



Soccer Dribbling & Feinting

Thomas Dooley, Christian Titz

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In modern soccer players must be proficient in ball techniques, i.e. they must have the ability to apply techniques and tricks at the highest speed. Understandable language, numerous figures to visualize the exercises as well as a multitude of methodical and didactical tips make this book an essential guide for trainers and players alike. The exercises feature different levels of difficulty. This classification supports the teaching of juggling and dribbling techniques as well as body and ball feints to players of different age groups. This book offers a comprehensive collection of all the important ball and movement techniques and at the same time clearly describes their correct and practical implementation.



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