



101 Youth Soccer Drills: Age 7 to 11

Malcolm Cook

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Designed specifically for players aged 7 to 11, this manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills including: warming up, dribbling and running with the ball, passing, shooting, heading, crossing, goalkeeping and warming down. As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required and how to organize the players.

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