

Manuale Coerver Coaching Italiano

GUÍA DE SUPERVIVENCIA DEL ENTRENADOR DE FÚTBOL The Football Book Index
translationum FYI For Your Improvement 5th Edition Italian William E. Warren DK Michael M.
Lombardo

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este libro enseña cómo elaborar un programa de entrenamiento cuáles son las técnicas de entrenamiento y cómo hacer para que el equipo crezca desde la base para ello en una primera parte primeros pasos se enseña a crear un programa de cantera efectivo las técnicas para mantener la motivación de los jugadores y las estrategias para desarrollar la cohesión del equipo en la segunda parte jugando al fútbol trata de los aspectos a tener en cuenta en la preparación para la competición desde la presentación de las nociones básicas del juego junto con las progresiones y estrategias para la enseñanza de las técnicas pasando por las actividades y ejercicios para la preparación física hasta los sistemas de juego y las estrategias asociadas en la tercera y última parte entrenar a tu equipo se presentan las técnicas de organización que los entrenadores utilizan para preparar a su equipo para la siguiente temporada los partidos individuales y los play offs incluye también más de 100 diagramas y fotografías que muestran las técnicas estrategias y posiciones

this is the ultimate e guide for any football fan who wants to know everything about the beautiful game from world cup winners to football skills and techniques whether you are a keen player a lifelong supporter or an armchair football manager this ebook illustrates every aspect of the most popular sport in the world the football book reveals the story behind the game from the history of the sport to the results of tournaments in the 2019 20 season and the rescheduled 2020 european cup eye catching step by step artworks and jargon free text profile the roles of players equipment team formations strategies and individual skills while maps quotes and statistics give you all of the key facts on national teams famous club sides and iconic players as well as the greatest competitions around the world

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