

Ohio State Football Training Manual

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this manual for football coaches is made personally by the author during his experiences between 2006 and 2013 passing through psychology sport psychology pro semi pro and amateur as football player head coach in us arezzo football academy technical director and head coaches of coerver coaching malaysia working with many young players the book contains 78 different football soccer in usa exercises for the player development from u10 to u16 how to increase the agility coordination and speed ball domain ball control and passing dummy without and with the opposing player shooting and attacking phase

provides step by step instructions on how to perform soccer techniques improve basic skills and enhance fitness

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