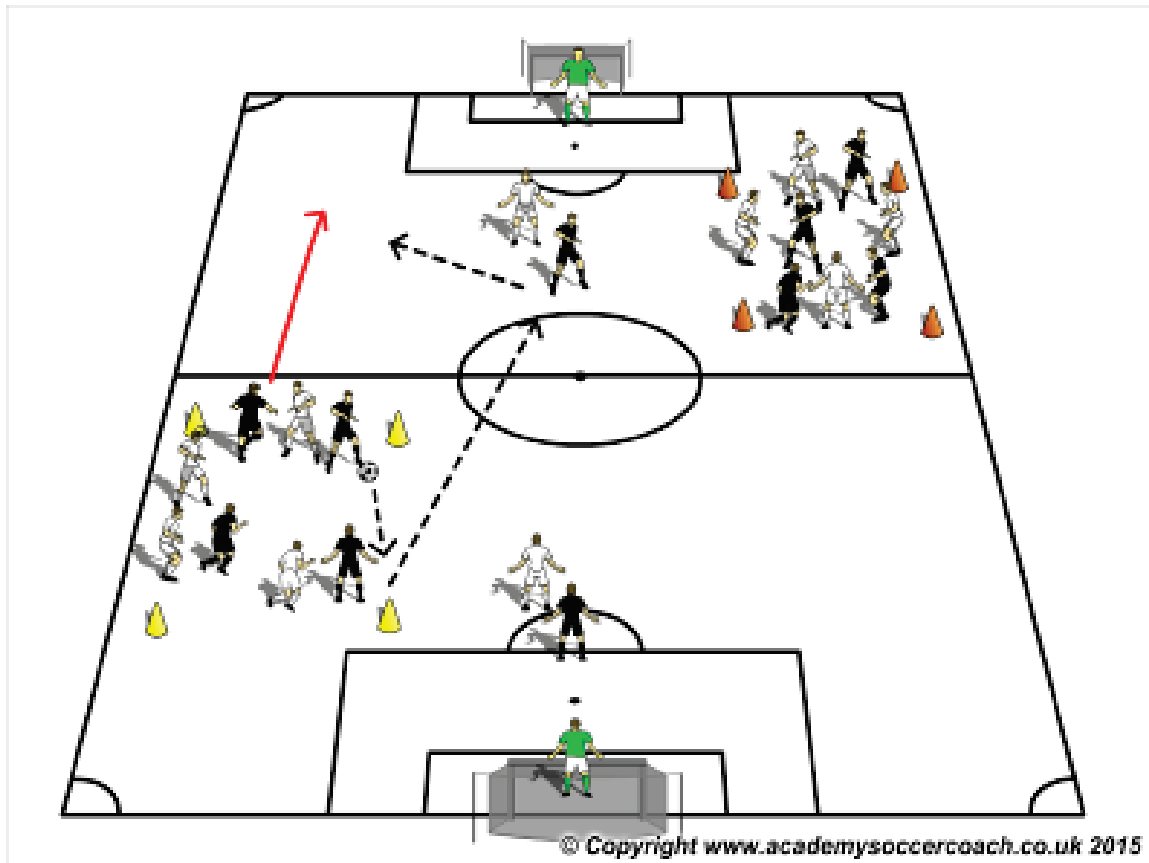
Exercise Two



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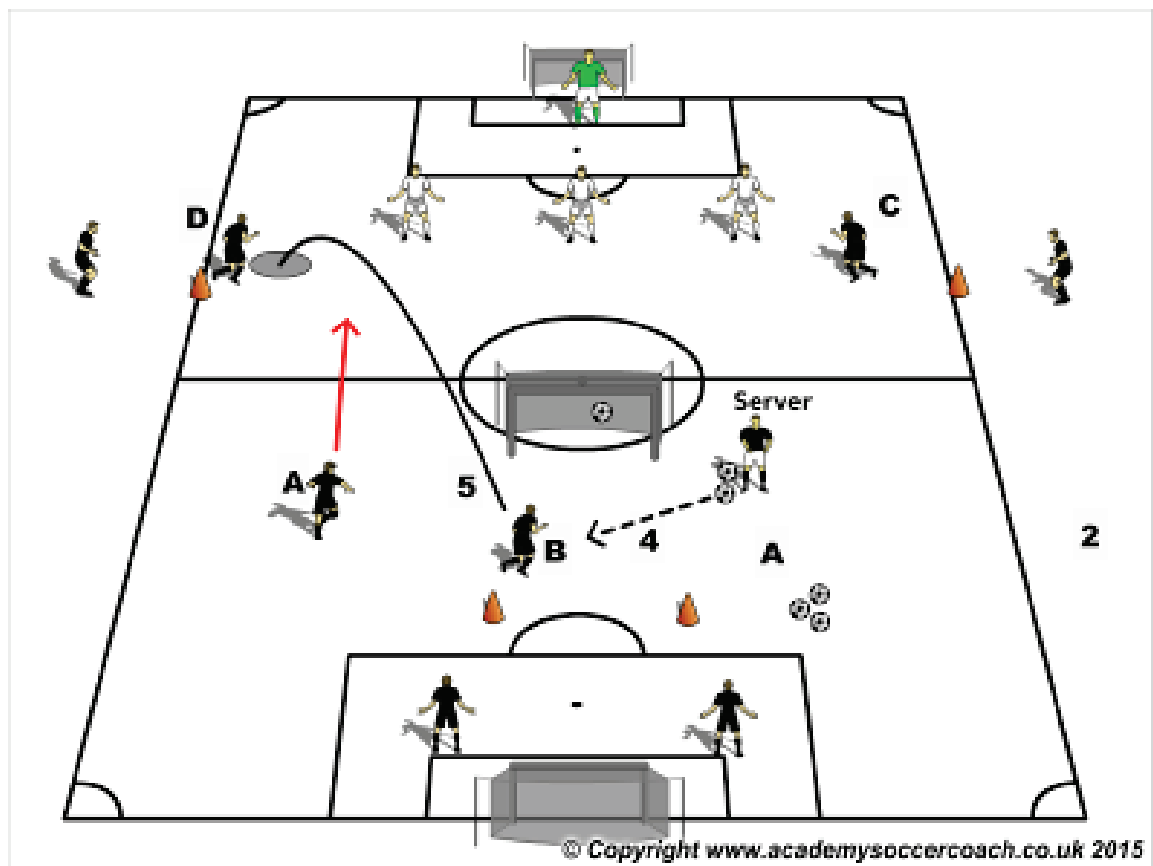
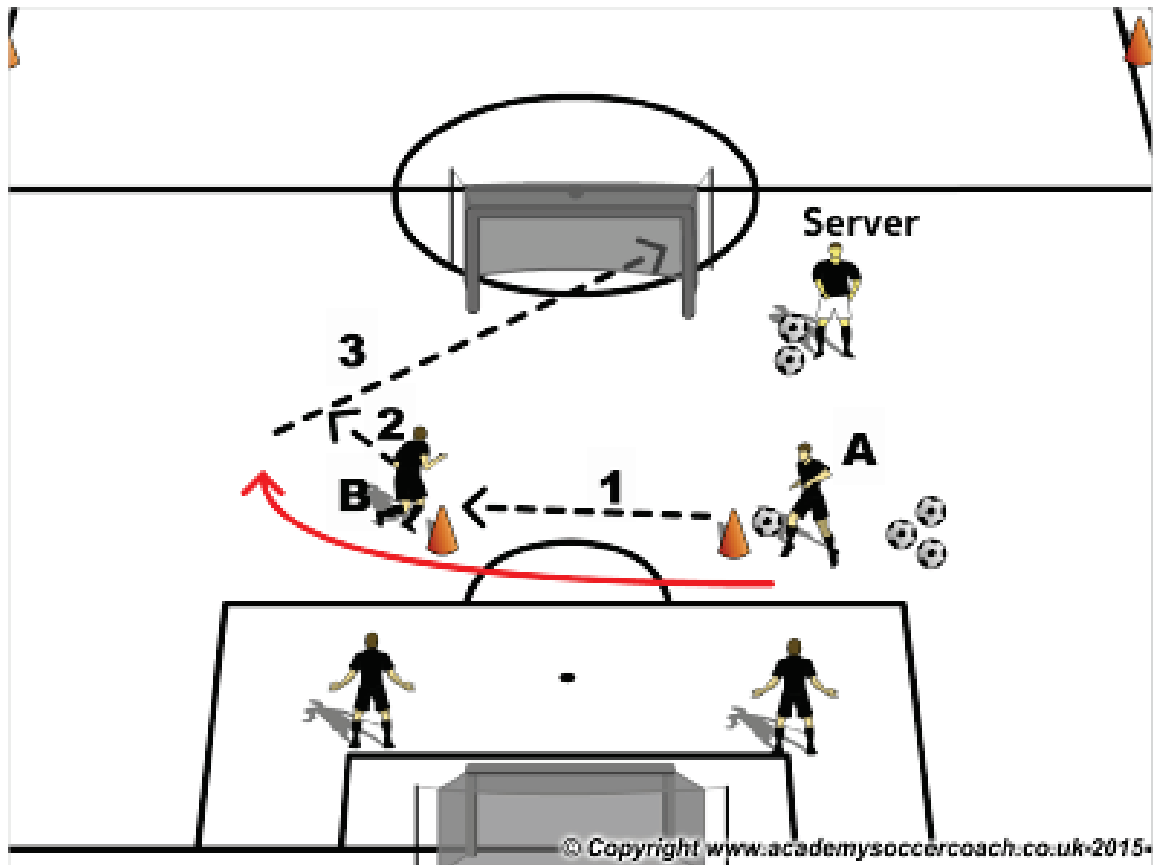


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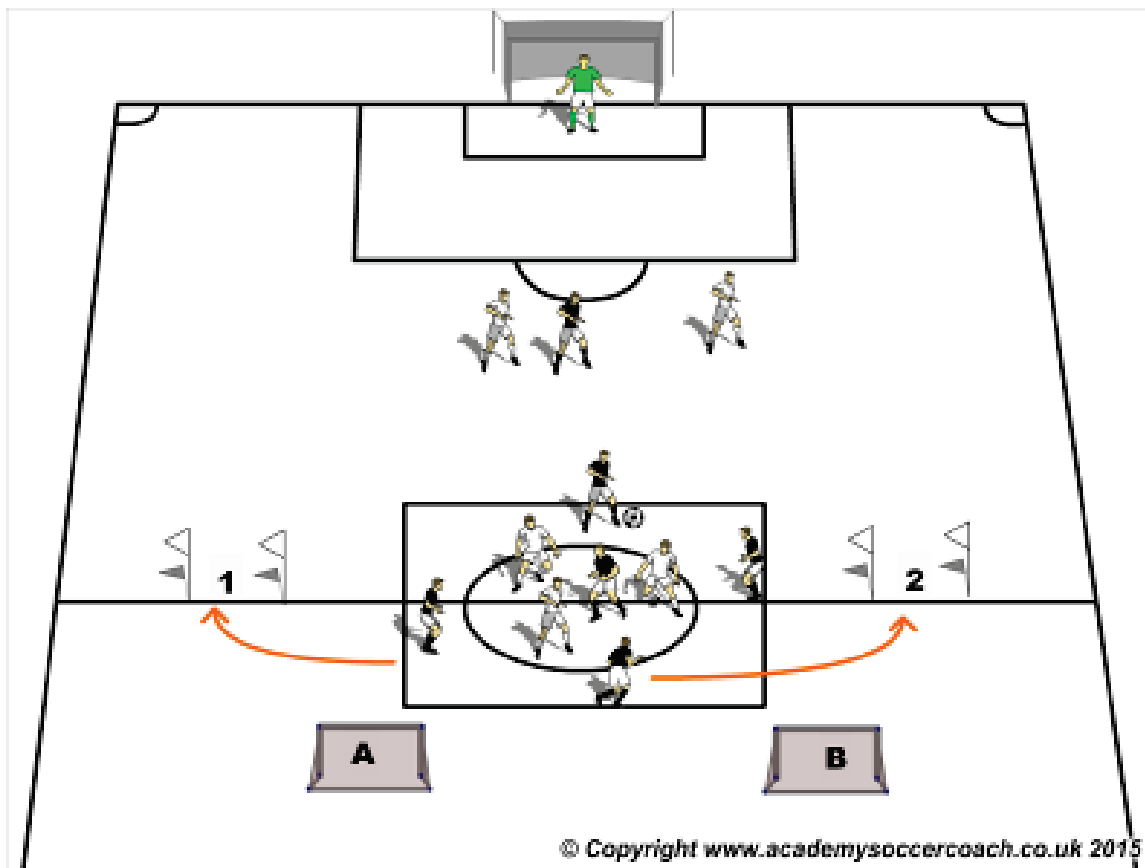


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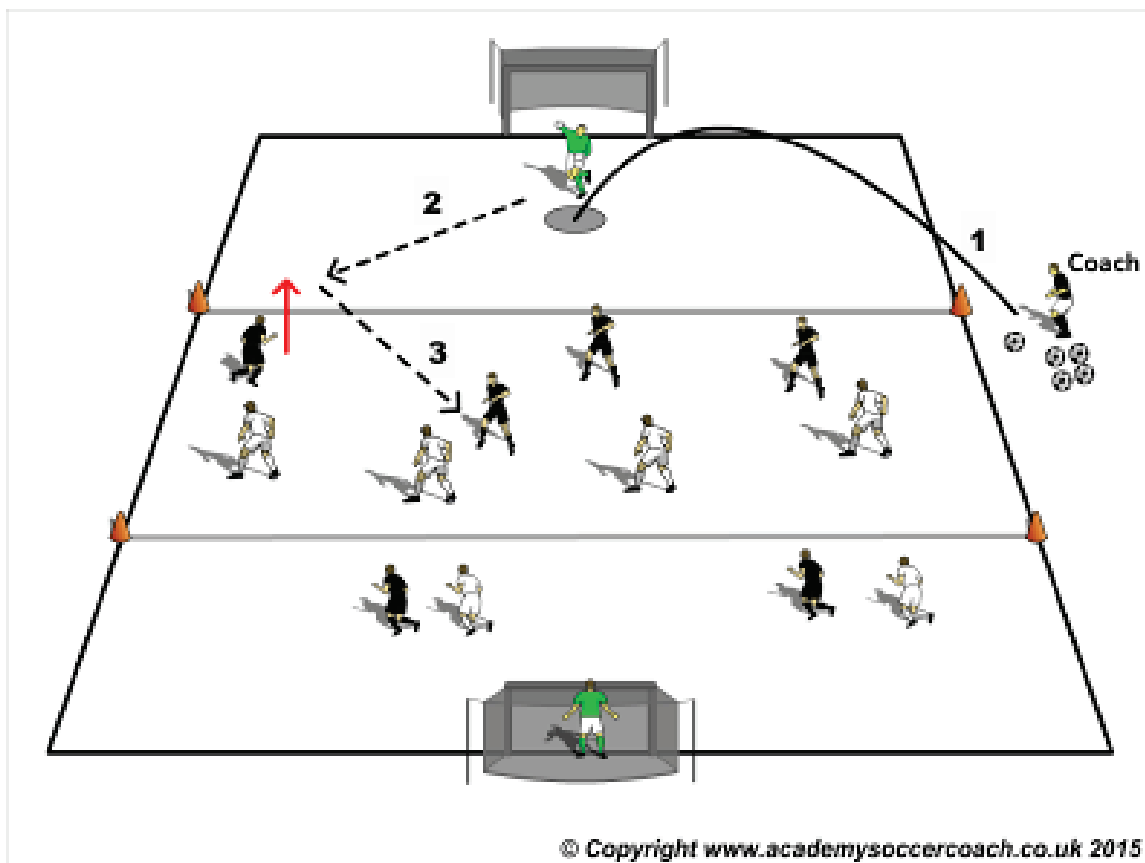




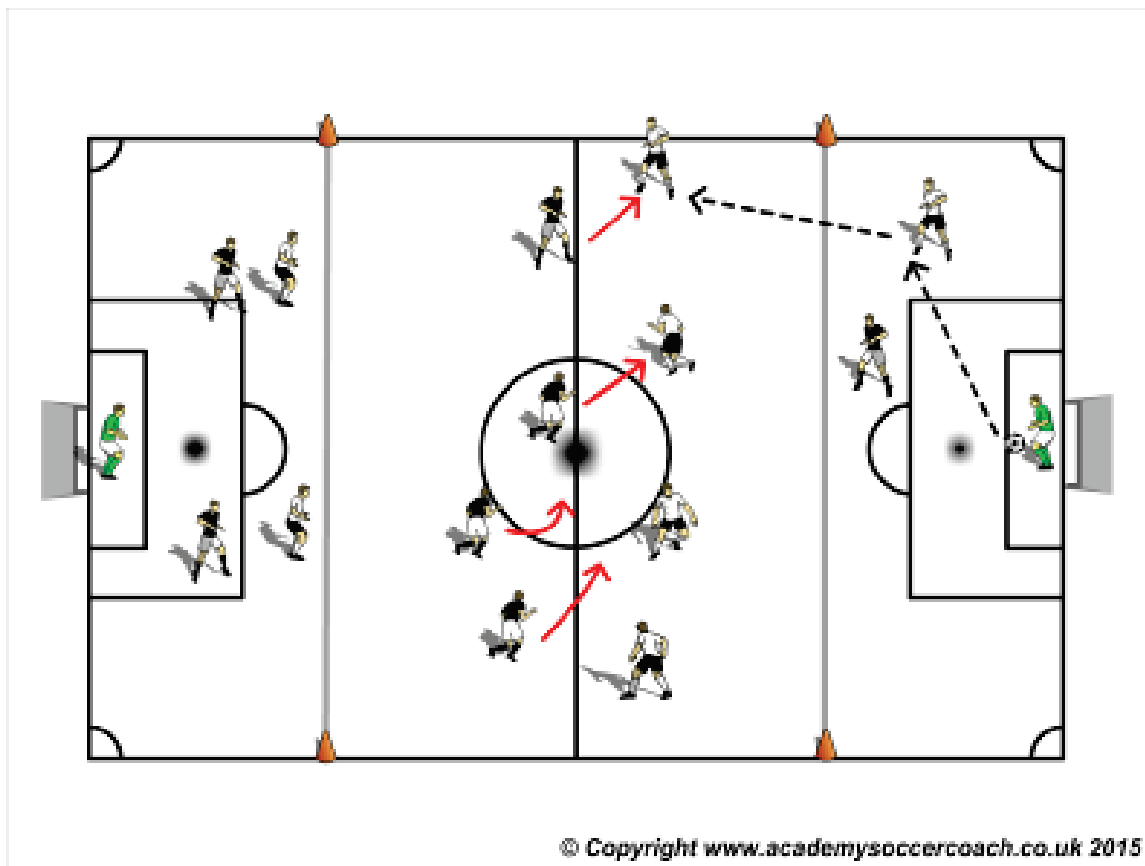
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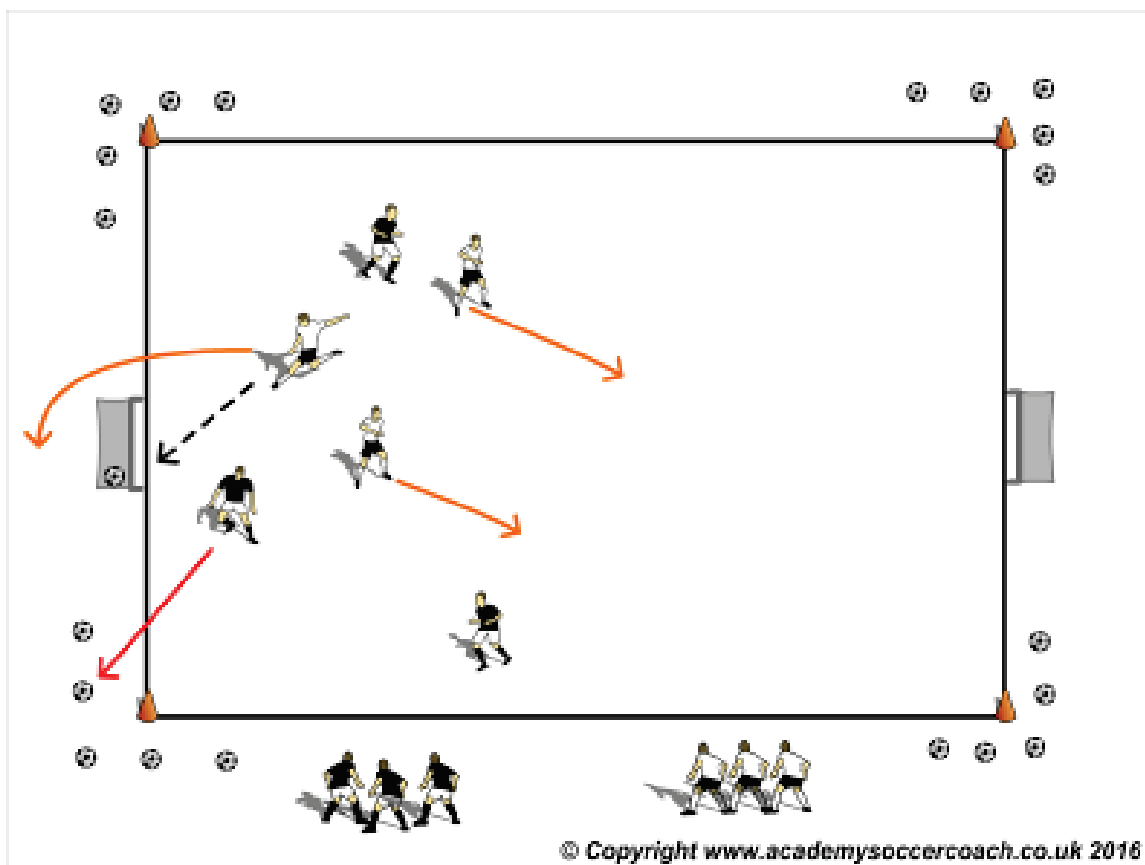
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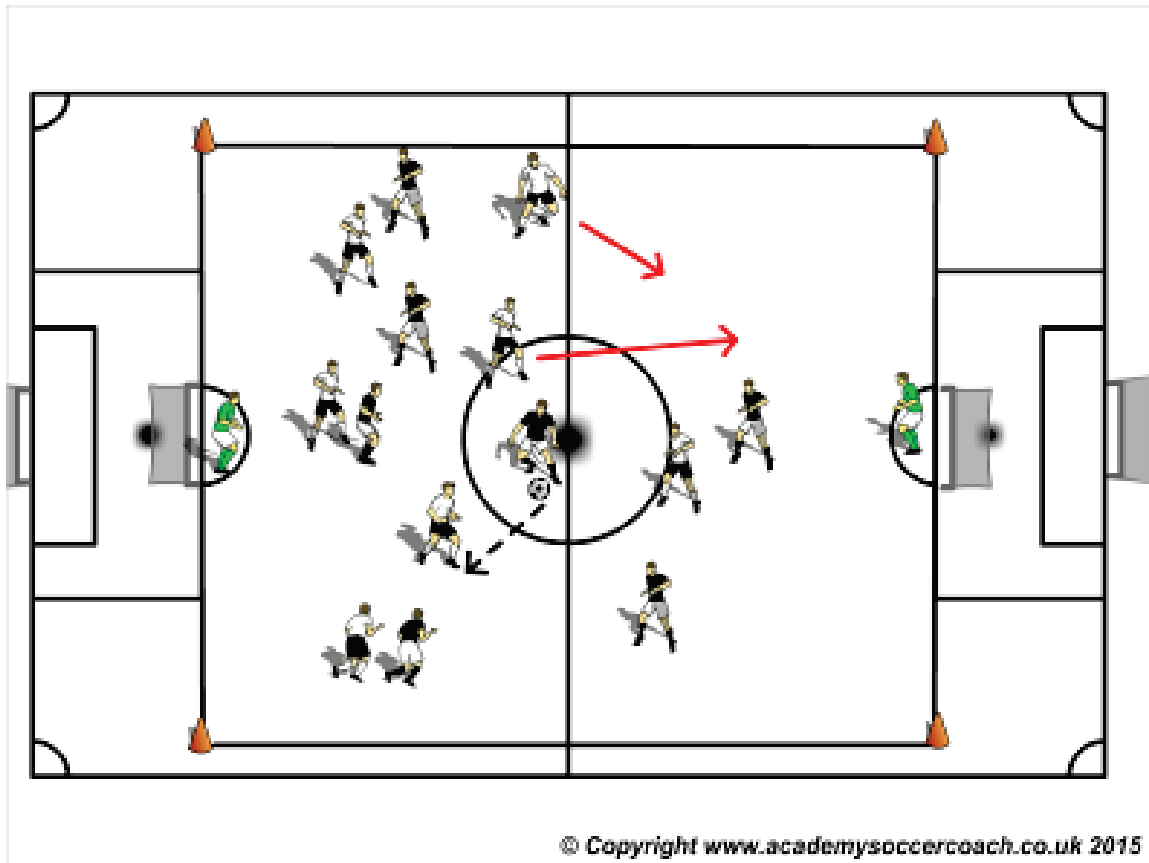
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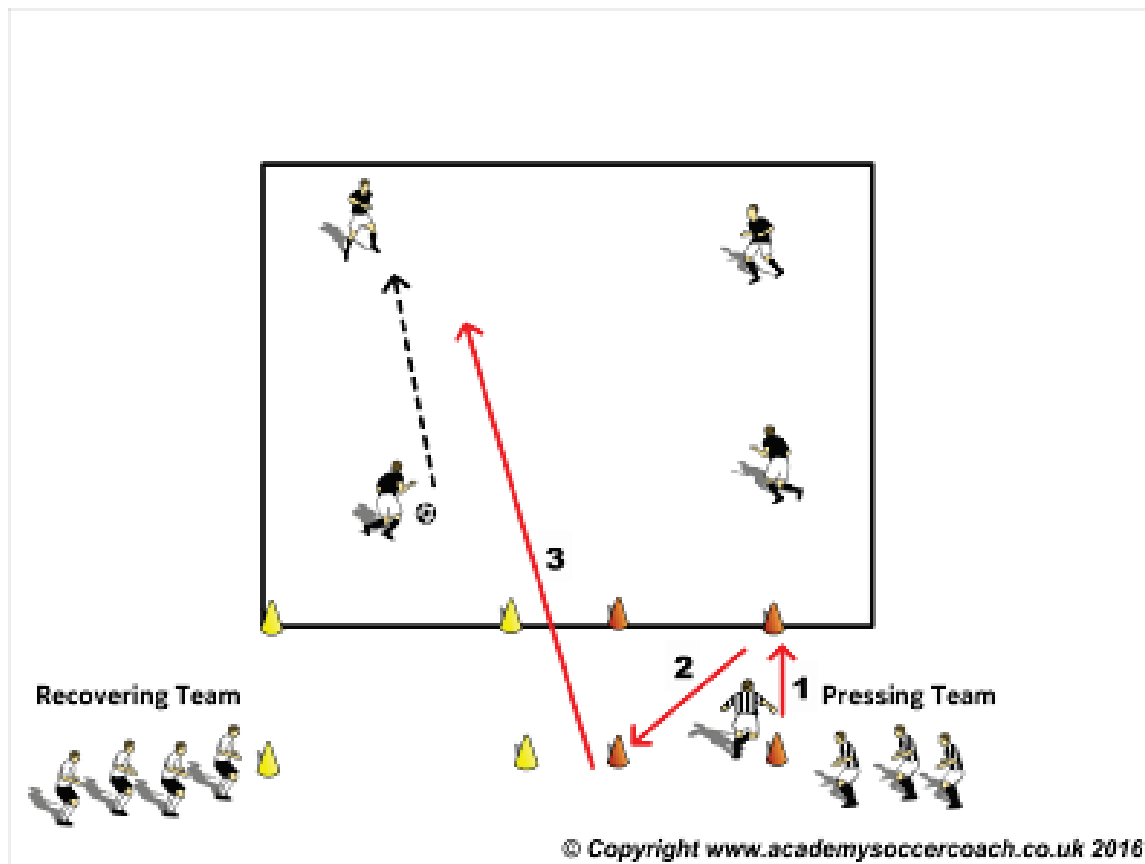


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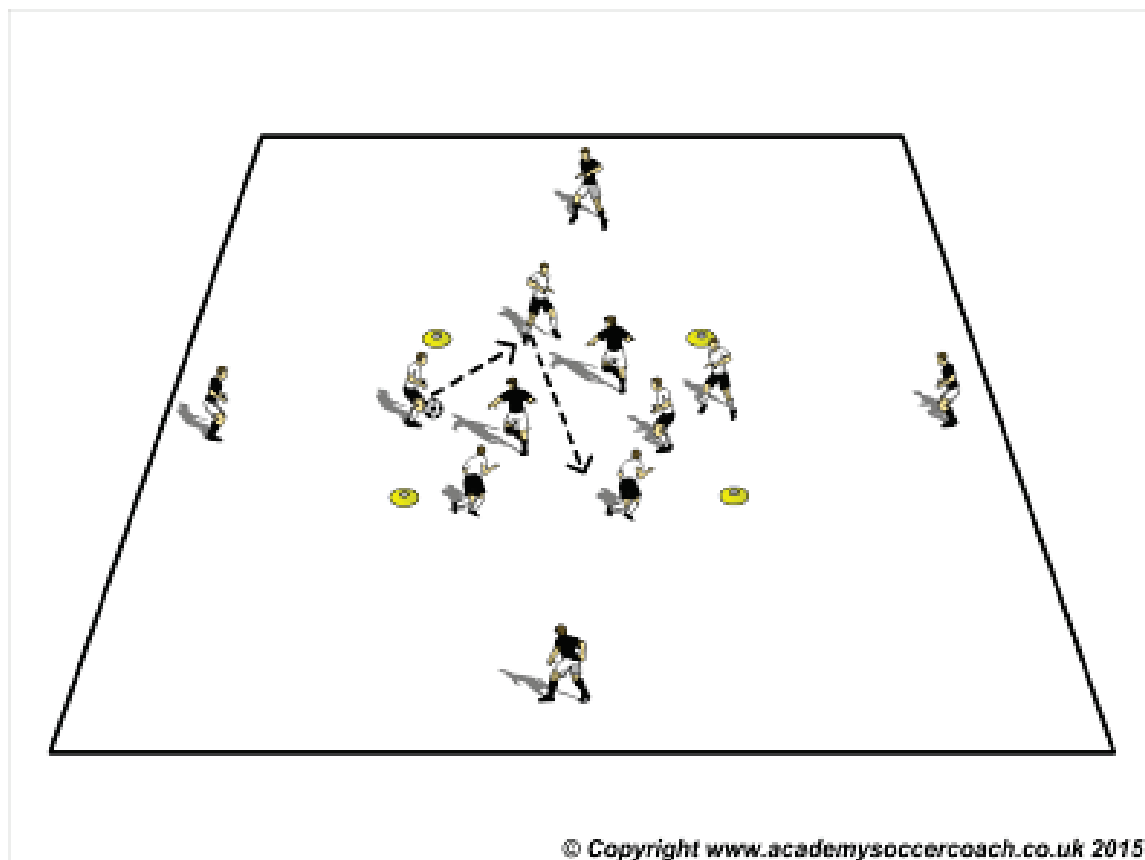


Chapter 4

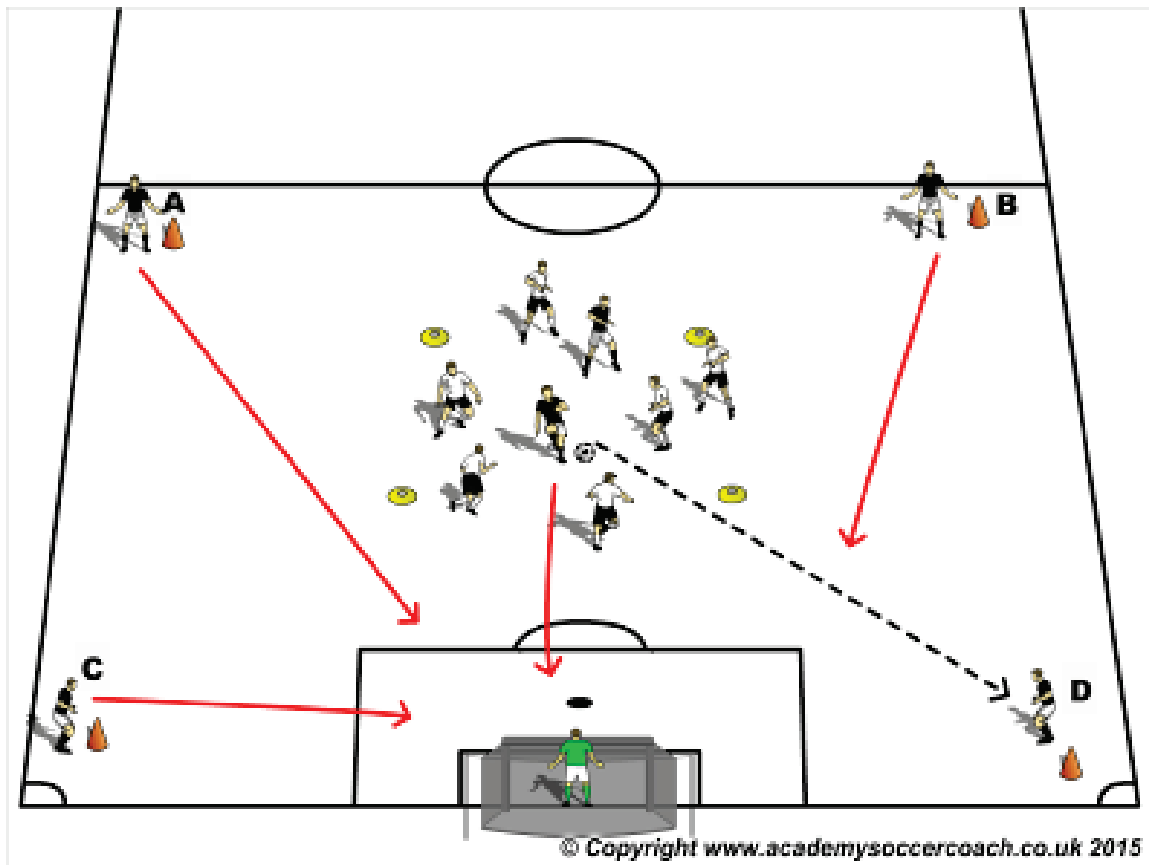
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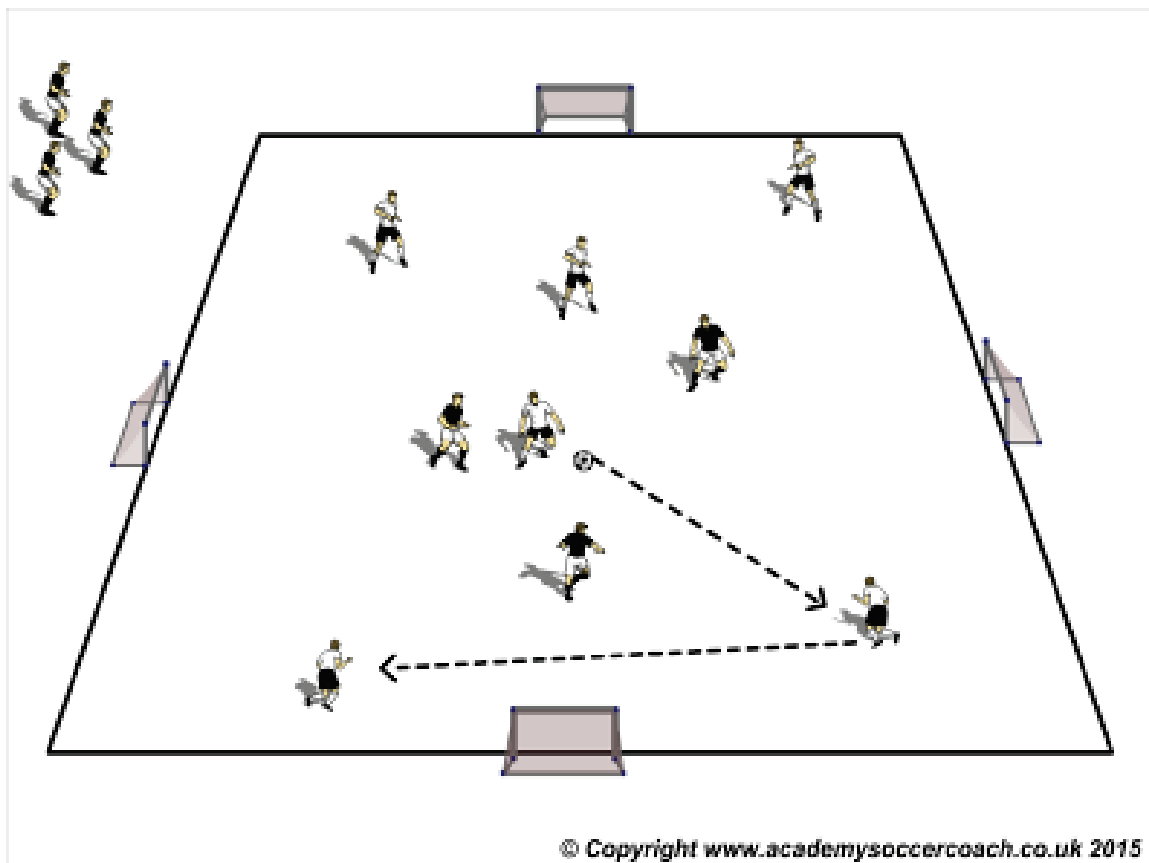
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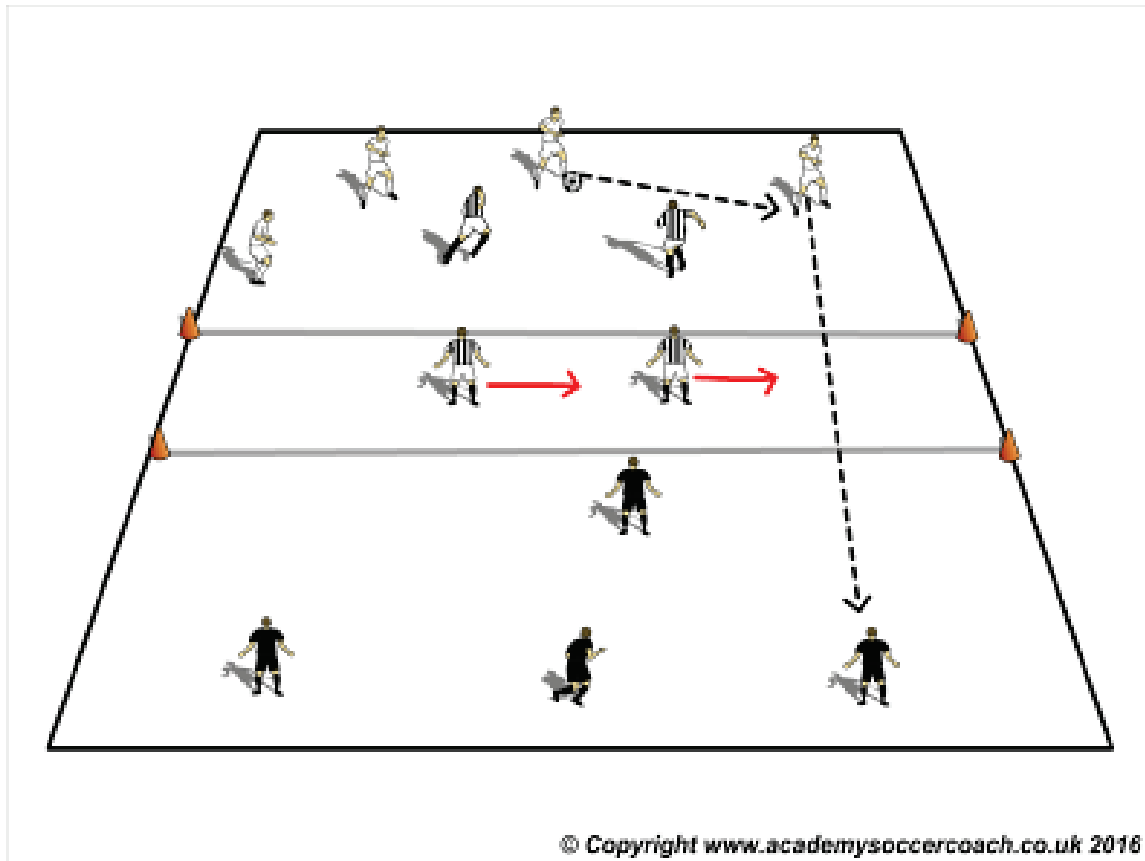
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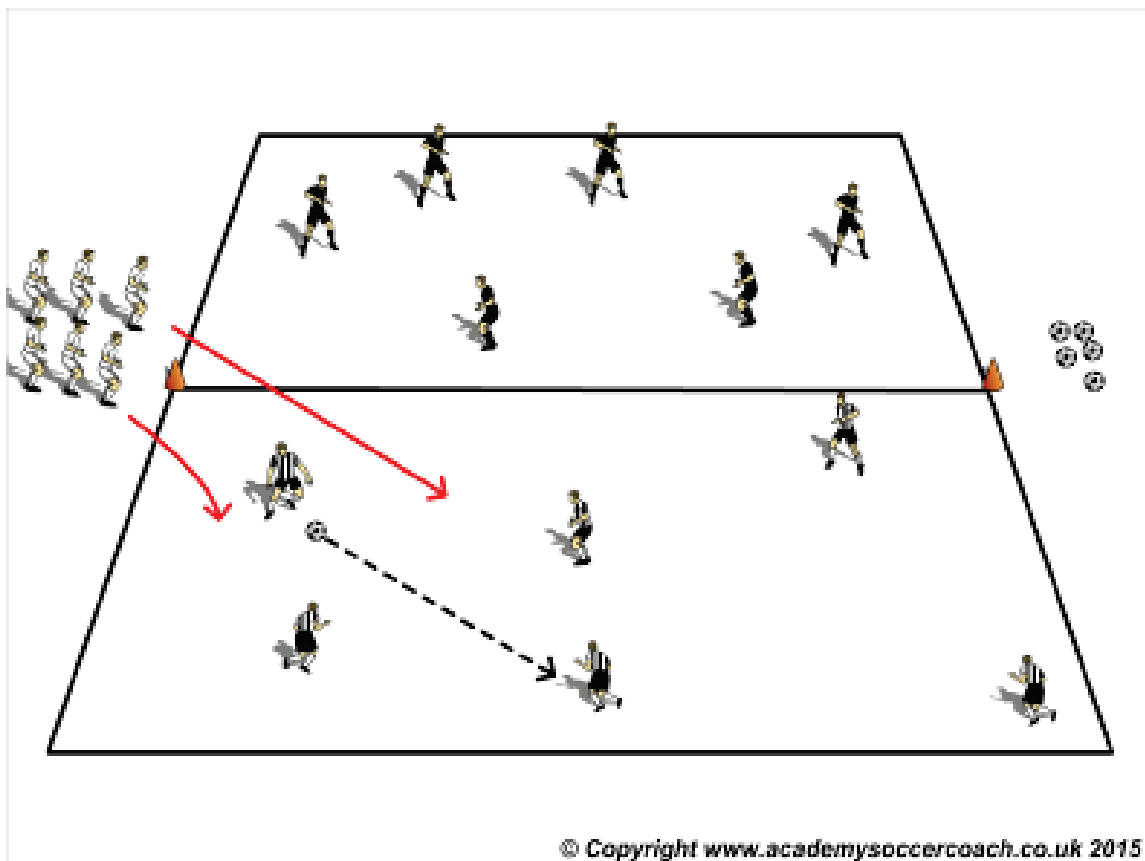
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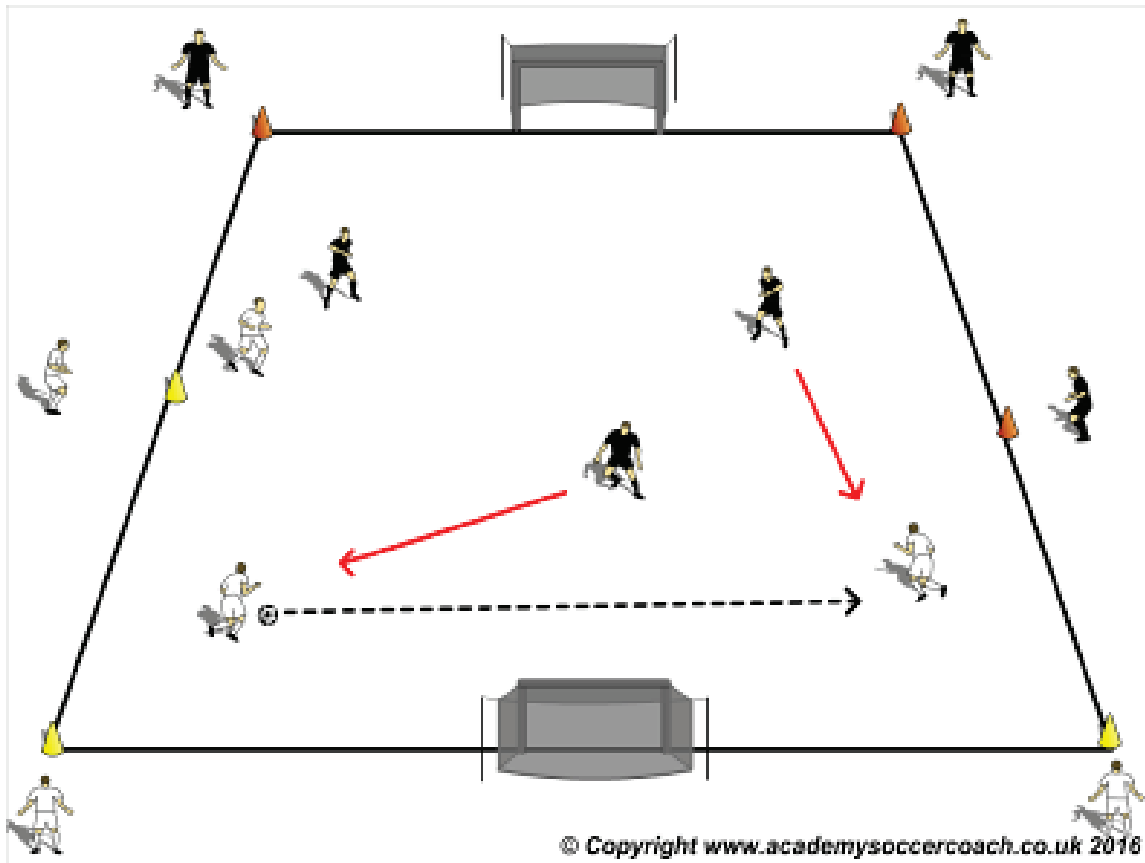
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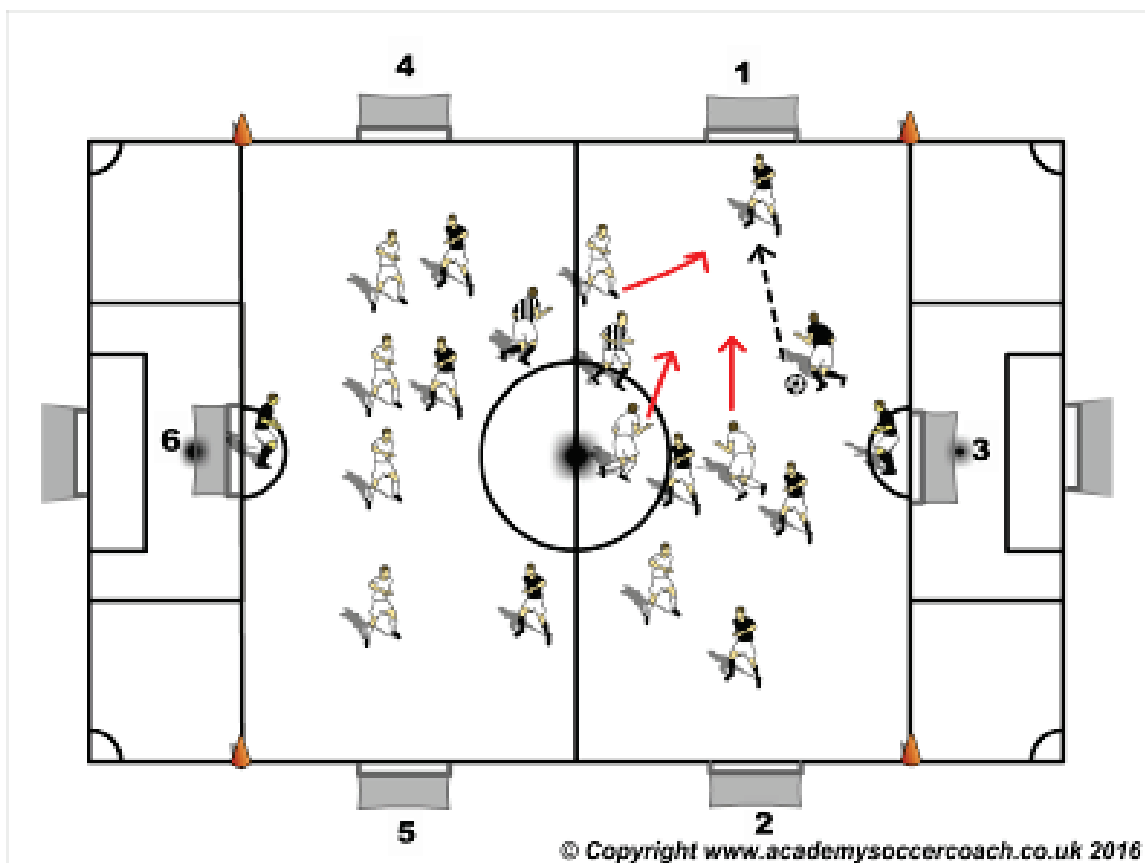
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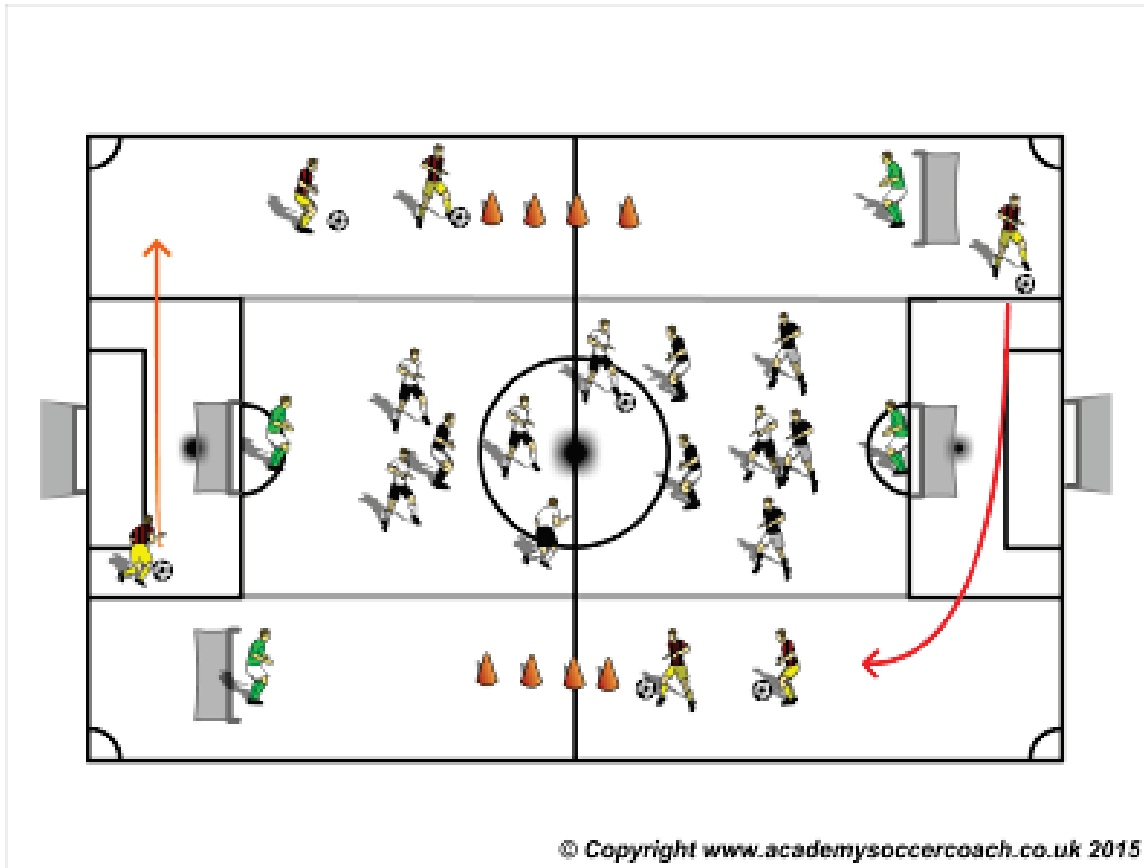


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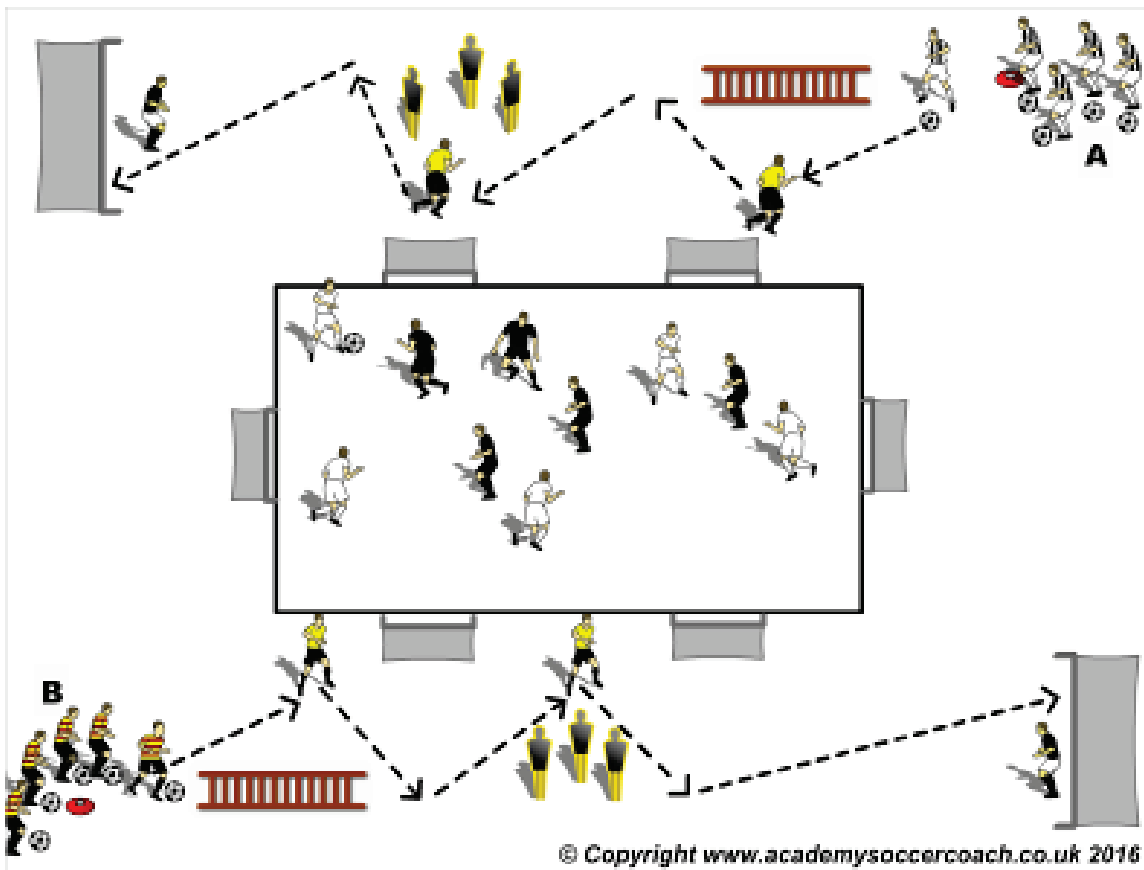


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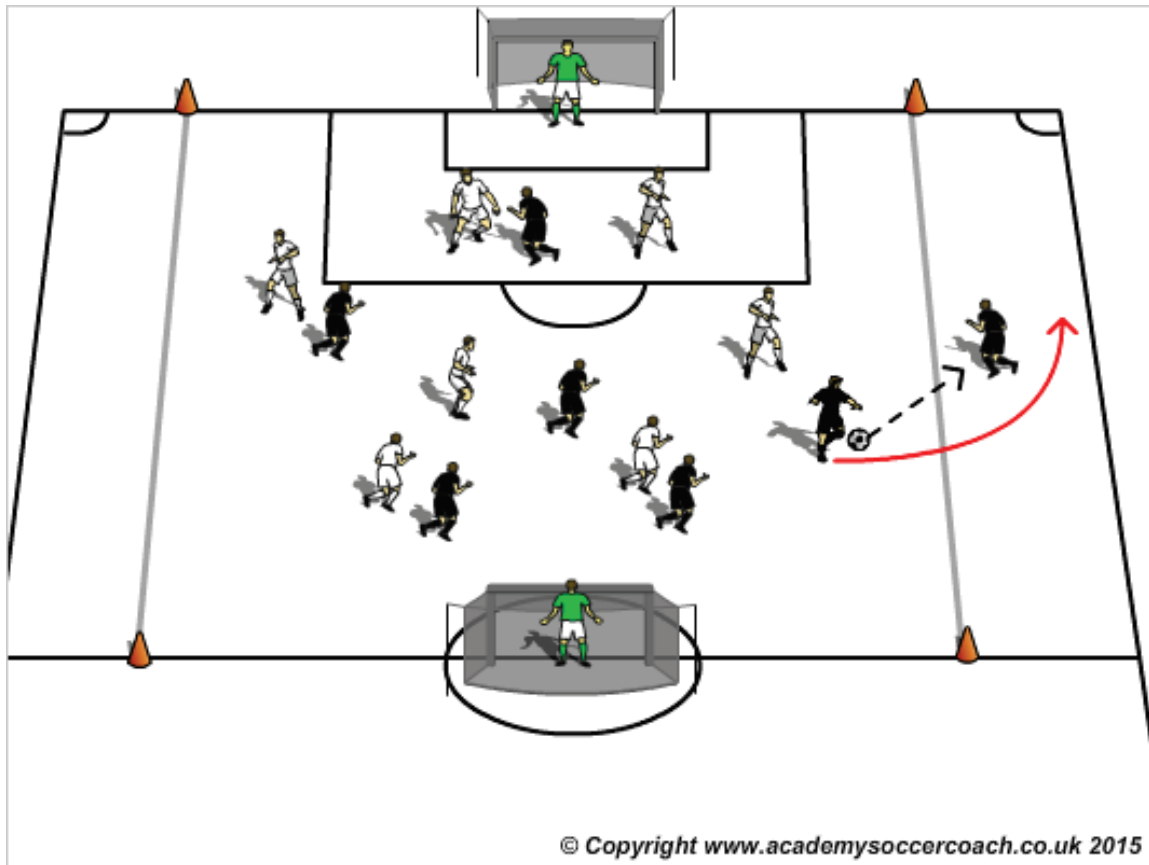
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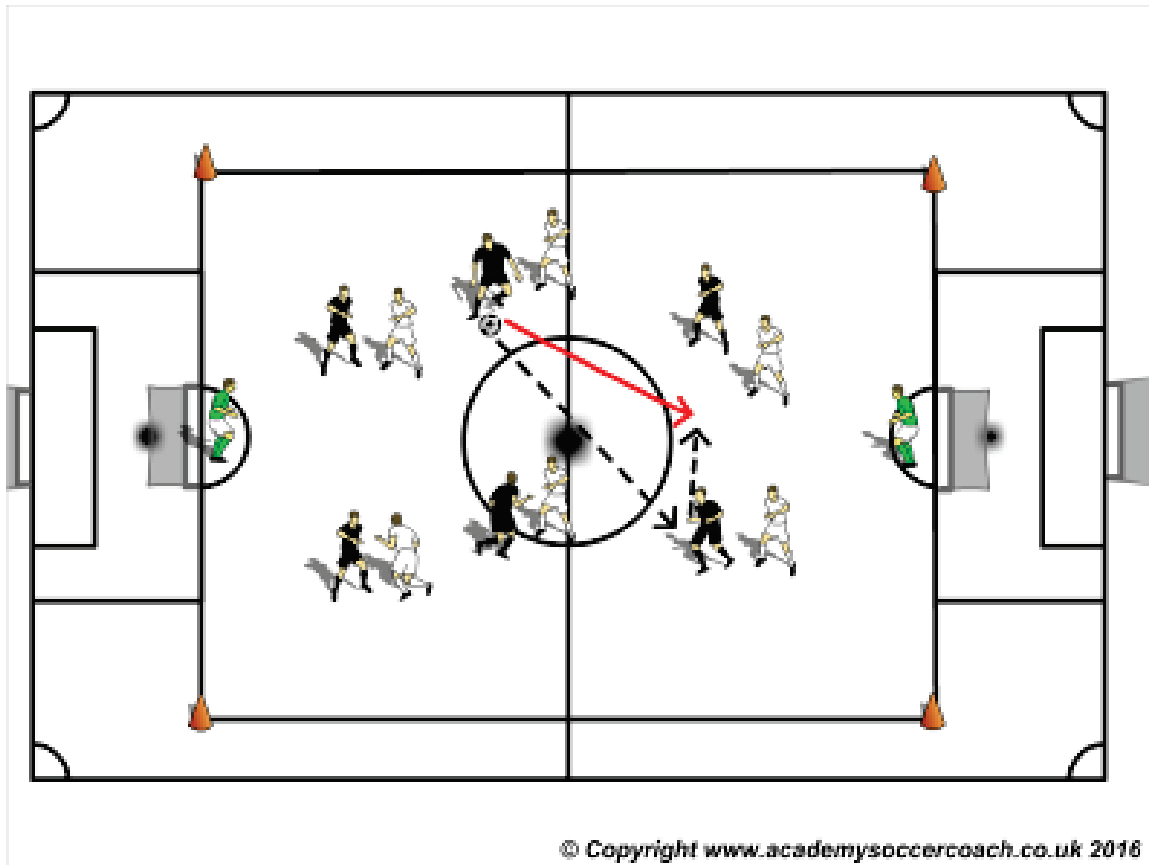
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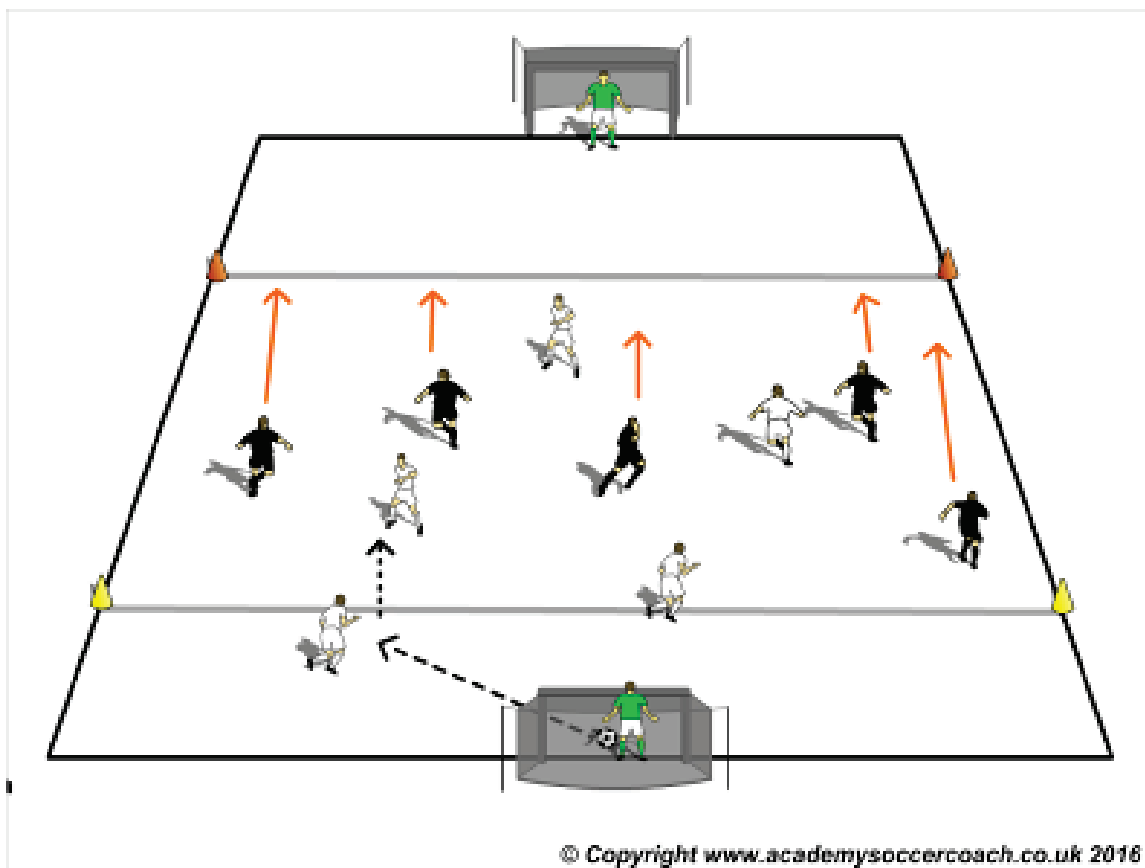
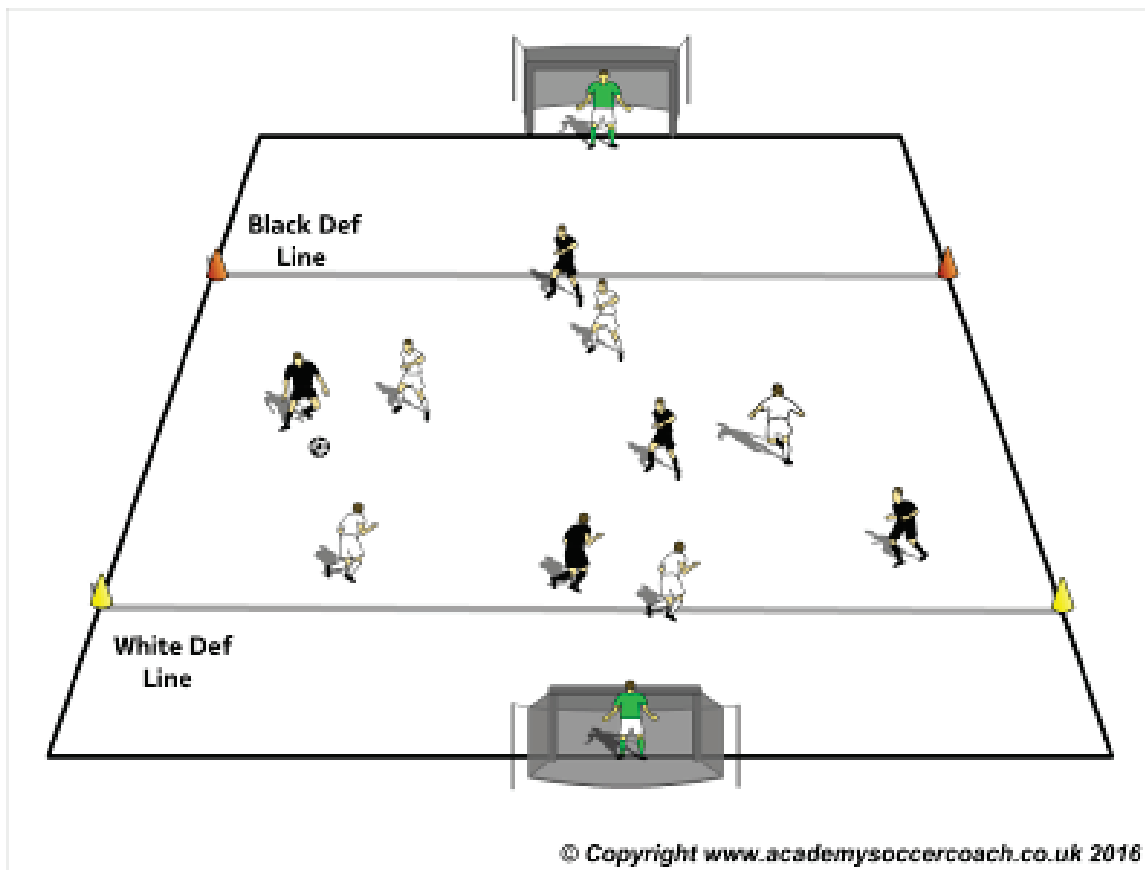
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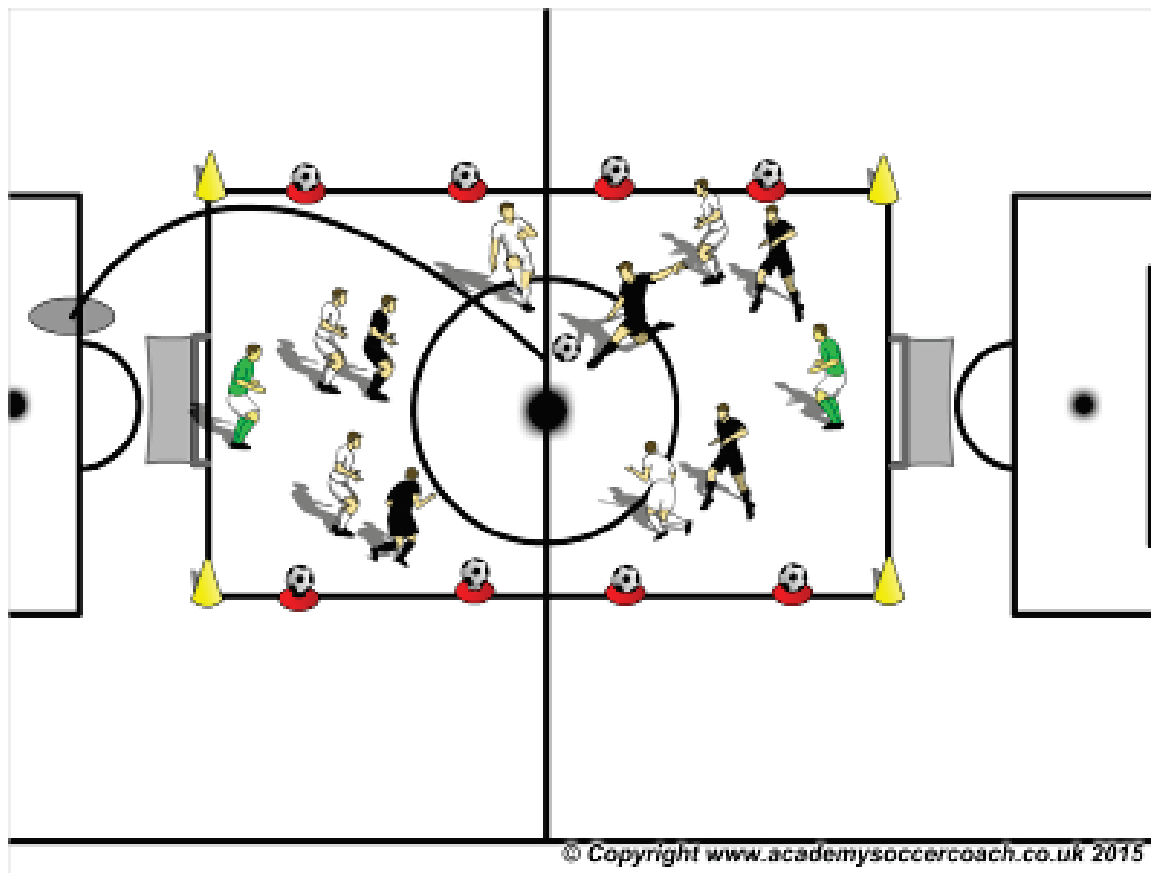
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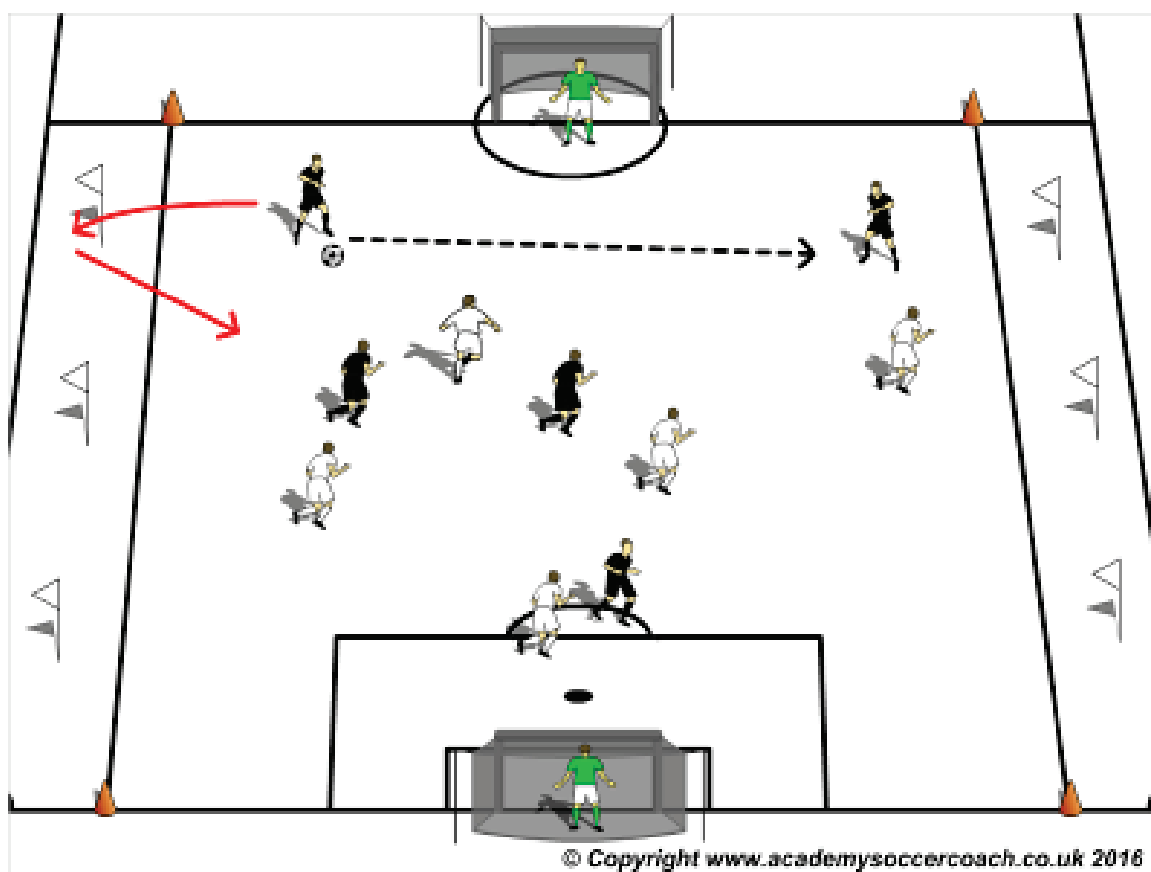
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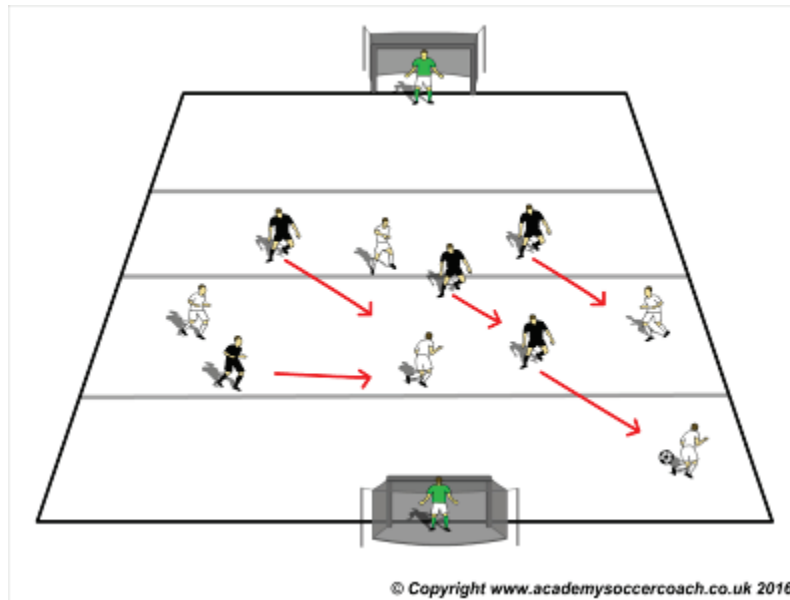
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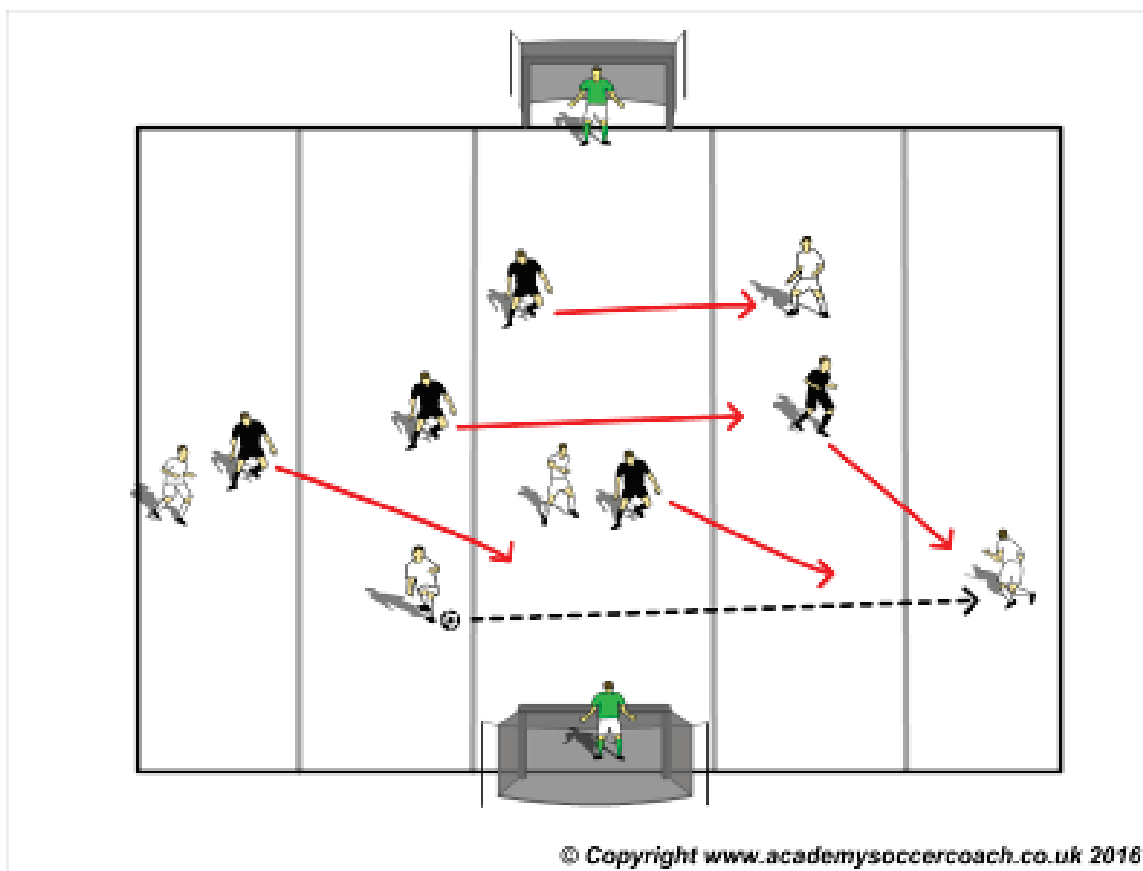
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Exercise Seven

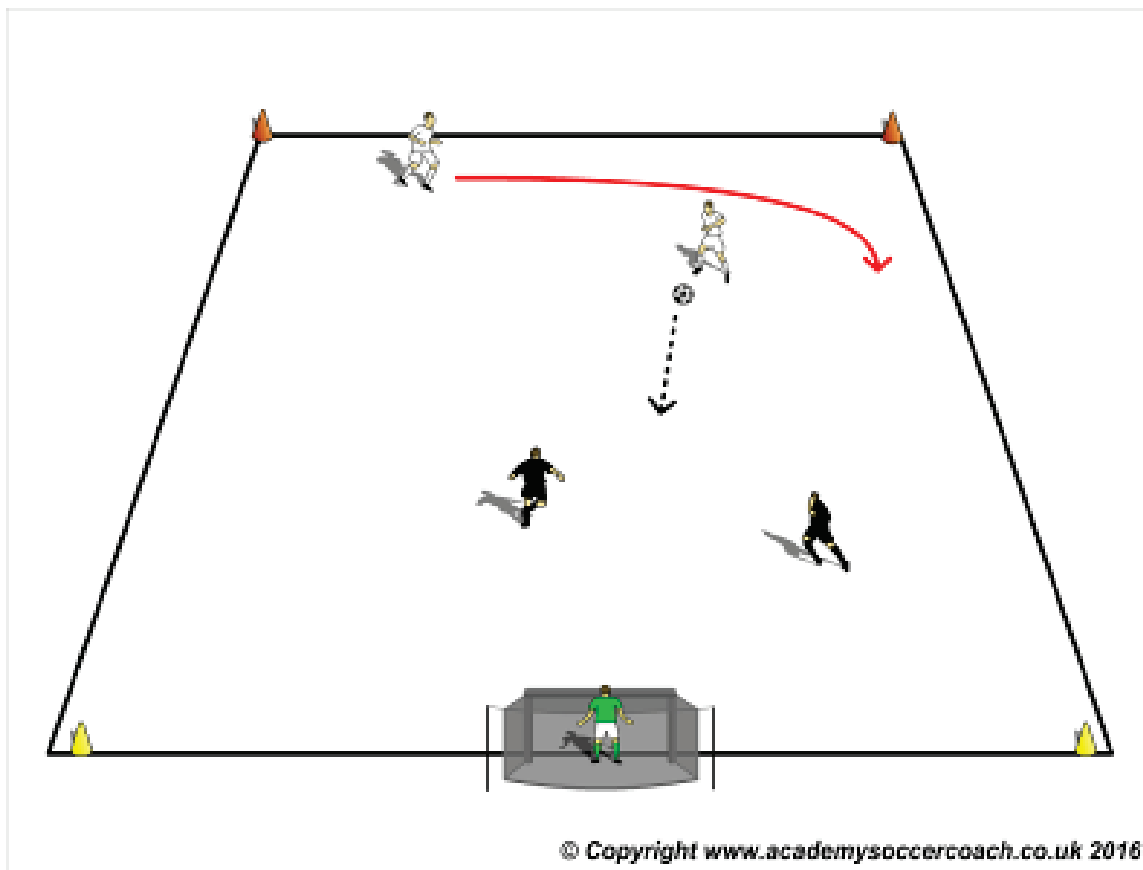


Progression:

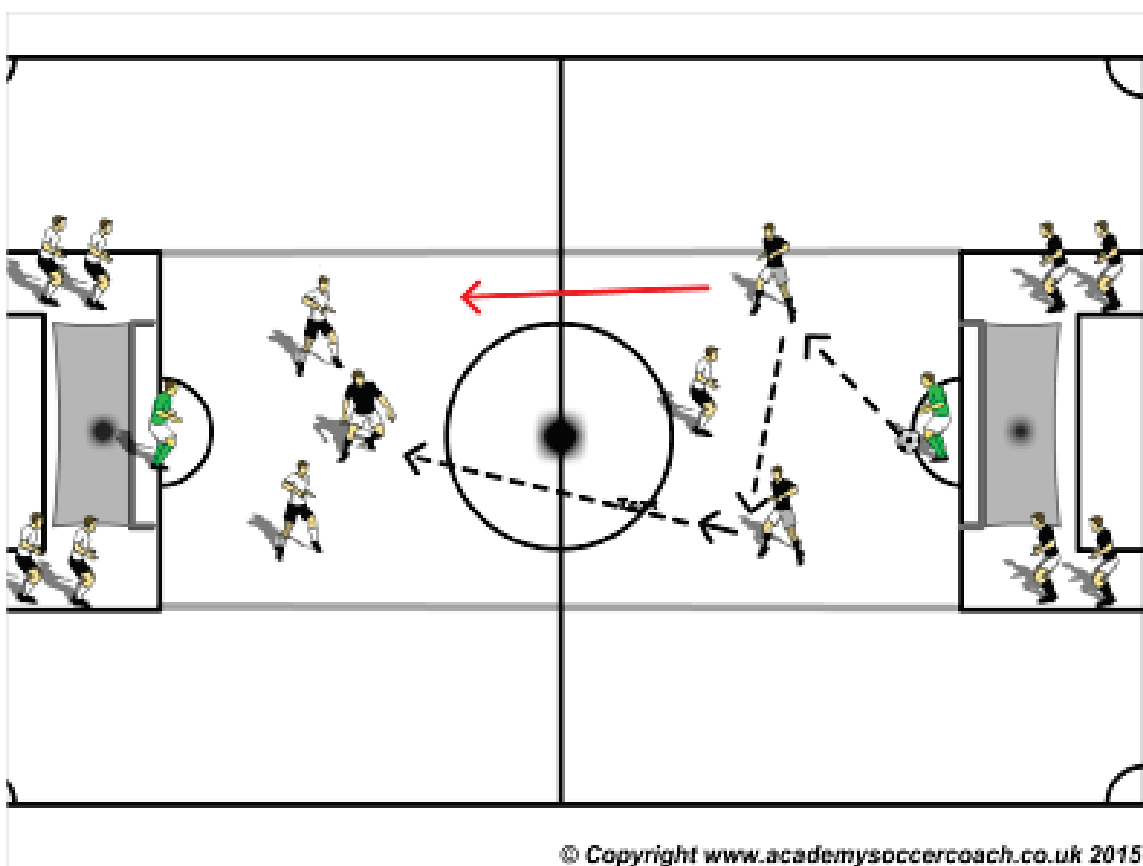


Chapter 6

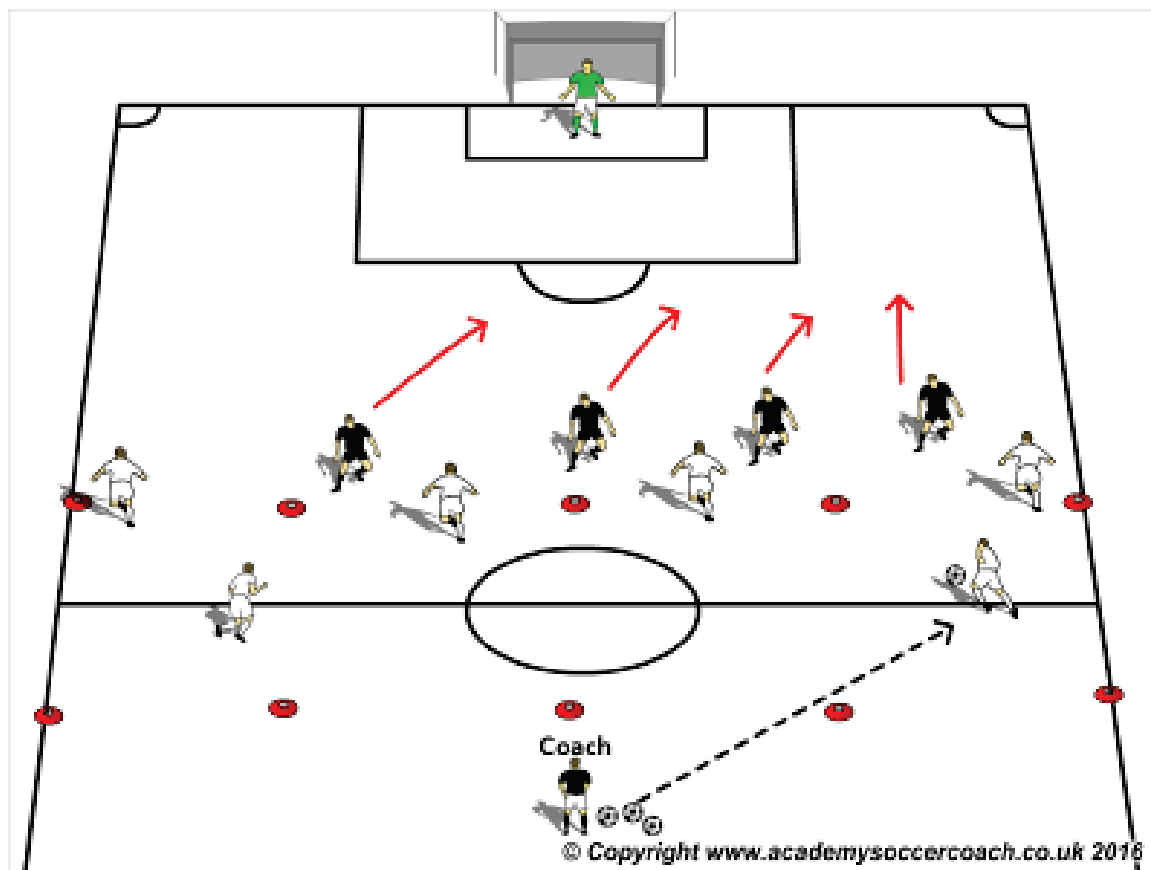
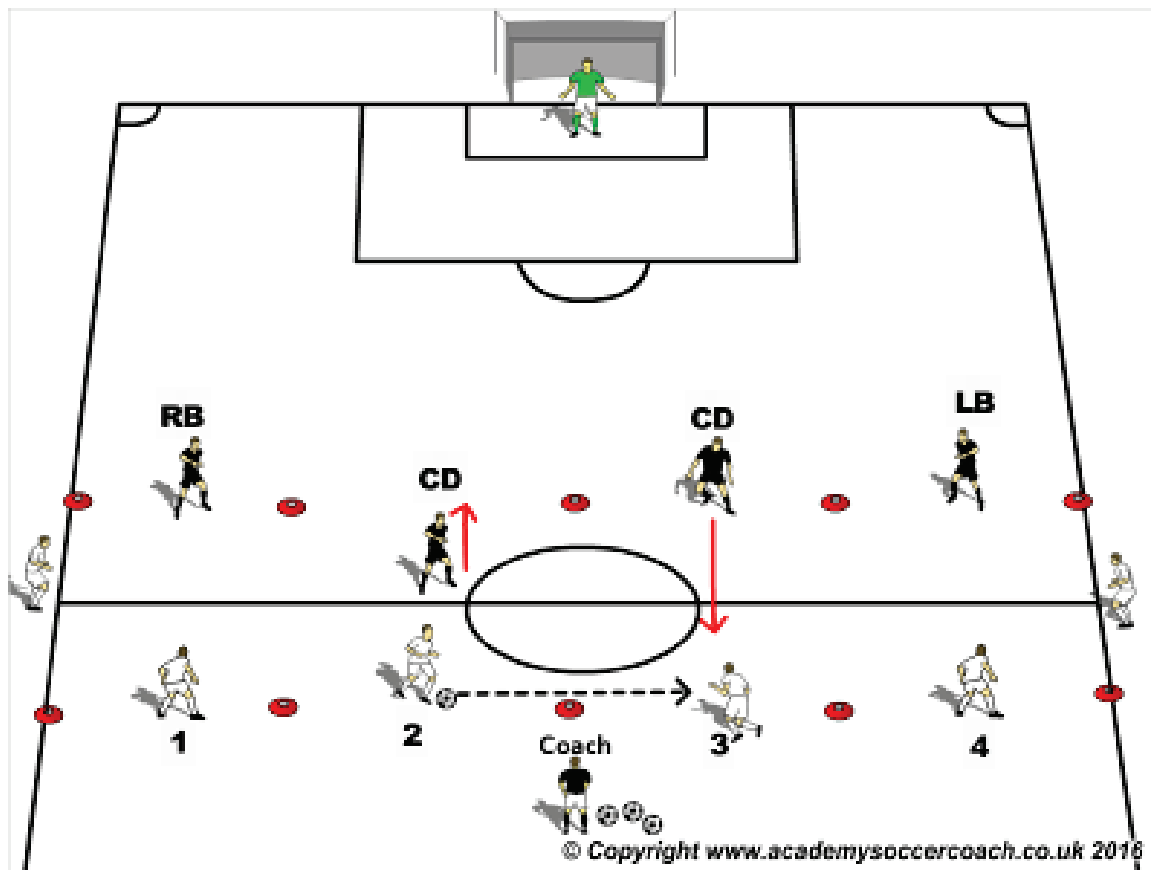
What kills high intensity



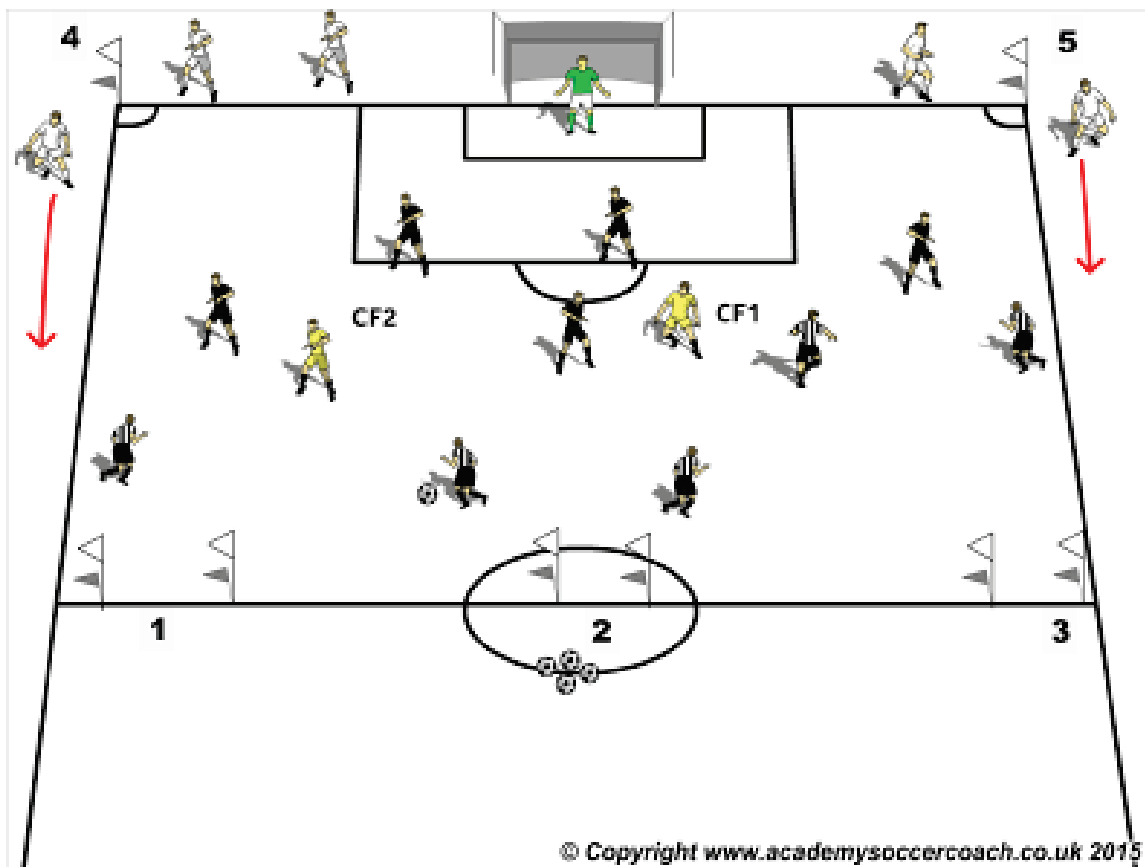
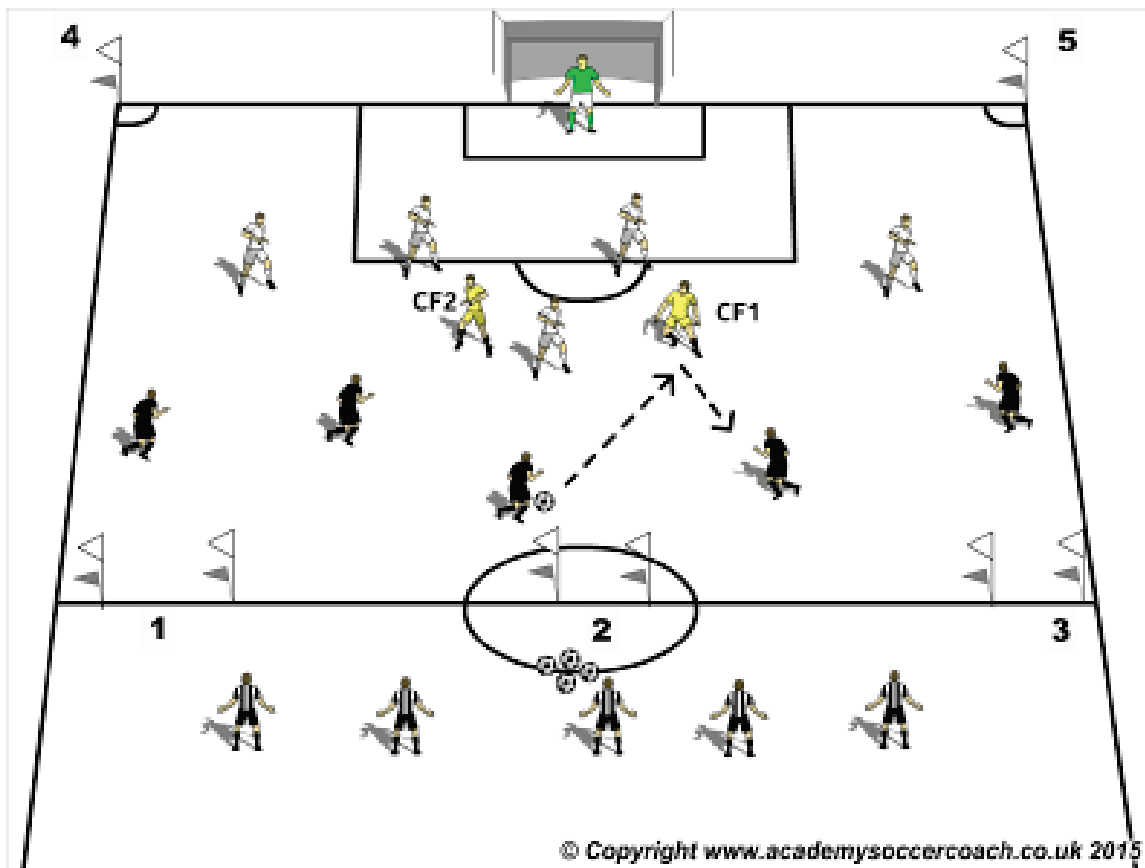
Exercise One



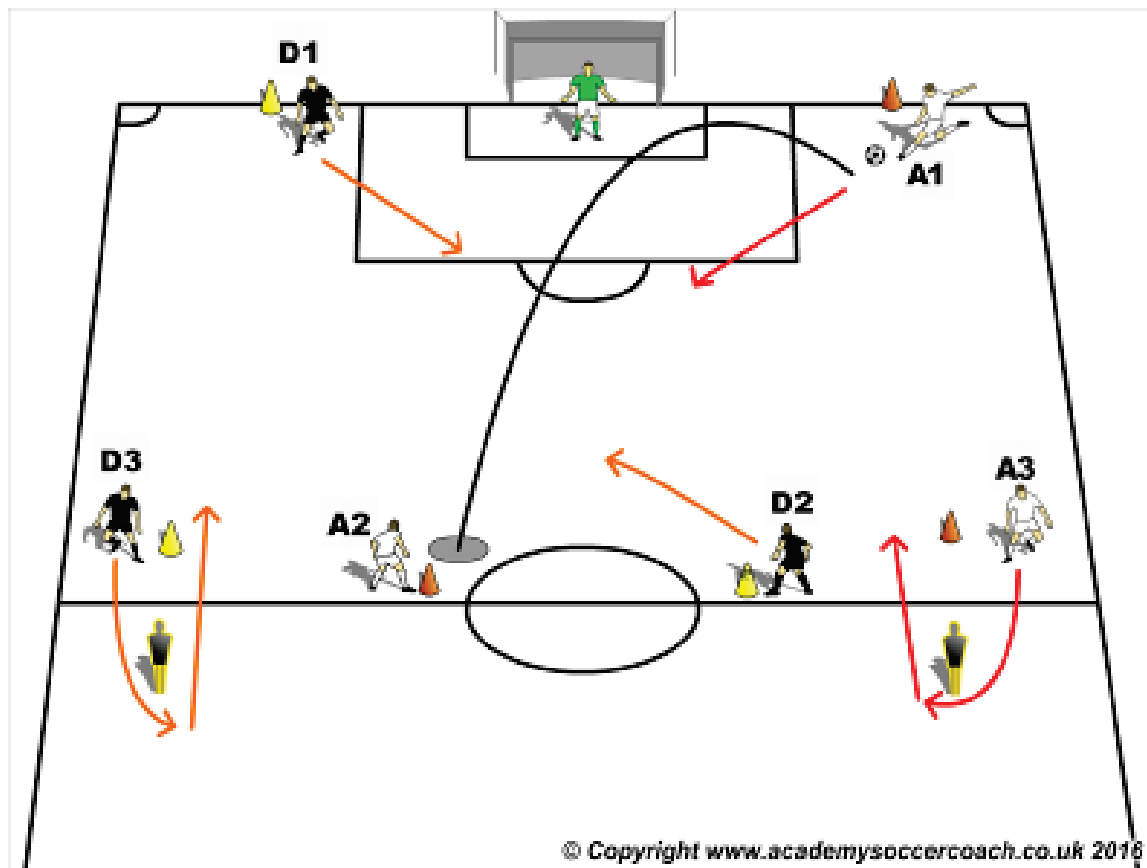
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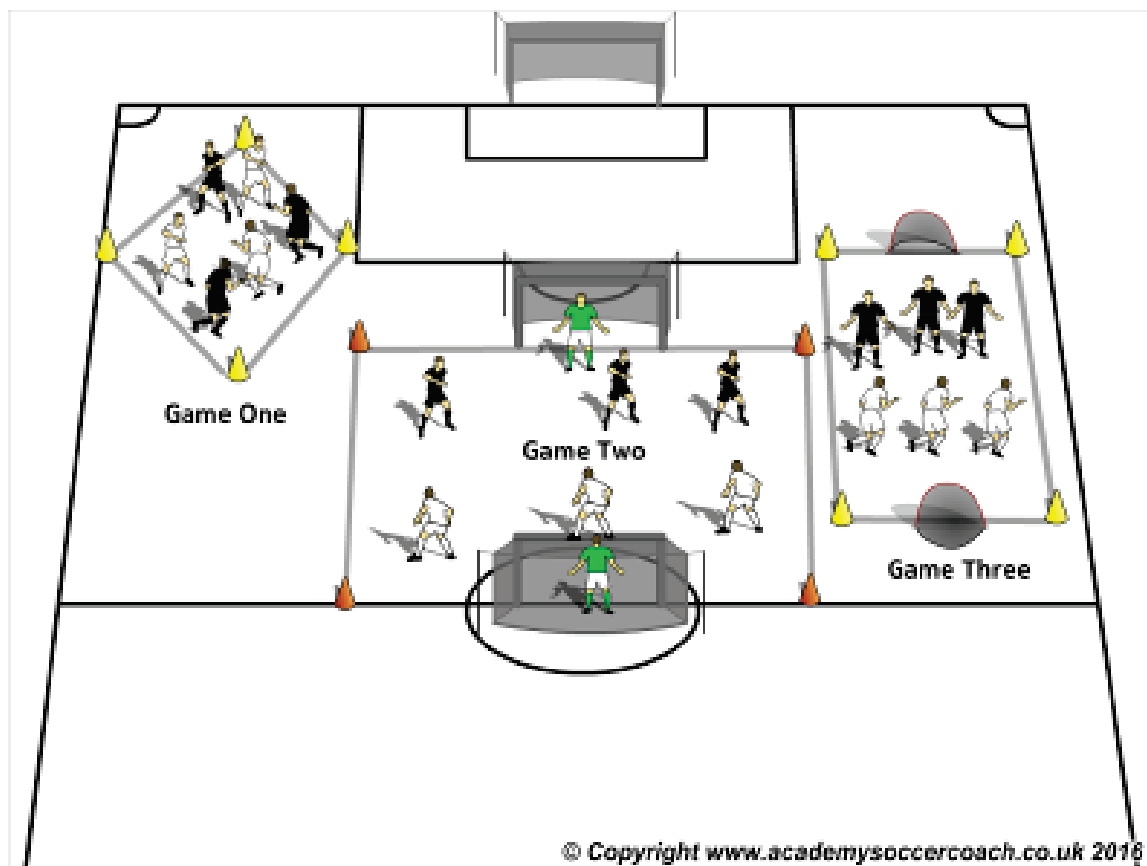
Exercise Three



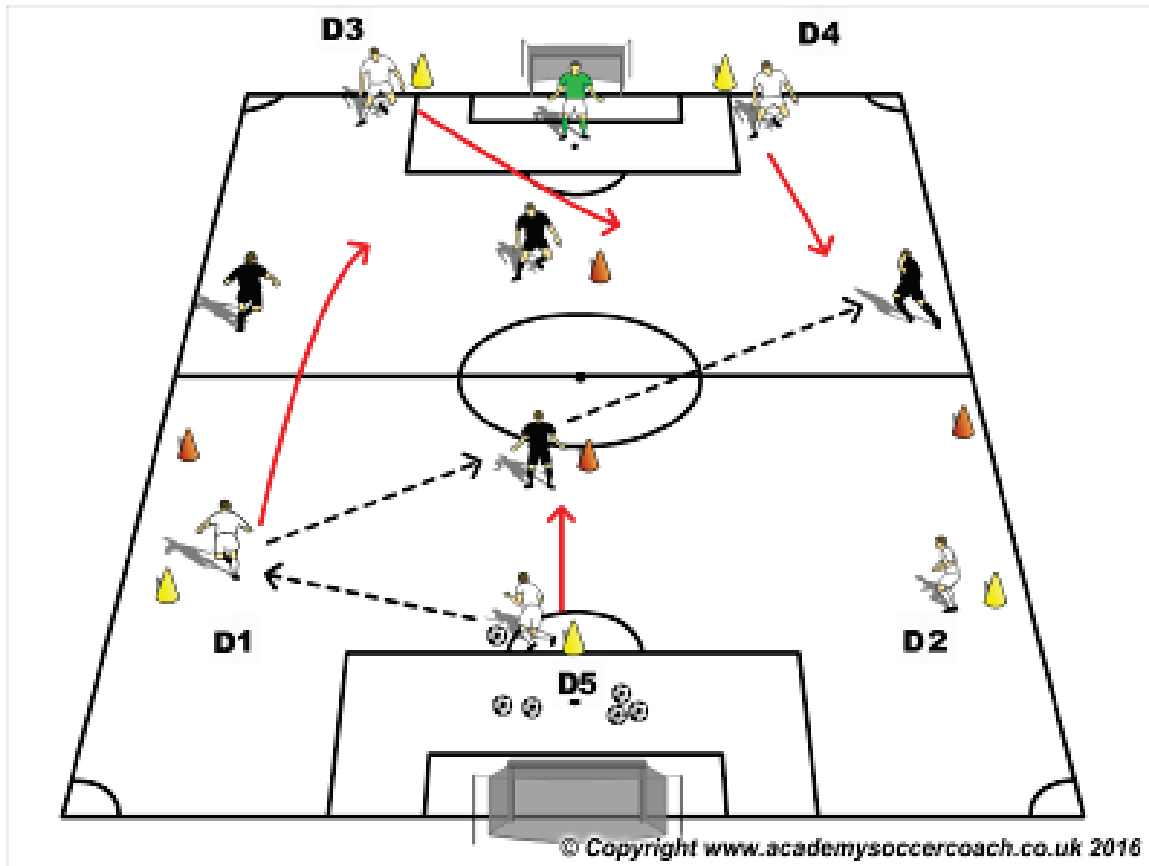
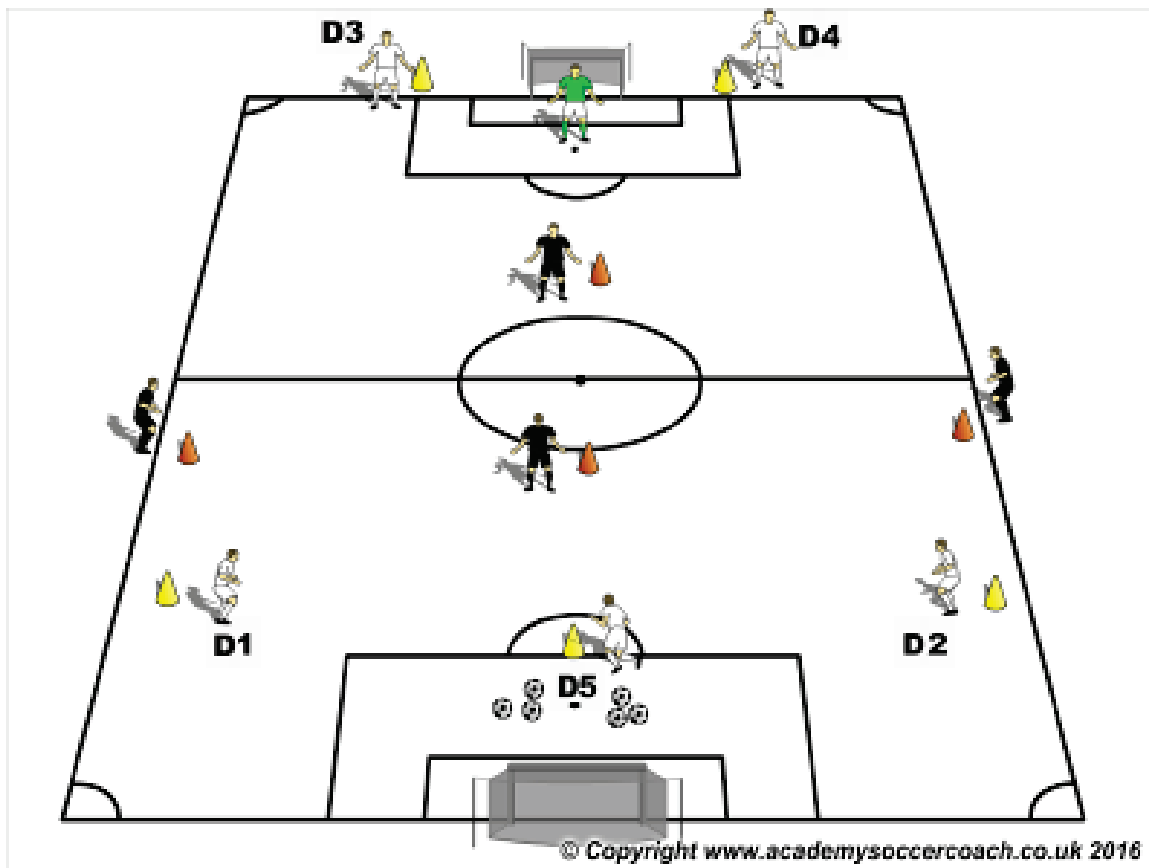
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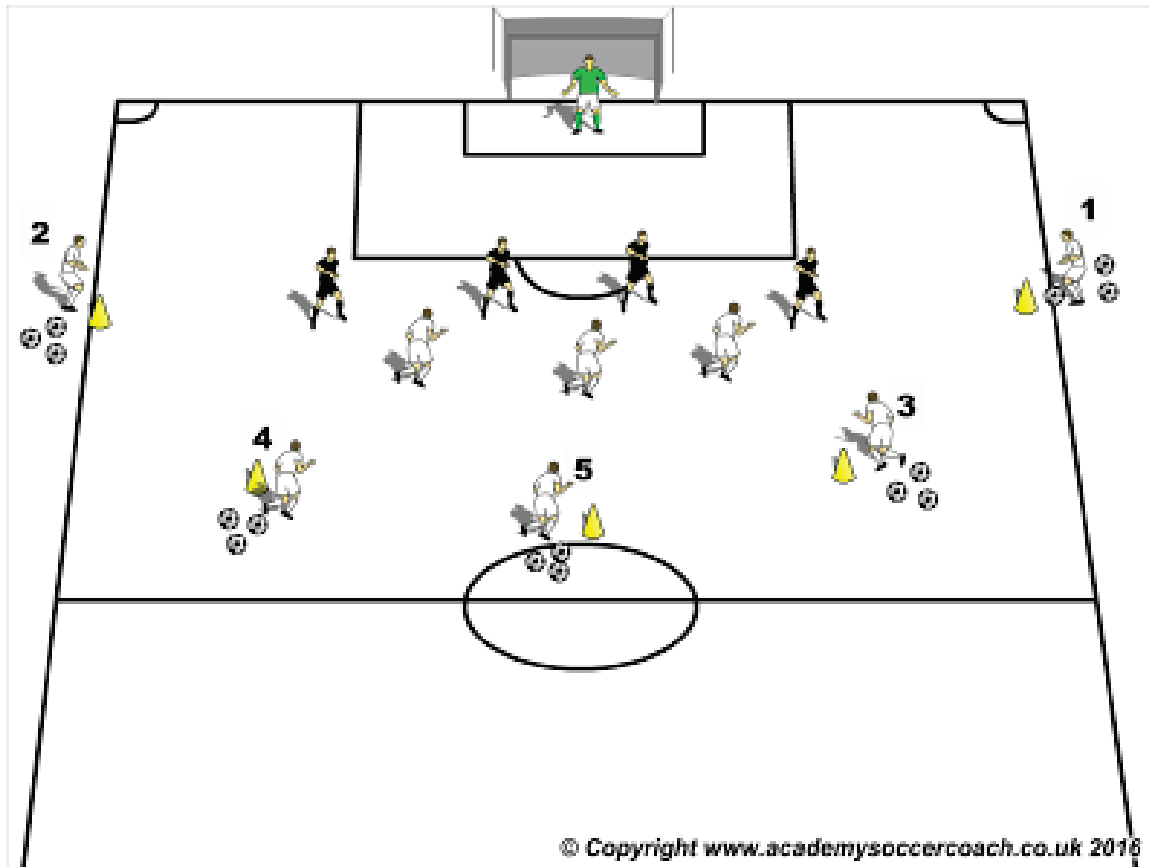
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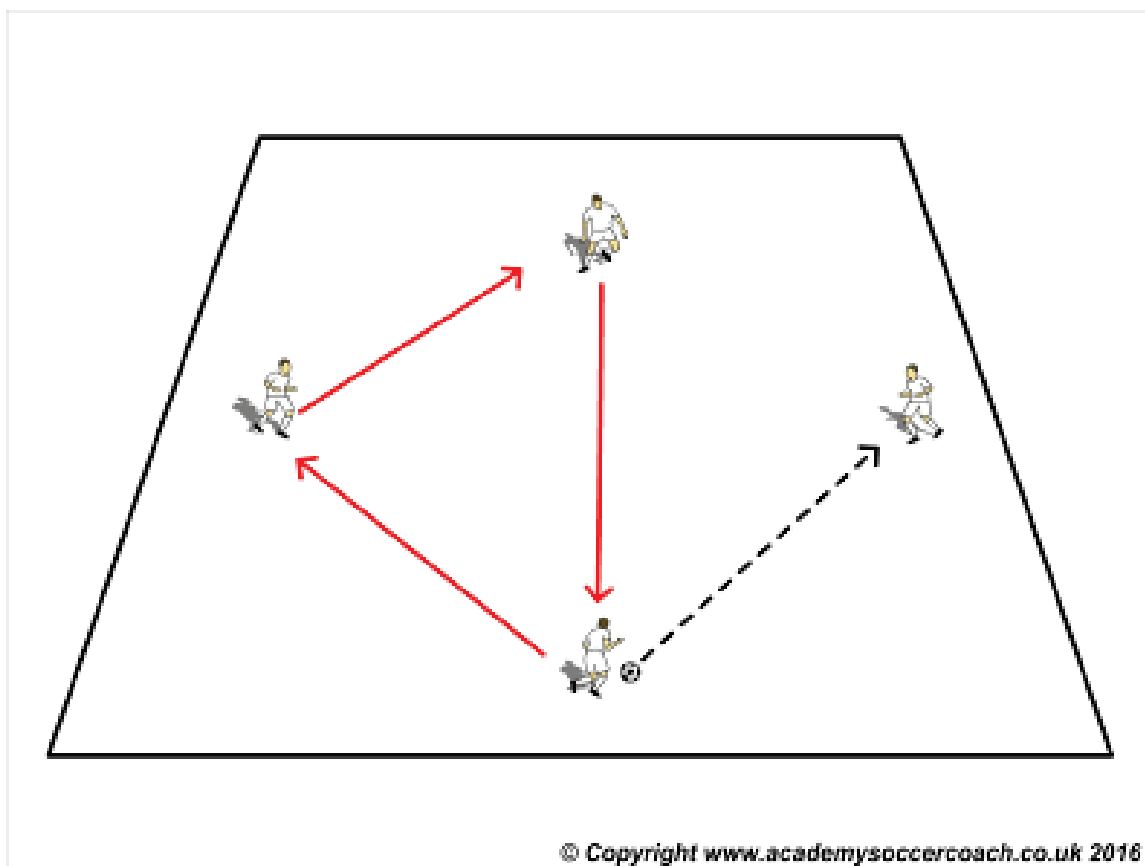
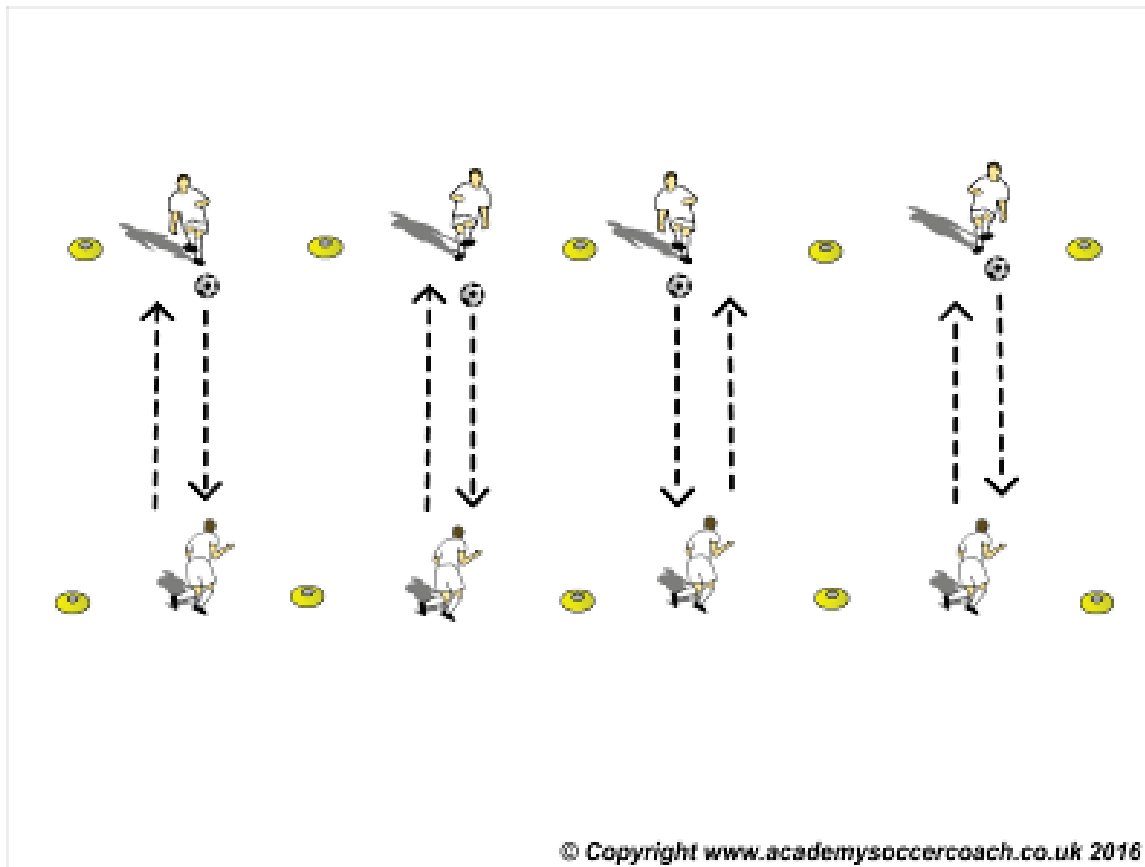
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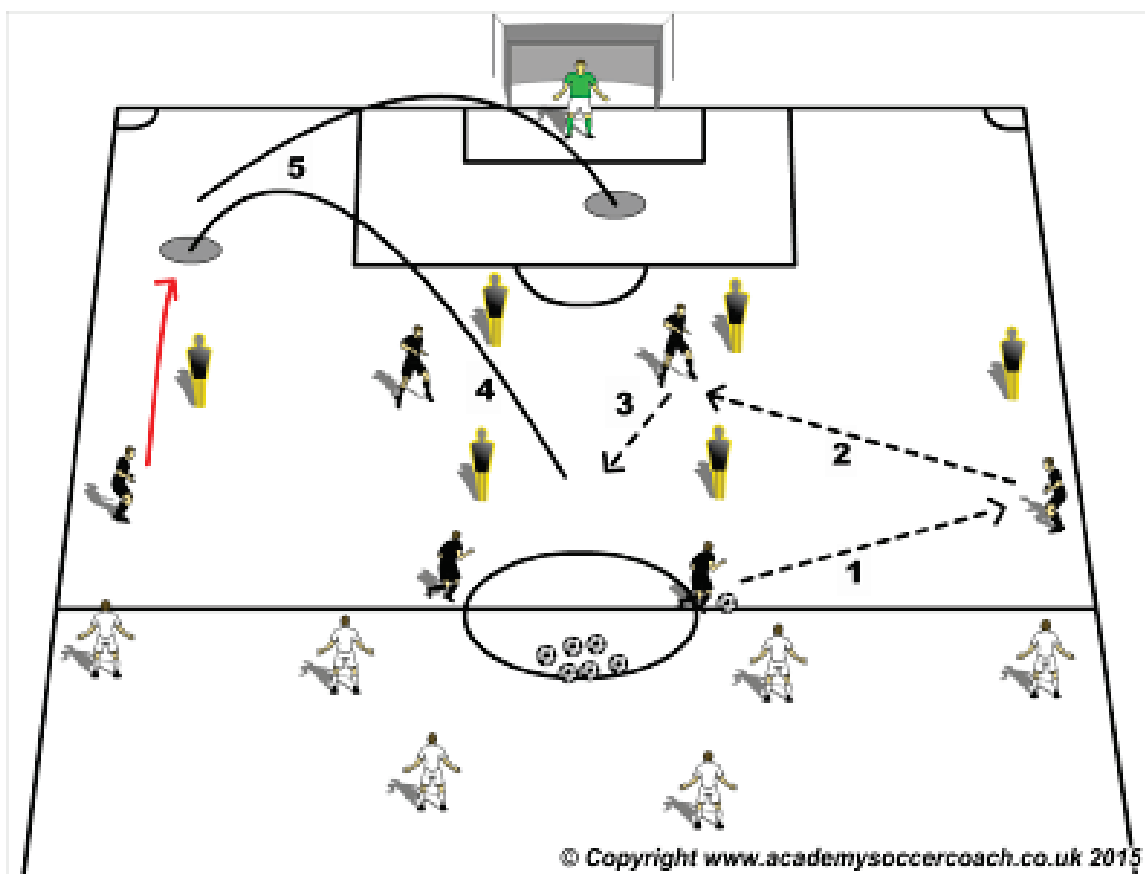
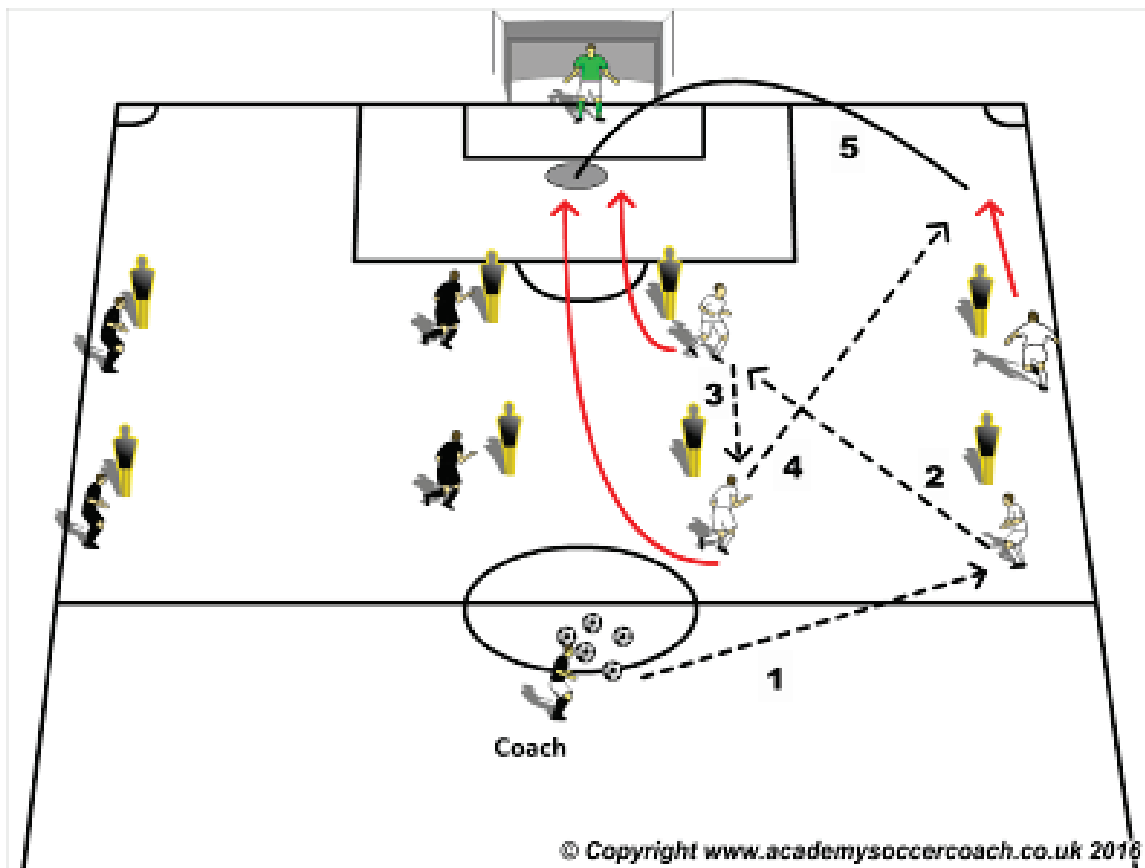
Exercise Seven



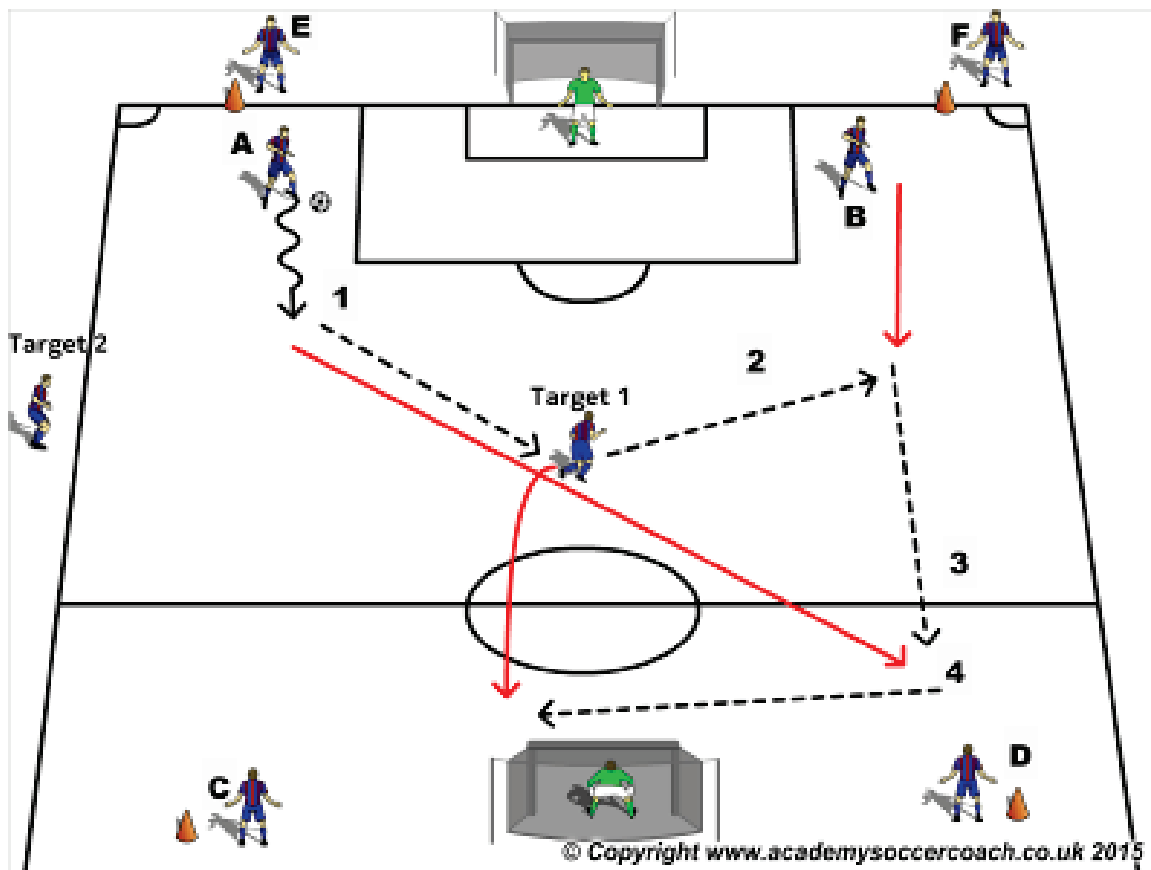
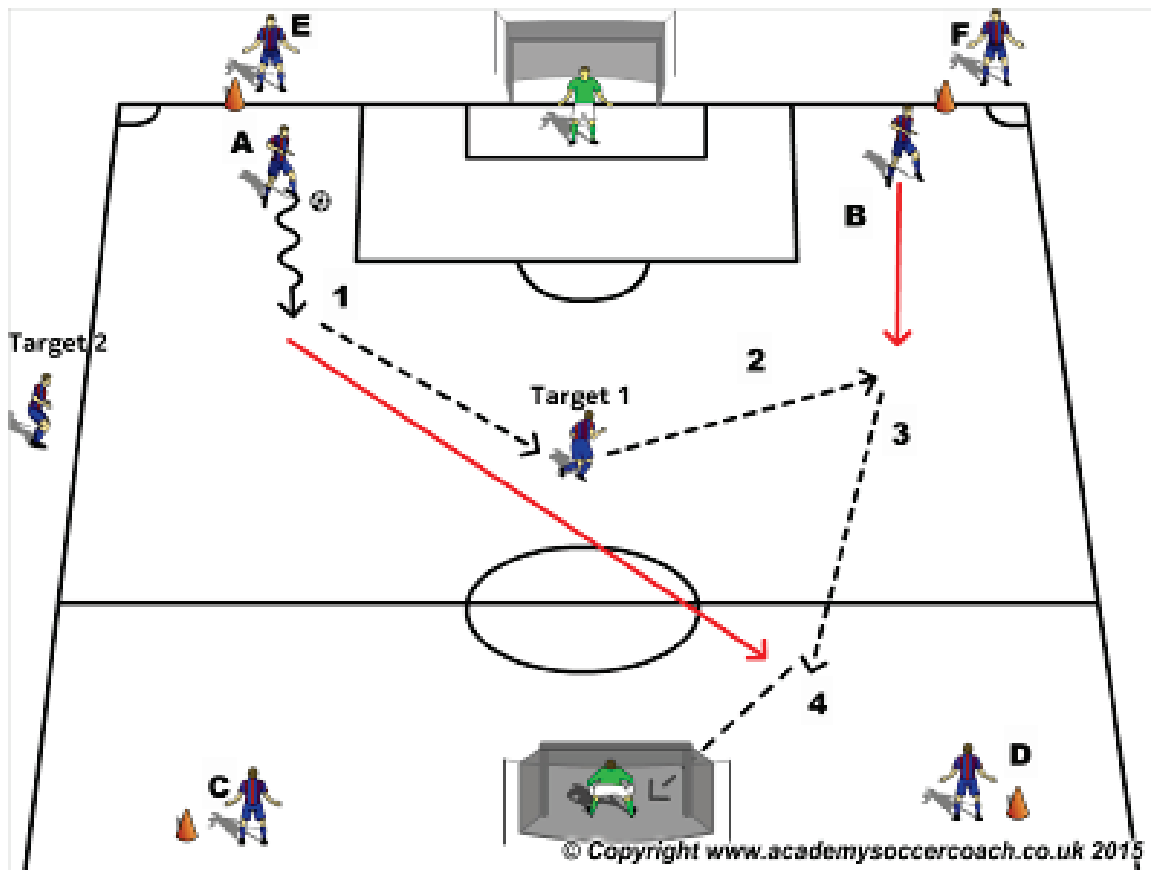
Chapter 7



Exercise One



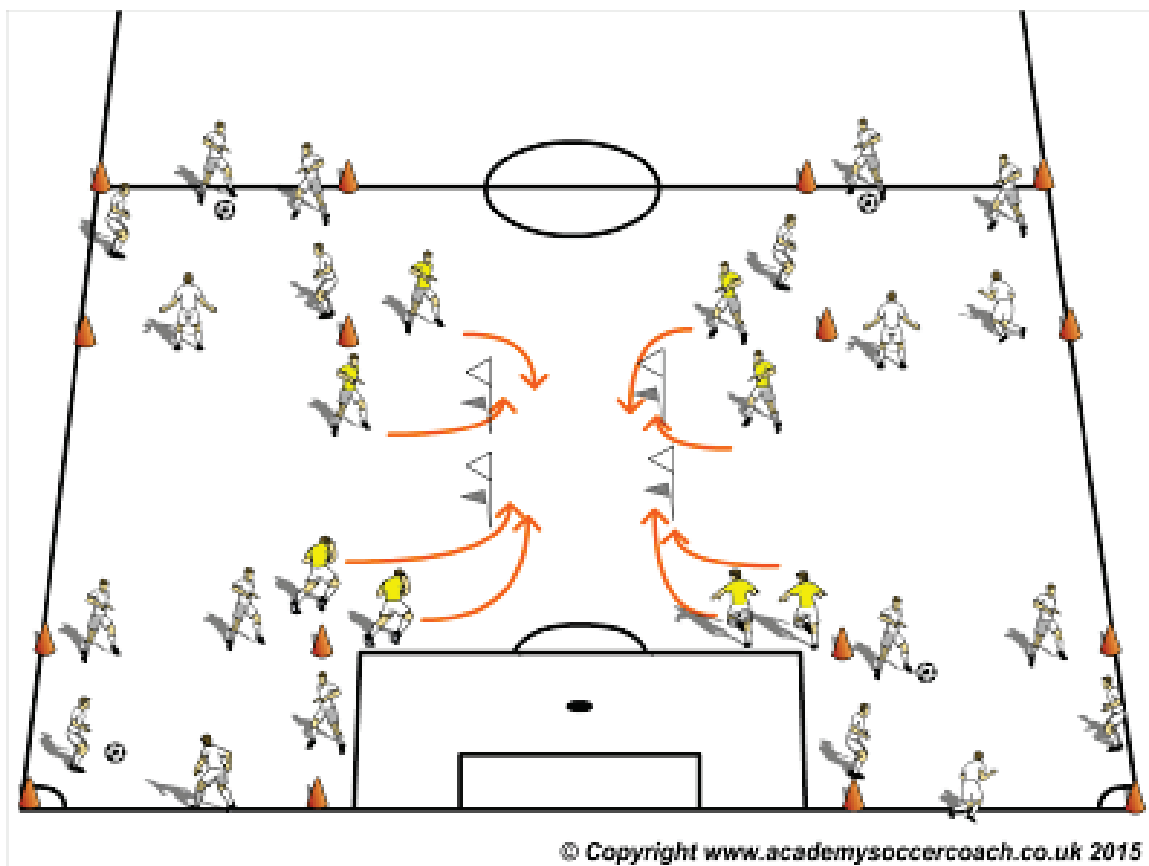
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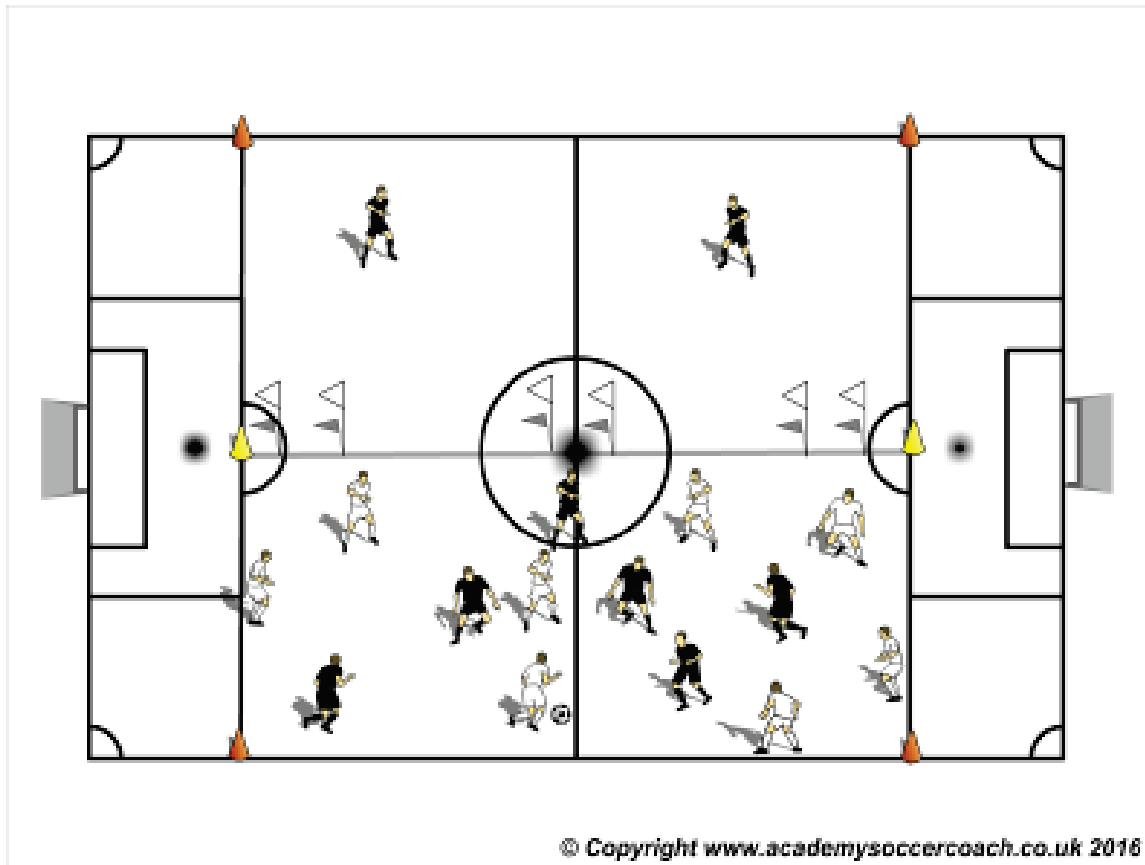
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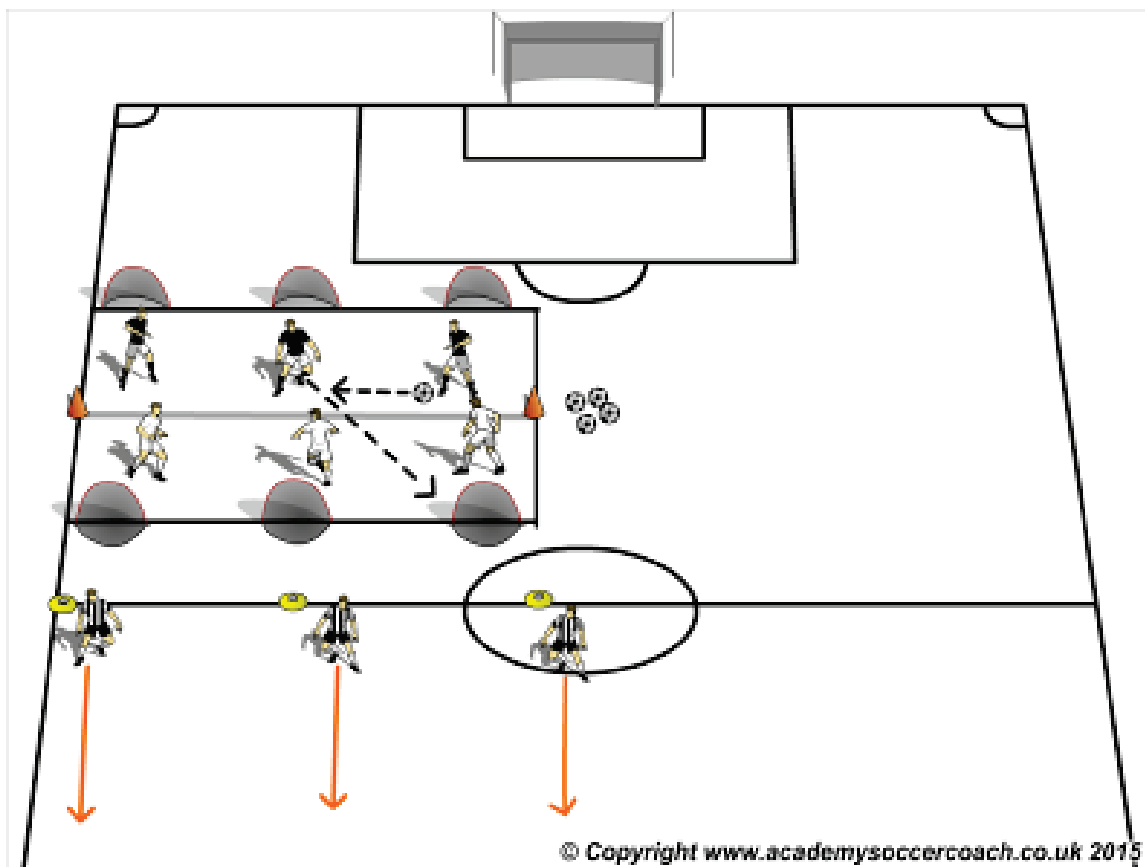
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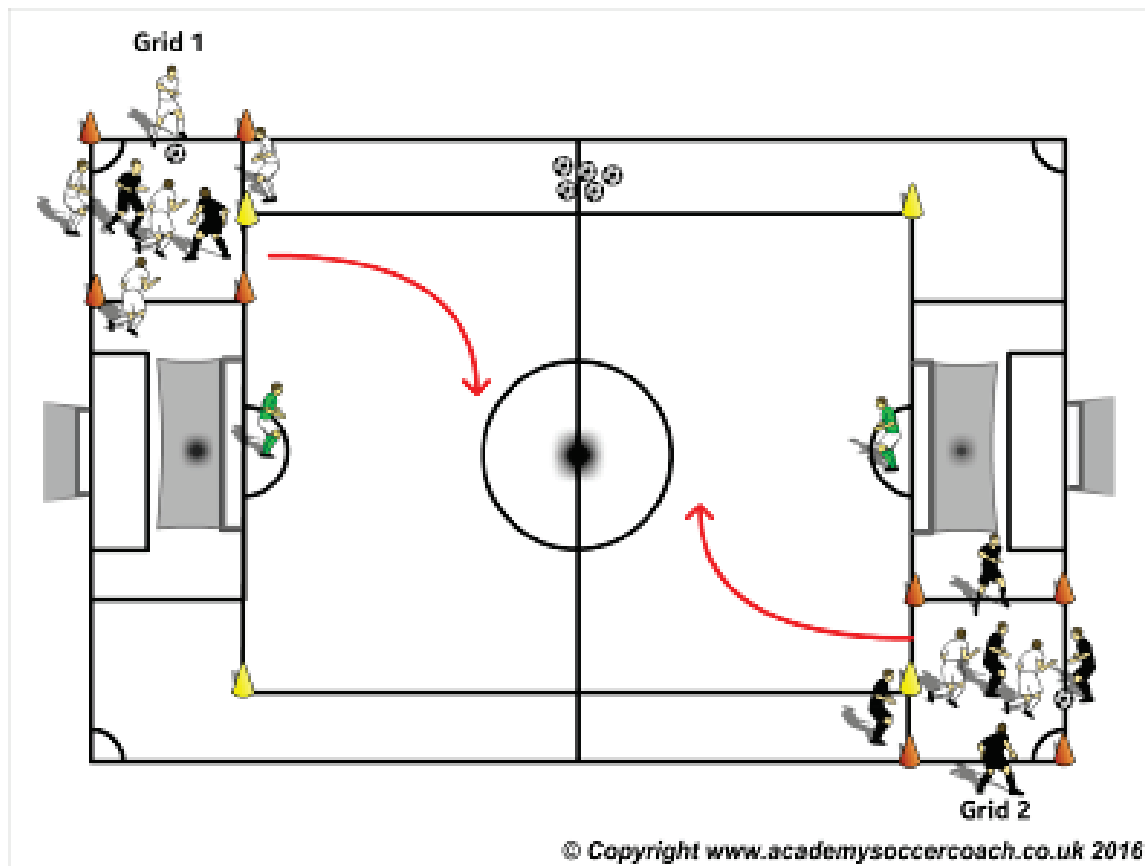
Exercise Five



Exercise Six

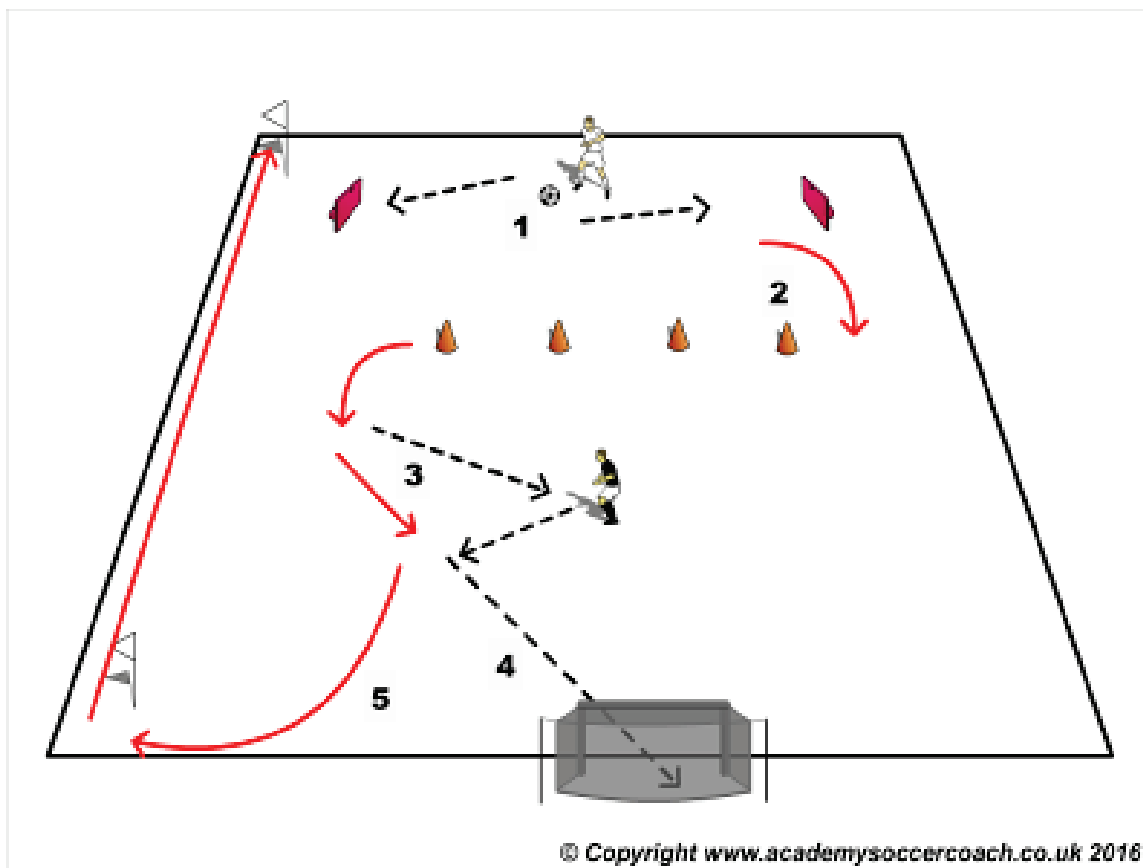


Exercise Seven

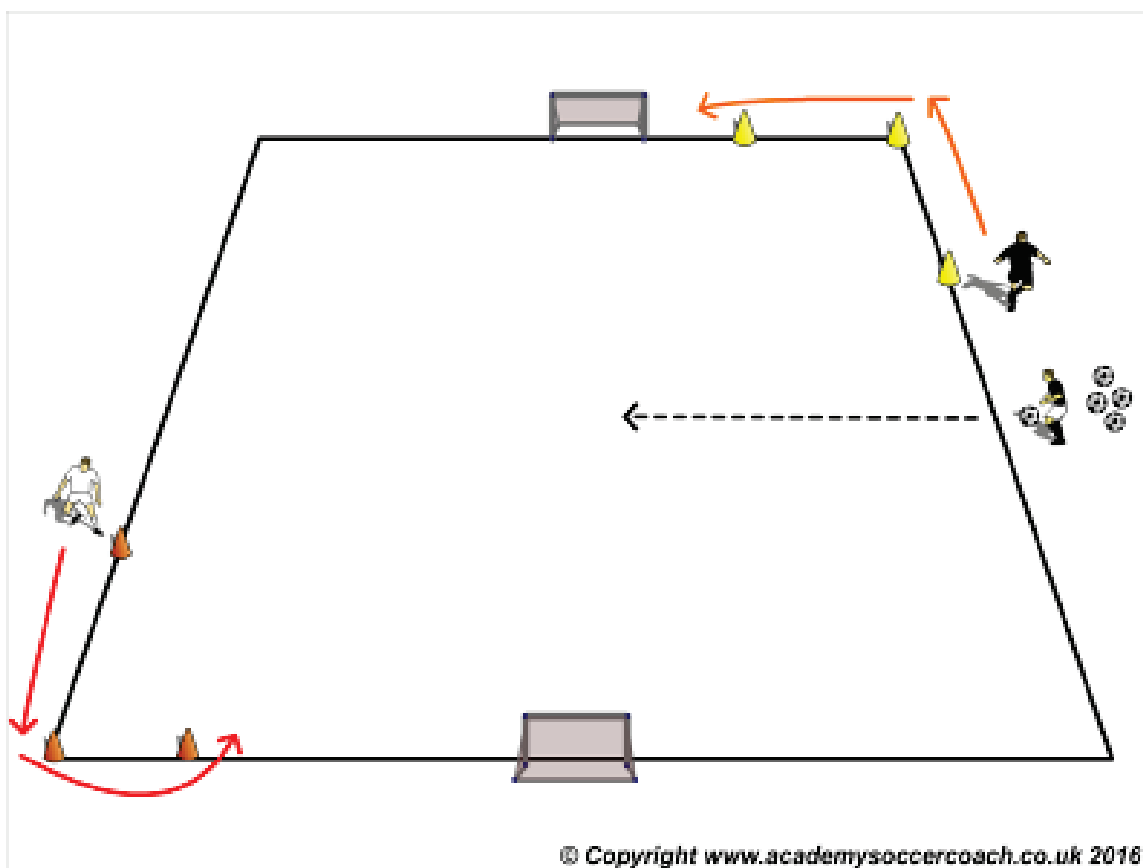


Chapter 8

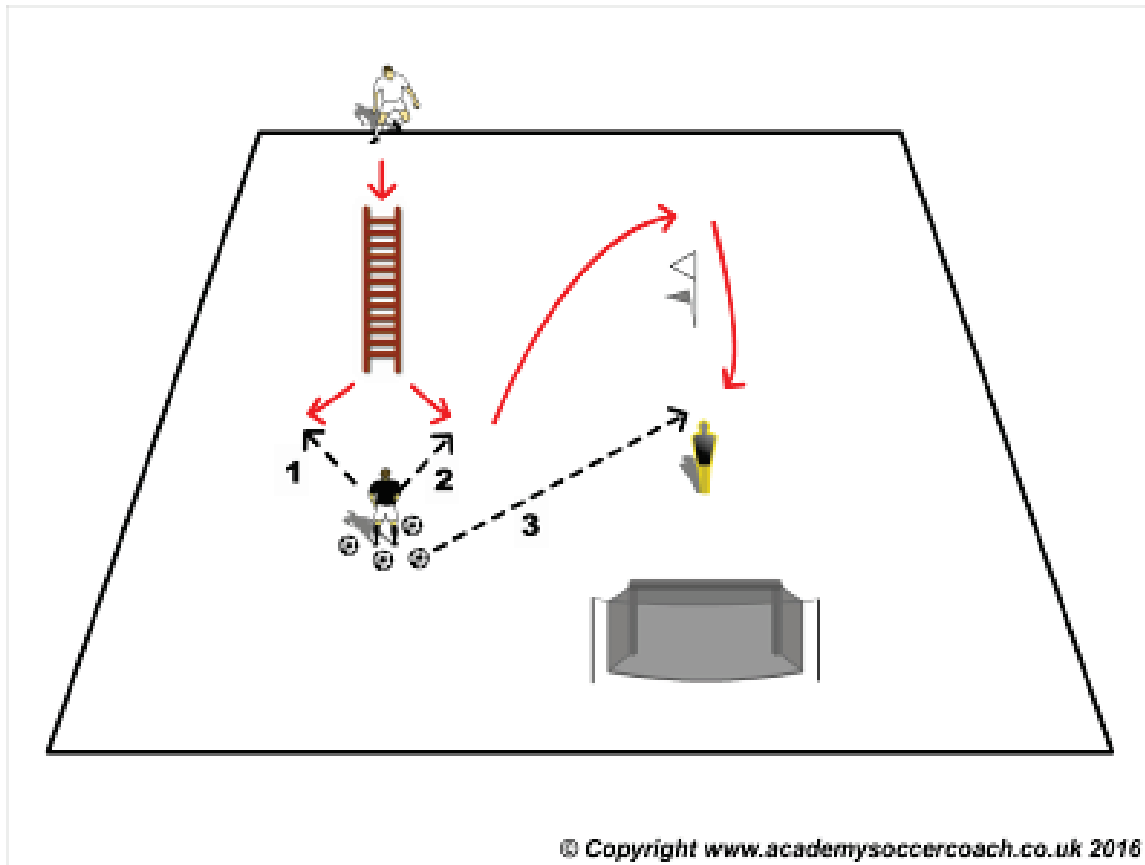
Exercise One



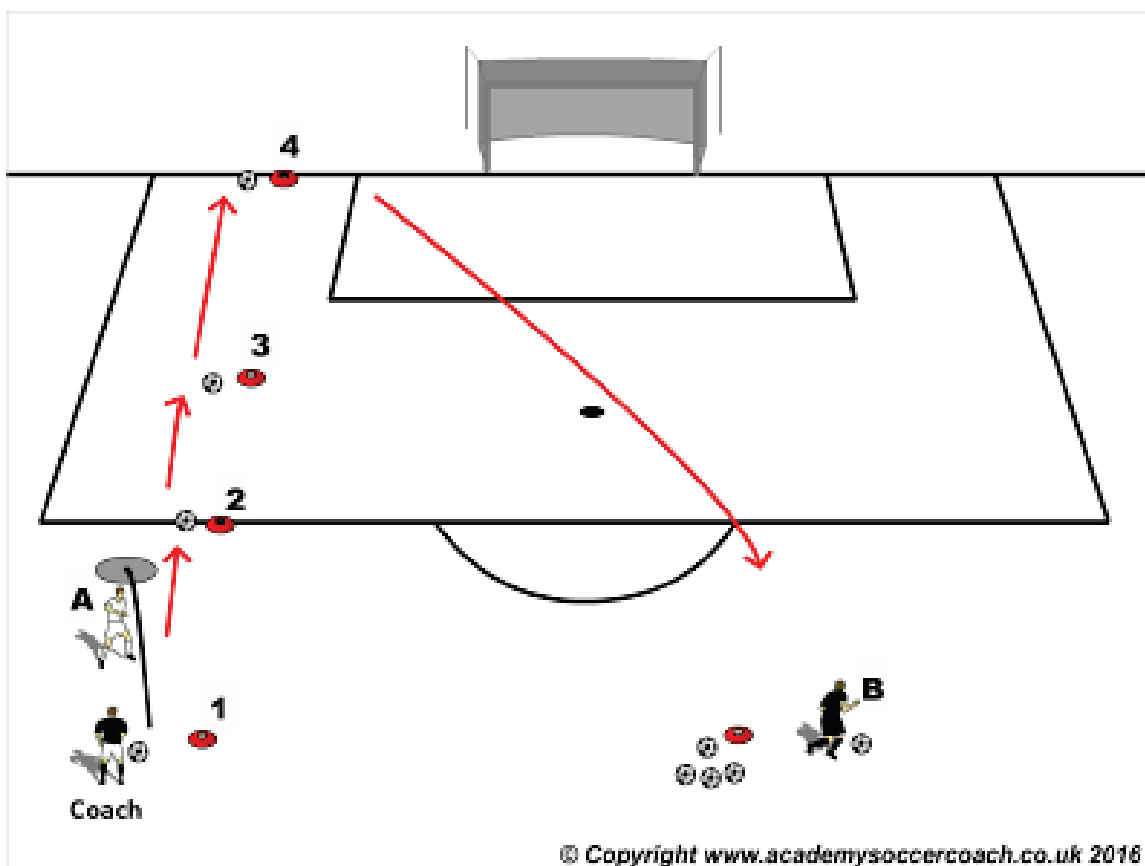
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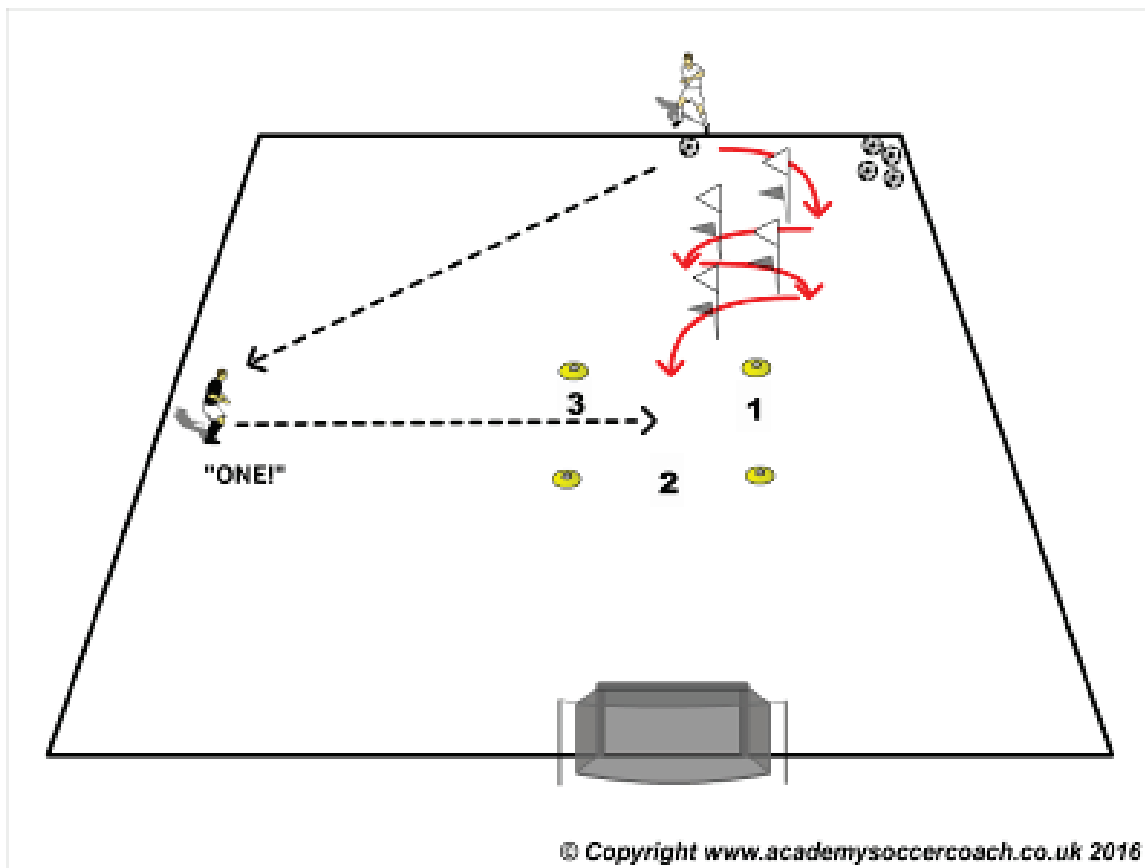
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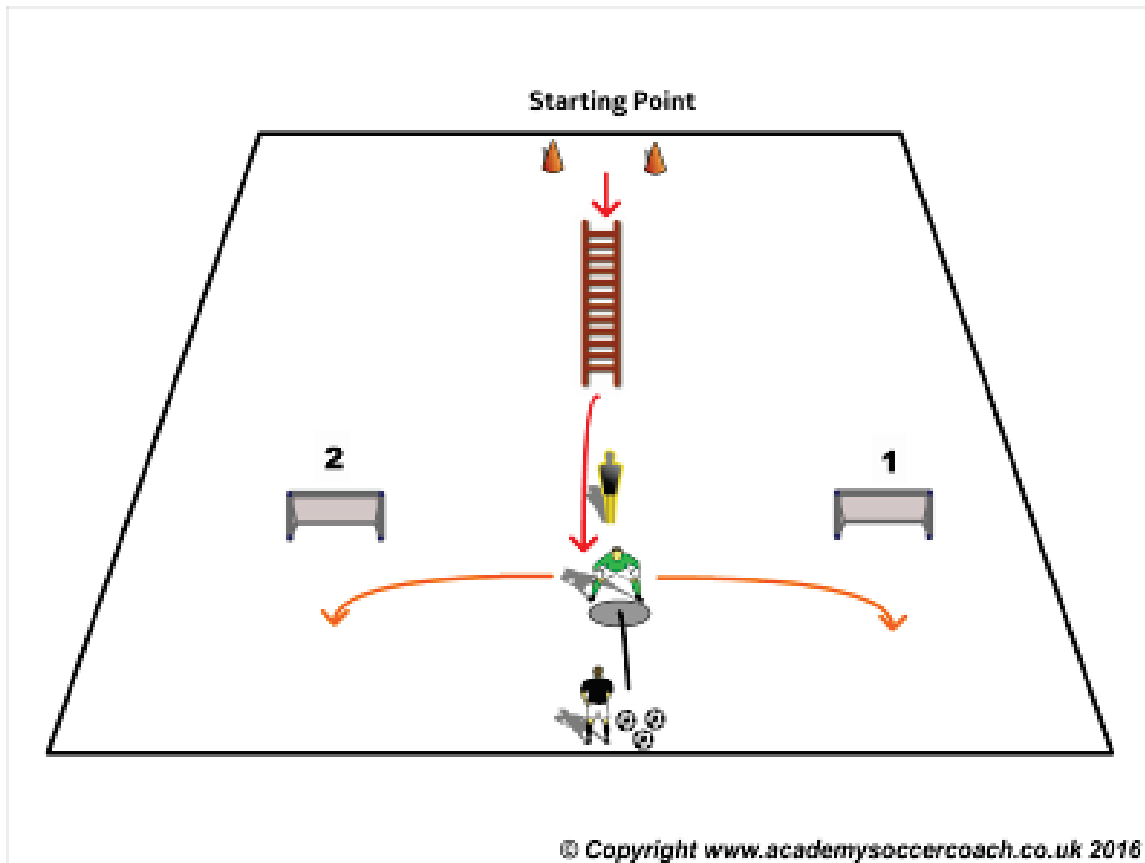
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Exercise Five

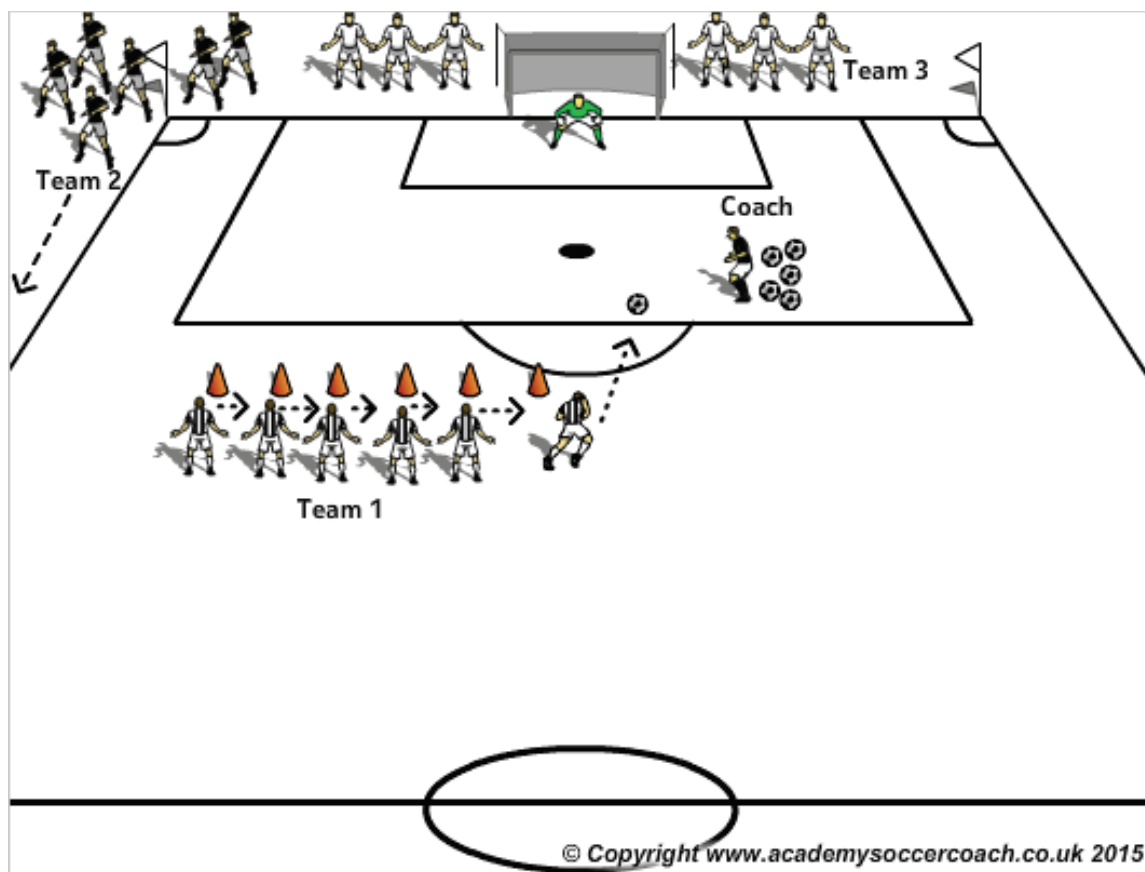


Exercise Six



Chapter 9

Exercise One



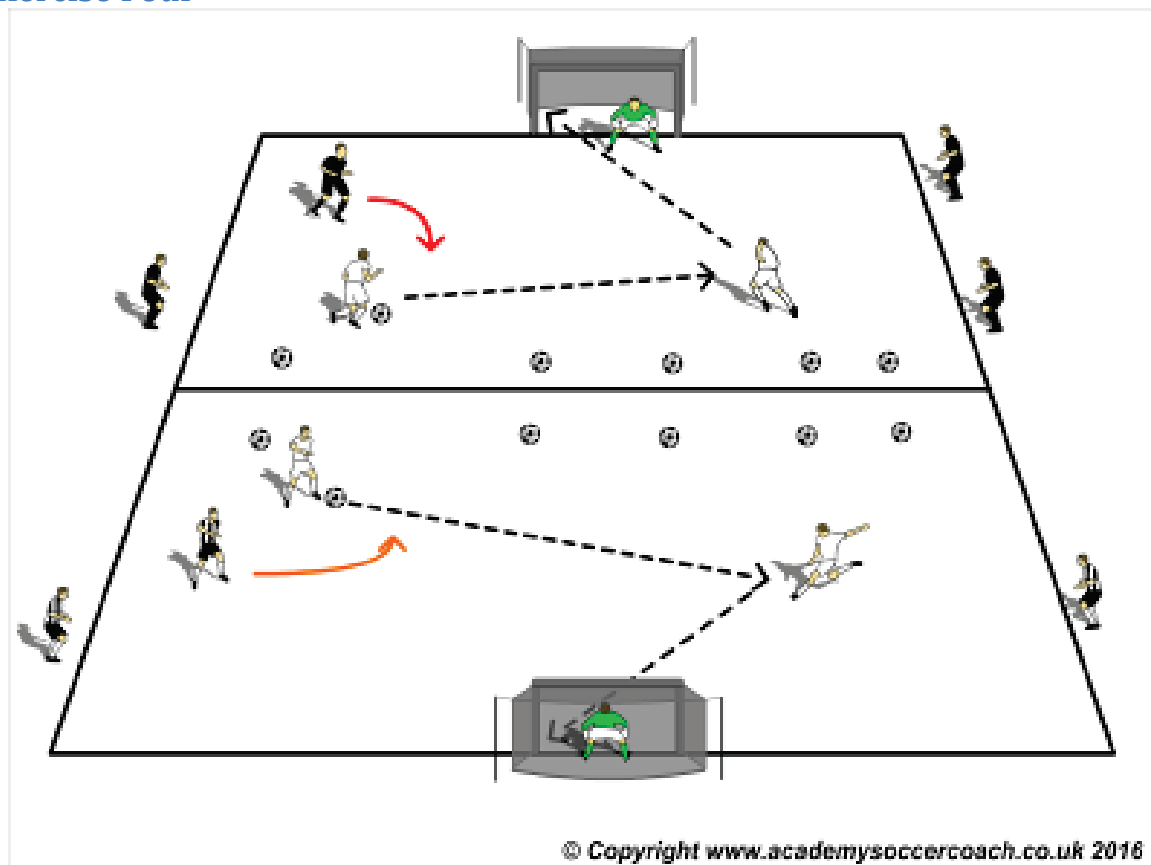
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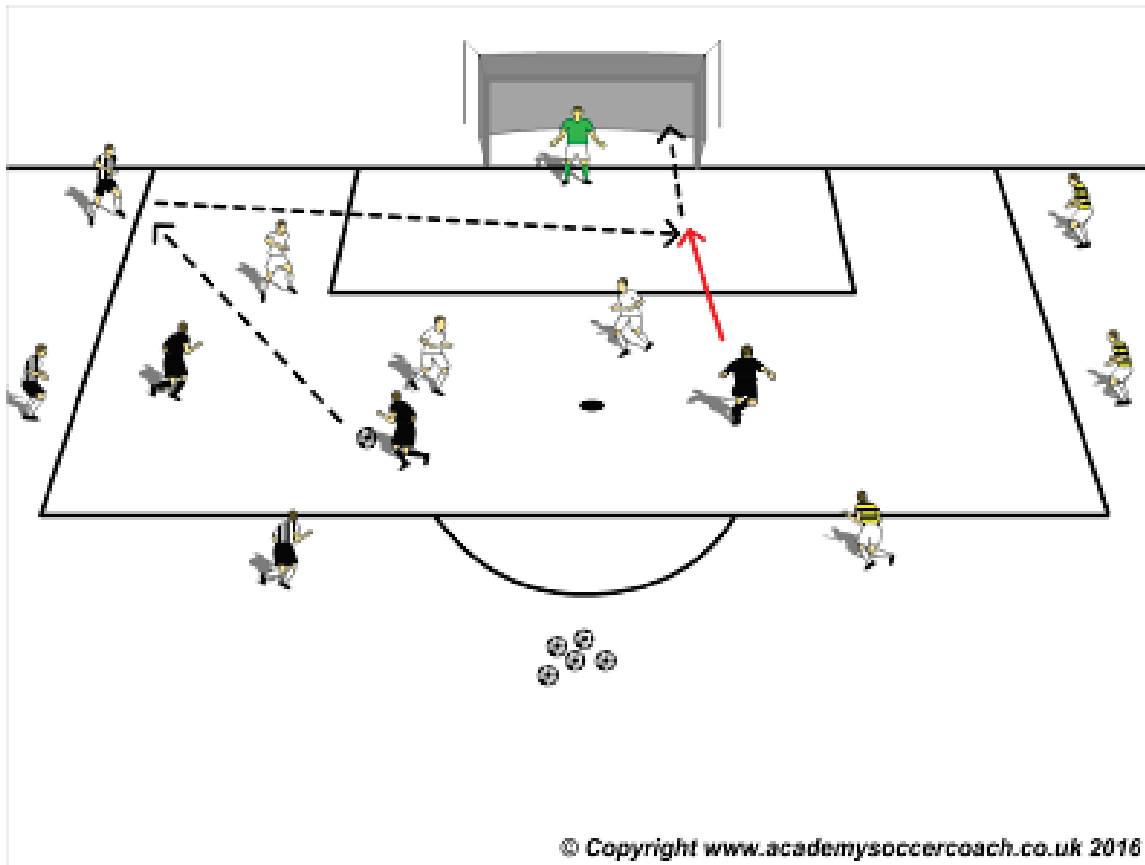
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Exercise Four

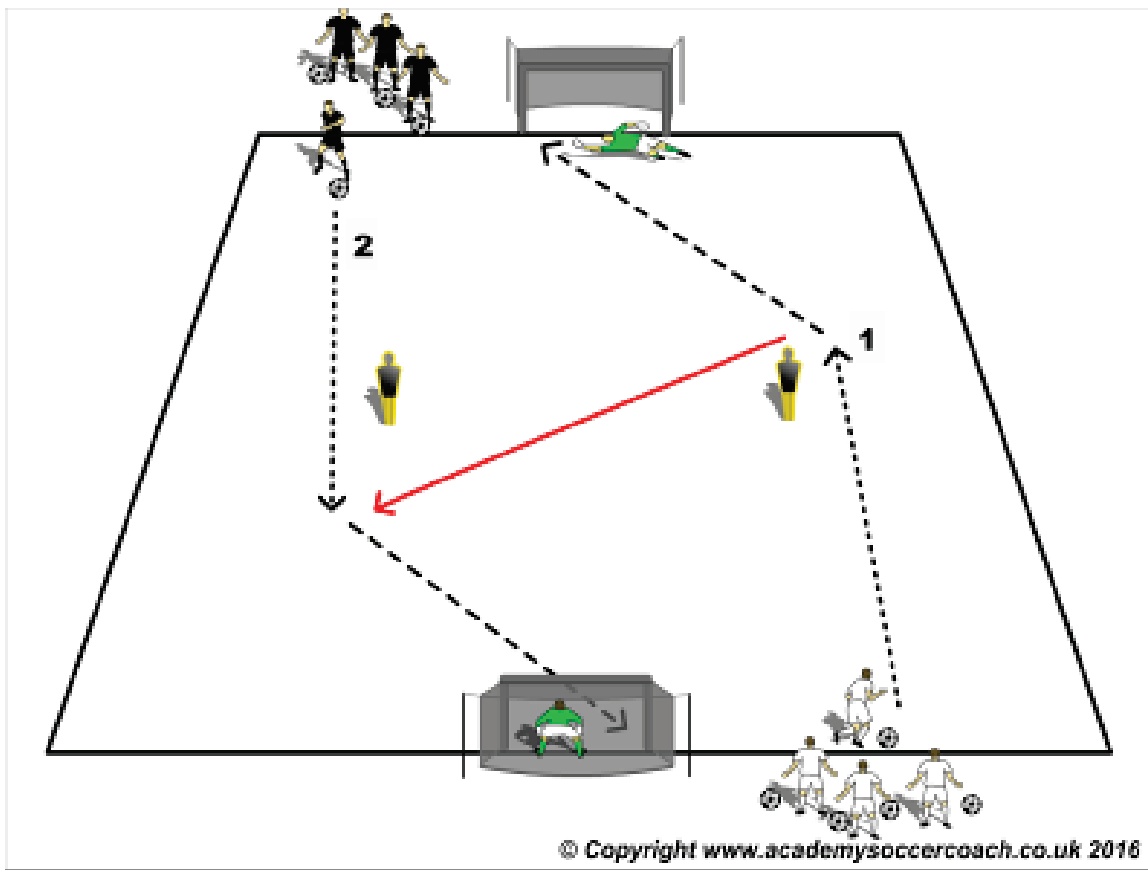


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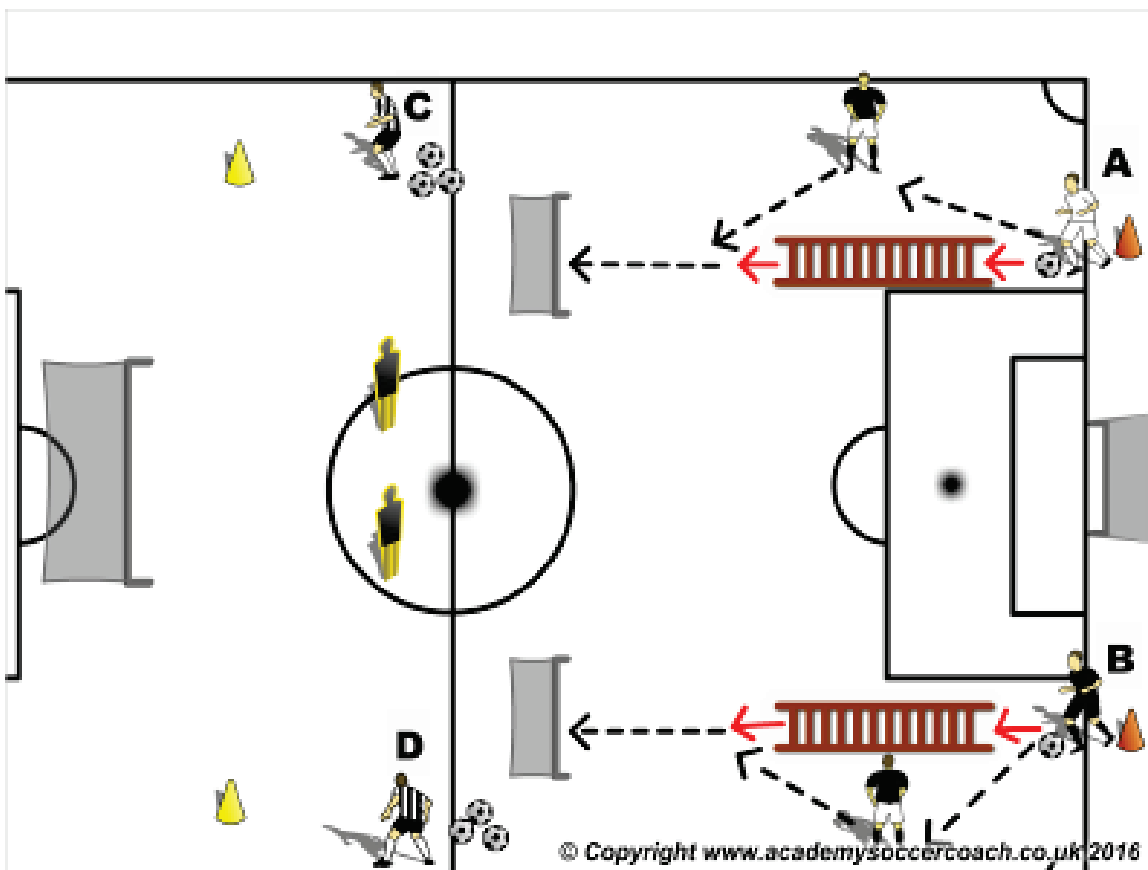


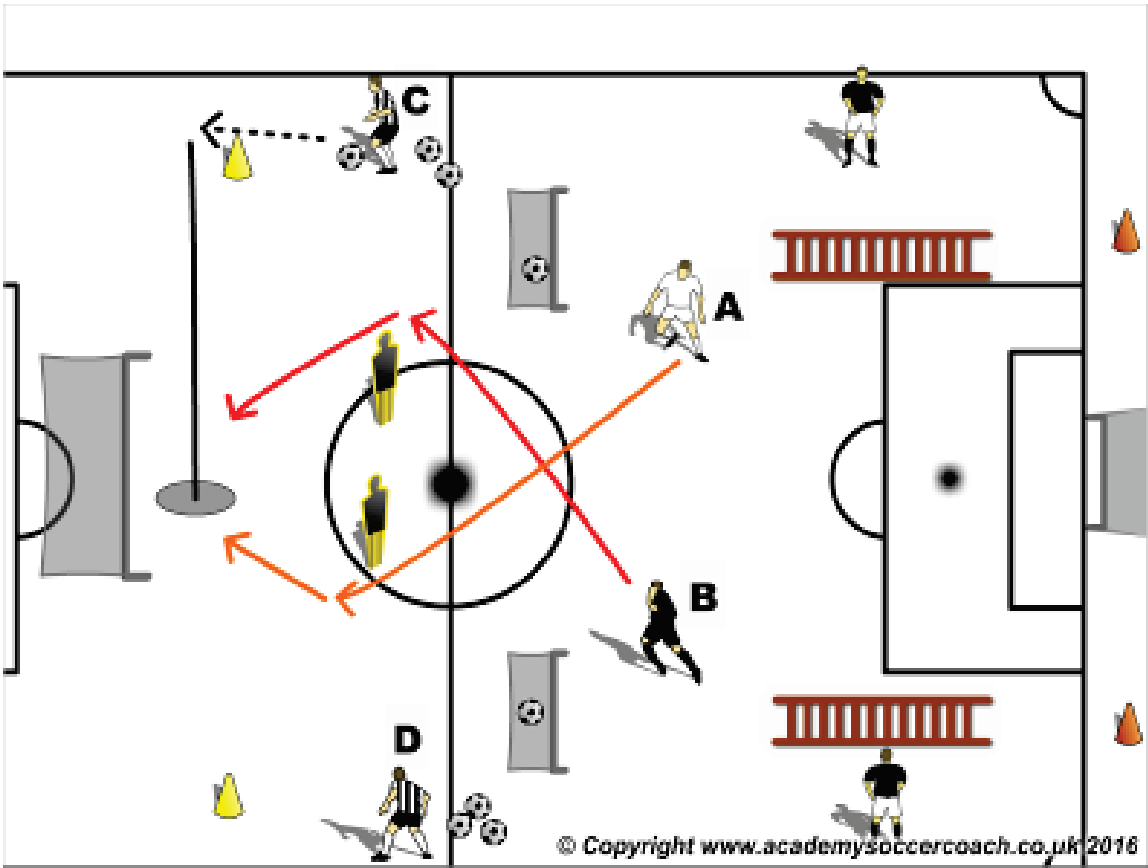
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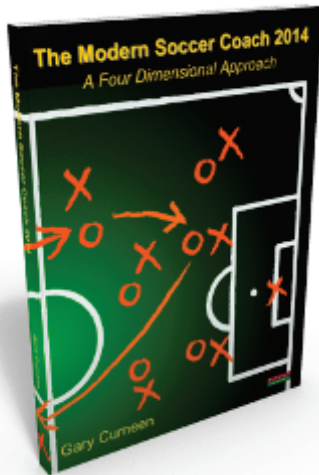


Exercise Seven





Other Books from Bennion Kearny



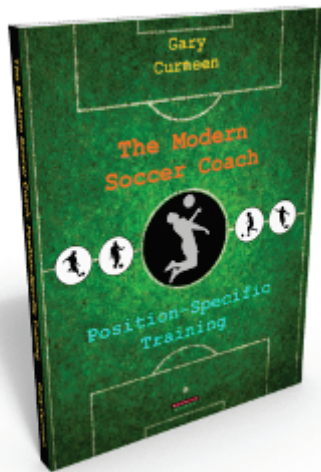
The Modern Soccer Coach 2014: A Four Dimensional Approach

by Gary Curneen

Aimed at Soccer coaches of all levels and with players of all ages and abilities The Modern Soccer Coach 2014 identifies the areas that must be targeted by coaches who want to maximize a team's potential – the Technical, Tactical, Physical, and Mental sides to the game.

The Modern Soccer Coach 2014 offers contemporary focused and distilled insight into what soccer coaches need to do, and how! Filled with practical no-nonsense explanations, focused players drills and more than 30 illustrated soccer templates, The Modern Soccer Coach

2014 will help you – the modern coach - to create team performances that win match after match!



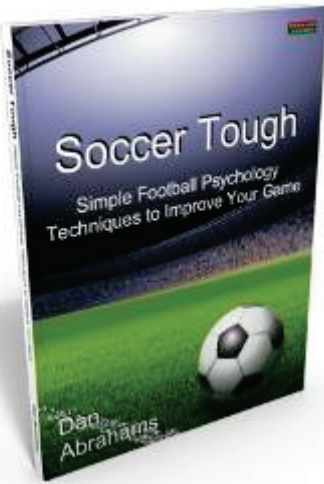
The Modern Soccer Coach: Position-Specific Training

by Gary Curneen

In recent years, player development has been a hot topic in the soccer world. With more pressure on coaches to win than ever before, the modern game seems to be less about actual players and more about tactical systems. In many places, the majority of training sessions are structured so that each player receives the same training as his or her teammates, even though they are asked to perform different functions. As a result, players do not receive specific feedback and lack the ability to produce functional skills in the heat of a game.

Aimed at football coaches of all levels, and players of all ages and abilities, The Modern Soccer Coach: Position-Specific Training seeks

to identify, develop, and enhance the skills and functions of the modern soccer player whatever their position and role on the pitch.



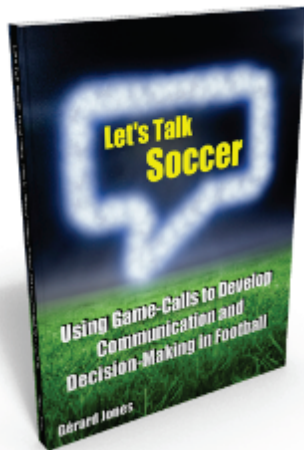
Soccer Tough: Simple Football Psychology Techniques to Improve Your Game

by Dan Abrahams

“Take a minute to slip into the mind of one of the world’s greatest soccer players and imagine a stadium around you. Picture a performance under the lights and mentally play the perfect game.”

Technique, speed and tactical execution are crucial components of winning soccer, but it is mental toughness that marks out the very best players – the ability to play when pressure is highest, the opposition is strongest, and fear is greatest. Top players and coaches understand the importance of sport psychology in soccer but how do you actually train your mind to become the best player you can be? Soccer Tough demystifies this crucial side of the game and offers practical techniques that will enable soccer players of all abilities to

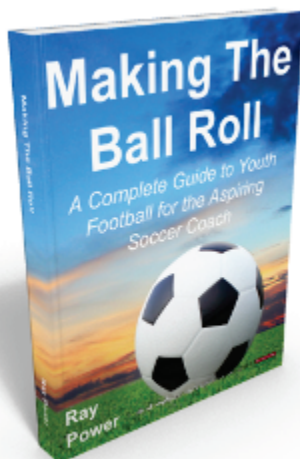
actively develop focus, energy, and confidence. Soccer Tough will help banish the fear, mistakes, and mental limits that holds players back.



Let's Talk Soccer: Using Game-Calls to Develop Communication and Decision-Making in Football

by Gerard Jones

Let's Talk Soccer is a practical resource on how to develop communication in game-realistic practices that will increase creativity and skill across all ages. This book is based on tried and tested methods, offering you a framework using 'keywords' directly linked to your playing style. The book will help you develop a clear coaching language such that, when used in training and in games, your players will instantly understand what you mean and can consolidate their learning. Let's Talk Soccer is for professional and amateur soccer coaches across all levels of the game.



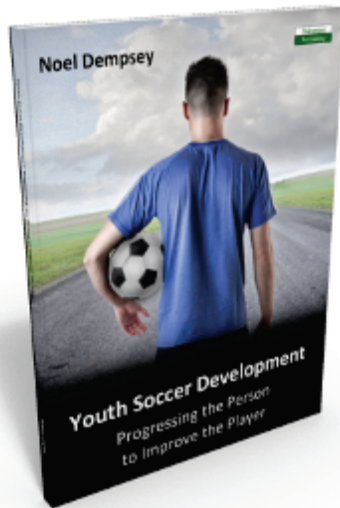
Making The Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach

by Ray Power

Making the Ball Roll is the highly acclaimed, complete guide to coaching youth soccer.

This focused and easy-to-understand 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. Each chapter covers, in detail, a separate aspect of coaching to give you, the football coach, a broad understanding of youth soccer development. Each topic is brought to life by the stories of real coaches working with real players. Never before has such a comprehensive guide to coaching soccer been found in the one

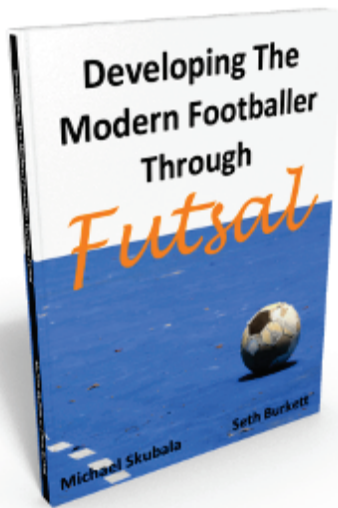
place. If you are a new coach, or just trying to improve your work with players - and looking to invest in your future - this is a must-read book!



Youth Soccer Development: Progressing the Person to Improve the Player

by Noel Dempsey

In "Youth Soccer Development", football coach Noel Dempsey examines where coaching has come from and where it is heading. Offering insights into how English football has developed, coaching methods, 'talent' in youngsters, and how a player's entire environment needs to be considered in coaching programmes - this book offers many touchpoints for coaches who want to advance their thinking and their coaching. Leaving specific onfield drills and exercises to other books, "Youth Soccer Development" digs deep into 'nature versus nurture', players' core beliefs, confidence, motivation, and much more.



Developing the Modern Footballer through Futsal

by Michael Skubala and Seth Burkett

Aimed at coaches of all levels and ages, Developing the Modern Footballer through Futsal is a concise and practical book that provides an easy-to-understand and comprehensive guide to the ways in which futsal can be used as a development tool for football. From defending and attacking to transitional play and goalkeeping, this book provides something for everyone and aims to get you up-and-running fast.

Over 50 detailed sessions are provided, with each one related to specific football scenarios and detailing how performance in these scenarios can be improved through futsal. From gegenpressing to innovative creative play under pressure, this book outlines how futsal can be used to develop a wide range of football-specific

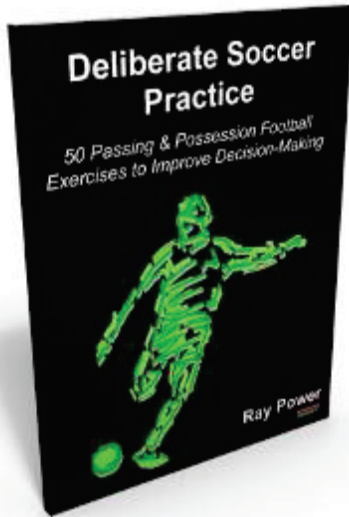
skills, giving your players the edge.



The Footballer's Journey: real-world advice on becoming and remaining a professional footballer

by Dean Caslake and Guy Branston

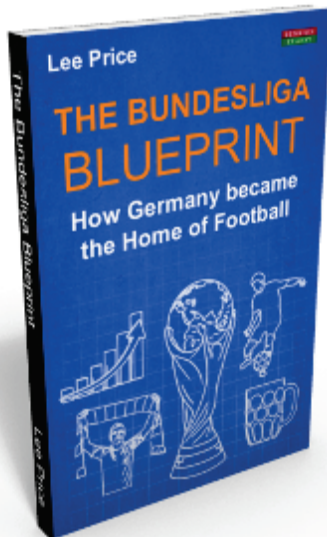
Many youngsters dream of becoming a professional footballer. But football is a highly competitive world where only a handful will succeed. Many aspiring soccer players don't know exactly what to expect, or what is required, to make the transition from the amateur world to the 'bright lights' in front of thousands of fans. The Footballer's Journey maps out the footballer's path with candid insight and no-nonsense advice. It examines the reality of becoming a footballer including the odds of 'making it', how academies really work, the importance of attitude and mindset, and even the value of having a backup plan if things don't quite work out.



Deliberate Soccer Practice: 50 Passing & Possession Football Exercises to Improve Decision-Making

by Ray Power

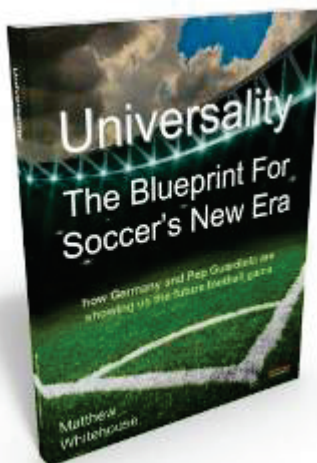
Aimed at football coaches of all levels, but with a particular emphasis on coaches who work with youth players, *50 Passing & Possession Football Exercises to Improve Decision-Making* is comprised of 20 Technical Practices and 30 Possession Practices. They are carefully designed to be adaptable to suit the needs of the players you work with; to challenge them and give them decisions to make. The sessions look to make soccer complex and realistically difficult – no passing in queues from one cone to the next with no interference. Crucially, the exercises offer a means to accelerate player development effectively and enjoyably. Part of the *Deliberate Soccer Practice* series.



The Bundesliga Blueprint: How Germany became the Home of Football

by Lee Price

In this entertaining, fascinating, and superbly-researched book, sportswriter Lee Price explores German football's 10-year plan. A plan that forced clubs to invest in youth, limit the number of foreign players in teams, build success without debt, and much more. The *Bundesliga Blueprint* details how German fans part-own and shape their clubs, how football is affordable, and the value of beer and a good sausage on match days. The book includes interviews from Michael Ballack, Jens Nowotny and Christoph Kramer, and the movers-and-shakers behind Germany's leading clubs including Schalke, Dortmund, and Paderborn.

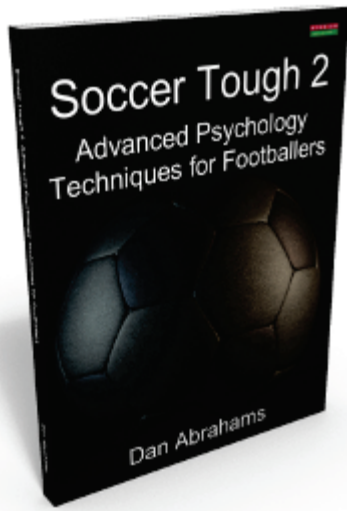


Universality | The Blueprint for Soccer's New Era: How Germany and Pep Guardiola are showing us the Future Football Game

by Matthew Whitehouse

The game of soccer is constantly in flux; new ideas, philosophies and tactics mould the present and shape the future. In this book, Matthew Whitehouse – acclaimed author of *The Way Forward: Solutions to England's Football Failings* - looks in-depth at the past decade of the game, taking the reader on a journey into football's evolution. Examining the key changes that have occurred since the turn of the century, right up to the present, the book looks at the evolution of tactics, coaching, and position-specific play. They have led us to this moment: to the rise of universality.

Universality | The Blueprint For Soccer's New Era is a voyage into football, as well as a lesson for coaches, players and fans who seek to know and anticipate where the game of the future is heading.



Soccer Tough 2: Advanced Psychology Techniques for Footballers

by Dan Abrahams

In Soccer Tough 2: Advanced Psychology Techniques for Footballers Dan introduces soccer players to more cutting edge tools and techniques to help them develop the game of their dreams. Soccer Tough 2 is split into four sections – Practice, Prepare, Perform, and Progress and Dan’s goal is simple – to help players train better, prepare more thoroughly, perform with greater consistency and progress faster.

Each section offers readers an assortment of development strategies and game philosophies that bring the psychology of soccer to life. They are techniques that have been proven on pitches and with players right across the world.



Soccer Training Blueprints: 15 Ready-to-Run Sessions for Outstanding Attacking Play

by James Jordan

Are you a coach for whom time is tight? Would you like to get hands on with ready-to-use session templates, quickly? Then this book is for you! Utilising a game-based approach to soccer – where individuals actually play games rather than growing old in semi-static drills – author James Jordan offers 15 detailed session plans (comprised of 75 cutting-edge exercises) to help coaches develop attacking mindsets and improved skills in their players, and, most of all, nurture a love for soccer. Through his approach, James has won six High School State Championships and one Classic 1 Boys' Club Championship over the past decade. Aimed at coaches of both young male and female players, from 5-18 years of age, and adaptable depending on age group and skill set, each illustrated session plan is organized in an easy-to-

understand format. This is the sister book to *The Volunteer Soccer Coach* (if you already have a copy of this book, do not purchase Soccer Training Blueprints).

A Special Book



Soccer Roy: First Touch

by Erin Curneen, Gary Curneen, Garth Bruner

Please let me introduce you,
To a joyful baby boy,
With big blue eyes and a welcoming smile,
He goes by the name of Roy.

Gary and Erin Curneen wrote this children's book to forever honor their son Roy, who lived a brief life, and to give back to the hospital that gave them three weeks with their baby boy. Erin gave birth to Roy on December 3, 2014, and he was immediately taken into the care of Children's Hospital Los Angeles, due to a congenital diaphragmatic hernia. Even though Roy could not be saved, Gary and Erin were overwhelmed by the care that their son received and felt a strong urge to give back in some way. Their hope is that Roy's memory can forever make a difference in the lives of children. **All profits received from this book will be donated to Children's Hospital Los Angeles.**