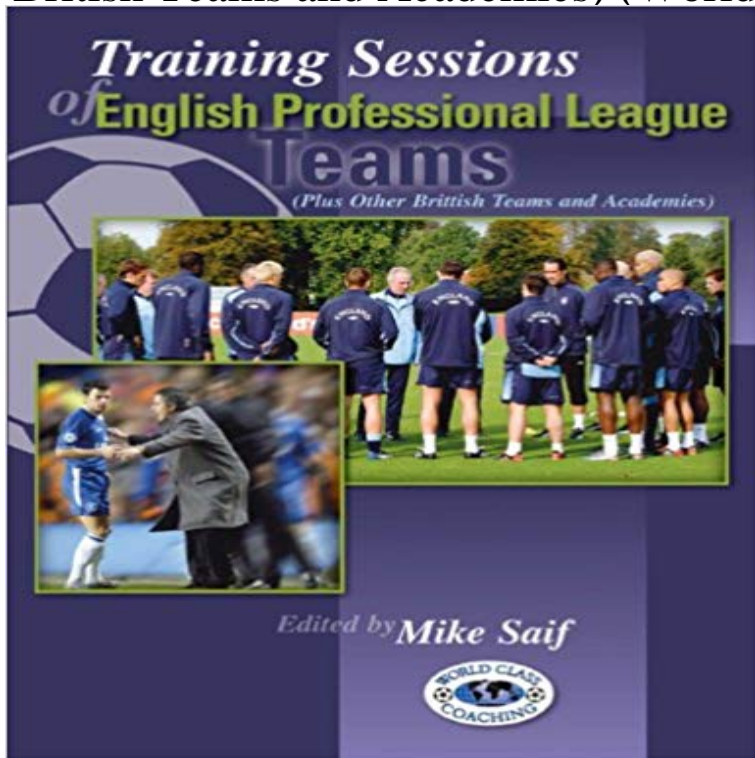


## Training Sessions of English Professional League Teams (Plus Other British Teams and Academies) (World Class Coaching)



In this book are sessions from English Professional League teams and their Academies like Manchester United, Liverpool, Everton and Fulham. Also included are sessions from England National Teams, and top British clubs like Glasgow Rangers, Glasgow Celtic, Crystal Palace, Leeds United, Norwich City, Sheffield United. These, plus sessions from David Platt, Wayne Harrison, Derek Broadley, and conditioning sessions from world renowned Roger Spry make this book a must have for any serious soccer coach. Topics include, Pressing as a Team, Defending With 3 or 4 Defenders, Crossing and Finishing, Working With a Back Four, Improving Team Shape, Small-Sided Games, Training Overlaps, Improving Speed of Play and many other sessions. Each training session has detailed explanations and is accompanied with easy-to-read diagrams to make this book the perfect reference for any level of coach.

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