



## Rio Rapids Soccer Club Coaching Education Library



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Format	Item	Author	Date
Book	<a href="#">4-4-2 vs 4-3-3: An in-depth look at Jose Mourinho's 4-3-3 and how it compares to Alex Ferguson's 4-4-2</a>	Michele Tossani	2009
Book	<a href="#">A Nation of Wimps: The High Cost of Invasive Parenting</a>	Hara Estroff Marano	2008
Book	<a href="#">Ajax Training Sessions</a>	Jorrit Smink	2004
Book	<a href="#">Attacking Soccer – A Tactical Analysis</a>	Massimo Lucchesi	2001
Book (2)	<a href="#">Basic Training - Techniques and Tactics for Developing the Serious Player - Ages 6-14 - Volume 1</a>	Success in Soccer, Norbert Vieth	2002
Book	<a href="#">Beckham – Both Feet on the Ground: An Autobiography</a>	David Beckham with Tom Watt	2003
Book	<a href="#">Best Practices for Coaching Soccer in the United States</a>	United States Soccer Federation	2006
Book	<a href="#">Bobby Robson: High Noon - A Year at Barcelona</a>	Jeff King	1997
Book	<a href="#">Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success</a>	Matthew Syed	2010
Book	<a href="#">Challenger's Competitive Team Training Guide</a>	Challenger Sports	2004
Book	<a href="#">Challenger's Parent Coach Coaching Guide</a>	Challenger Sports	Unknown
Book	<a href="#">Challenger's Top 100 Soccer Practices</a>	Challenger Sports	2004
Book	<a href="#">Coaching for Teamwork – Winning Concepts for Business in the Twenty-First Century</a>	Vince Lombardi	1996
Book	<a href="#">The Complete Keeper – Youth Goalkeeper Training from A to Z</a>	Peter Greiber and Robert Freis	2002
Book	<a href="#">The Education of a Coach</a>	David Halberstam	2005
Book	<a href="#">FUNino – The Beautiful Game for Kids</a>	Horst Wein	2012
Book	<a href="#">The Game and the Glory – Michelle Akers Autobiography</a>	Michelle Akers with Gregg Lewis	2000
Book	<a href="#">Good to Great – Why Some Companies Make the Leap...and Others Don't</a>	Jim Collins	2001
Book	<a href="#">How to Play Against and Beat the 4-3-3</a>	David Platt	2005
Book	<a href="#">Inverting the Pyramid - A History of Football Tactics</a>	Jonathan Wilson	2008
Book	<a href="#">Keane – The Autobiography</a>	Roy Keane with Eamon Dunphy	2002
Book	<a href="#">The Lombardi Rules – 26 Lessons from Vince Lombardi – The World's Greatest Coach</a>	Vince Lombardi, Jr.	2003
Book	<a href="#">Mindset: The New Psychology of Success</a>	Carol Dweck	2006



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Format	Item	Author	Date
Book (2)	<a href="#">Outliers: The Story of Success</a>	Malcolm Gladwell	2008
Book	<a href="#">PEP Confidential</a>	Marti Perarnau	2014
Book	<a href="#">The Power of Habit: Why We Do What We Do in Life and Business</a>	Charles Duhigg	2012
Book	<a href="#">Practice Planner - Level 1 Amateur Adult - #2</a>	Success in Soccer, Norbert Vieth	2008
Book	<a href="#">Practice Planner - Level 2 Amateur Adult - #3</a>	Success in Soccer, Norbert Vieth	2008
Book	<a href="#">Practice Planner - Youth U16-U18 - #1</a>	Success in Soccer, Norbert Vieth	2008
Book	<a href="#">Professional Youth Academy Training Sessions</a>	Sam Saif	2005
Book	<a href="#">The Professor – Arsene Wenger</a>	Myles Palmer	2008
Book	<a href="#">Scholes: My Story</a>	Paul Scholes & Ivan Ponting	2011
Book	<a href="#">The Score Takes Care of Itself – My Philosophy of Leadership</a>	Bill Walsh & Steve Jamison	2009
Book	<a href="#">Sir Bobby Robson – Living the Game</a>	Bob Harris	2003
Book	<a href="#">Soccernomics</a>	Simon Kuper & Stefan Szymanski	2009
Book	<a href="#">Soccer Strategies – Defensive and Attacking Tactics</a>	Robyn Jones & Tom Tranter	1999
Book	<a href="#">Soccer Systems &amp; Strategies</a>	Jens Bangsbo and Birger Peitersen	2000
Book	<a href="#">The Sports Gene: Inside the Science of Extraordinary Athletic Performance</a>	David Epstein	2012
Book	<a href="#">Start with Why – How Great Leaders Inspire Everyone to Take Action</a>	Simon Sinek	2009
Book (2)	<a href="#">The Talent Code</a>	Daniel Coyle	2009
Book	<a href="#">US Youth Soccer Parent/Coach Primer – Basic Philosophy &amp; Techniques of Coaching Young Players</a>	Dr. Thomas Fleck & John Cossaboon	1993
Book	<a href="#">US Youth Soccer Assistant Coach Series – U6 &amp; U8 Activity Aids for the Parent Coach</a>	Dr. Thomas Fleck & John Cossaboon	1999
Book	<a href="#">US Youth Soccer Assistant Coach Series – U10 Activity Aids for the Parent Coach</a>	Dr. Thomas Fleck & John Cossaboon	1999
Book	<a href="#">US Youth Soccer Assistant Coach Series – U12 Activity Aids for the Parent Coach</a>	Dr. Thomas Fleck & John Cossaboon	1992
Book	<a href="#">US Youth Soccer Coaching the U12 Player – Years of Refinement</a>	Dr. Thomas Fleck & John Cossaboon	1992
Book	<a href="#">US Youth Soccer Coaching Manual</a>	US Youth Soccer	2002
Book	<a href="#">The Vision of a Champion</a>	Anson Dorrance and Gloria Averbuch	2002
CD-ROM	<a href="#">Boys &amp; Girls Soccer for under 6 &amp; under 8</a>	CANCoach Systems	2004



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Format	Item	Author	Date
CD-ROM	<a href="#">Boys &amp; Girls Soccer for under 10 &amp; under 12</a>	CANCoach Systems	2004
DVD	<a href="#">30 Minute Soccer Clinic – Goalkeeping</a>	World Class Soccer	2009
DVD	<a href="#">Attacking Soccer in the Women’s Game – Part 1</a>	NSCAA	Unknown
DVD	<a href="#">Attacking Soccer in the Women’s Game – Part 2</a>	NSCAA	Unknown
DVD	<a href="#">Coaching the 3-4-3</a>	Reedswain	Unknown
DVD	<a href="#">Coaching the Dutch 4-3-3</a>	Reedswain	2003
DVD	<a href="#">Coaching Individual Defending</a>	World Class Soccer	Unknown
DVD	<a href="#">Coerver Fundamentals – Part One – Ball Control, Suppleness, Fast Footwork, Feinting</a>	Reedswain, Wiel Coerver	2003
DVD	<a href="#">Coordination, Agility and Speed Training for Soccer, Volume 1</a>	Reedswain, Schalke 04	Unknown
DVD	<a href="#">Coordination, Agility and Speed Training for Soccer, Volume 2</a>	Reedswain, Schalke 04	Unknown
DVD	<a href="#">Footwork Drills – Speed/Agility Ladder</a>	Vern Gambetta & Steve Myrland	1996
DVD	<a href="#">Modern Defending, Part 1: Individual Tactics</a>	Success in Soccer, Ralf Peter of DFBA	2004
DVD	<a href="#">Modern Defending, Part 3: Team Tactics</a>	Success in Soccer, Ralf Peter of DFBA	2004
DVD	<a href="#">Modern Youth Training: Practicing with Eight-to 12-Year Olds</a>	Success in Soccer, Ralf Peter of DFBA	2009
DVD	<a href="#">The Notre Dame Women’s 4-3-3 – Attacking</a>	World Class Soccer, Randy Waldrum	2010
DVD	<a href="#">The Notre Dame Women’s 4-3-3 – Defending</a>	World Class Soccer, Randy Waldrum	2010
DVD	<a href="#">The Novice Coach – An Introduction to Coaching Youth Soccer – Volume 1 – U6-U8</a>	US Youth Soccer	2007
DVD	<a href="#">Our Way – The Exclusive Behind-the-Scenes Story of The USA’s 2002 World Cup Journey</a>	U.S. Soccer	2002
DVD	<a href="#">Positive Parenting for Youth Soccer</a>	US Youth Soccer	2009
DVD	<a href="#">Skills School - Developing Essential Soccer Techniques</a>	US Youth Soccer	2008
DVD	<a href="#">Soccer Training Sessions from Around the World</a>	Reedswain	Unknown
DVD (2)	<a href="#">Tactical Development – Progressive Coaching for Teams and Clubs</a>	NSCAA	2004
DVD	<a href="#">Tactics &amp; Drills for Training Forwards – Volume 1</a>	World Class Coaching, Bob Warming	2009
DVD	<a href="#">Tactics &amp; Drills for Training Forwards – Volume 2</a>	World Class Coaching, Bob Warming	2009
DVD	<a href="#">Tactics &amp; Drills for Zonal Defending</a>	World Class Coaching	Unknown



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Format	Item	Author	Date
DVD	<a href="#">Total Goalkeeping – Building Blocks for Individual Training</a>	Success in Soccer, Jupp Koitka of DFbA	2005
DVD	<a href="#">World Class Coaching – 6 DVD Set</a>	World Class Coaching	Unknown
Journal	<a href="#">Performance Conditioning Soccer</a>	Performance Conditioning	8 Issues
Journal	<a href="#">Soccer Journal</a>	National Soccer Coaches Association of America	2006-Current
Journal	<a href="#">Success in Soccer</a>	German Soccer Federation	1997-2014
Journal	<a href="#">Training &amp; Conditioning</a>	Momentum Media Sports Publishing	1997-99 & 2008-10
Journal	<a href="#">World Class Coaching</a>	World Class Coaching	1998-2003 & 2006-11
Journal	<a href="#">World Class Coaching: International Coaching Seminar</a>	World Class Coaching	2000
Journal	<a href="#">World Class Coaching: One Week Journal of Juventus Practices and Training Sessions</a>	World Class Coaching	2001
Journal	<a href="#">World Class Coaching: One Week Journal of PSV Eindhoven Practices and Training Sessions</a>	World Class Coaching	1999
Journal	<a href="#">World Class Coaching: Practices and Training Sessions of Newcastle United FC</a>	World Class Coaching	1999
Journal	<a href="#">World Class Coaching: Preseason Fitness Program of Leeds United FC</a>	World Class Coaching	1998



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### 4-4-2 vs 4-4-3: An in-depth look at Jose Mourinho's 4-3-3 and how it compares to Alex Ferguson's 4-4-2

Format: Book

Author: Michele Tossani

Year: 2009

Sir Alex Ferguson and José Mourinho are two of the world's top coaches, yet their tactics and systems are very different. This book describes the 4-4-2 system Ferguson uses with Manchester United and the 4-3-3 formation Mourinho has successfully employed at Chelsea and Inter Milan. Each of their preferred formations is covered in great detail including an insight into each system and how and why the key players are used to create the greatest advantage for the team. When new players are introduced the dynamics of the system change and this book shows you how these top managers adjust their teams to gain the result they need. This book will take you inside the minds of these two tactical wizards.

### A Nation of Wimps: The High Cost of Invasive Parenting

Format: Book

Author: Hara Estroff Marano

Year: 2008

Marano, editor-at-large at *Psychology Today* and author (*Why Doesn't Anybody Like Me? A Guide to Raising Socially Confident Kids*), takes a penetrating look at the growing trend of invasive parenting. Marano likens many parents to hovering helicopters or snowplows trying to remove all obstacles. The unfortunate result is that children become increasingly fragile, unable to make decisions or cope with failure. Interspersing her text with interviews from experts and cutting-edge research, Marano follows the trail from heavily programmed preschoolers and overprotected grade school kids to stressed out, overachieving high school students and dependent college kids caught in a rising campus mental health crisis (thanks to cellphones, the new umbilical cord, they carry their parents in their jeans pockets). Rather than helping children to find success and happiness, the author argues, this over-involvement has exploded into a generation of infantilized wimps who can't handle everyday life. Instead, she advises, help your kids fail—more is learned from mistakes than from success, including critical thinking skills. The book is chock-full of fascinating information, some of it controversial, such as a suspected link between a diagnosis of ADHD and insufficient free play in the early years. Marano's dire warning to back off will hit a raw nerve with many parents, but her message may come not a moment too soon for their kids.

### Ajax Training Sessions

Format: Book

Author: Jorrit Smink

Year: 2004

Jorrit Smink, Dutch journalist and himself a soccer coach, had the chance to report on world famous club Ajax Amsterdam for a full season. This book is a collection of 40 drills used by coaches at the various levels at Ajax, including head coach of the first team and legendary Dutch superstar, Ronald Koeman. Topics covered include: Warm Up Drills, Conditioning Drills, Shooting Drills, Goalkeeping Drills, Positional Play Drills, and more.

### Attacking Soccer – A Tactical Analysis

Format: Book

Author: Massimo Lucchesi

Year: 2001

This book examines match strategies for creating goal scoring opportunities out of various systems of play. For each system, the author discusses the strategy, tactics, system and schemes of play as well as the technical, tactical and physical characteristics of the players who use the system. Several situational attacking schemes are also presented using clear diagrams and detailed descriptions.

### Basic Training – Techniques and Tactics for Developing the Serious Soccer Player – Ages 6-14 – V1

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2002

Techniques and Tactics for Developing the Serious Player. This Success in Soccer book will cover:



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- Easy to understand basic information for training, games and educational support for boys and girls ages 6-14. Up-to-date training for the modern game.
- A variety of different training methods for an attractive, age oriented and purposeful soccer education.
- How to use the game of 4v4, replay and ball games.
- Individual exercises with the ball, games and exercises for dribbling, combination play, shooting, heading etc.

### Beckham – Both Feet on the Ground: An Autobiography

Format: Book                      Author: David Beckham with Tom Watt                      Year: 2003

There is only one David Beckham -- and it's not always the one you read about in the newspapers and magazines or see in the movies. From humble East End London beginnings, the boy with prodigious soccer skills grew up to be one of the most gifted athletes of his generation as well as a sex symbol and fashion icon. Along the way he married Spice Girl Victoria "Posh" Adams, and together they inhabit a celebrity whirlwind of Diana-esque proportions. In *Both Feet on the Ground*, David talks candidly about the perils of fame (his wife and son were the targets of a notorious kidnapping plot and he is the subject of almost daily tabloid rumors); the struggle to balance his roles as a devoted husband and besotted father with his globetrotting existence as an international soccer star; the behind-the-scenes stories of his most memorable and heartbreaking (if only he could retake that infamous penalty kick against Portugal in Euro 2004) career moments; the controversy surrounding his first year at Real Madrid after his \$41 million transfer from Manchester United, the storied English team he joined as a teenager and led for more than a decade; and, finally, his love of America, where he plans to start a soccer school and perhaps, one day, even play professionally. *Both Feet on the Ground* is David Beckham's own extraordinary story, told by the man who knows him best -- David Beckham.

### Best Practices for Coaching Soccer in the United States

Format: Book                      Author: United States Soccer Federation                      Year: 2006

U.S. Soccer's Coaching Education Department has released a publication designed to give youth and junior level soccer coaches in the United States a set of fundamental tools to help open up the game of soccer to young players in ways that celebrate the sport's spontaneous qualities. The 70-page "Best Practices for Coaching Soccer in the United States" coaching book serves as the sport's definitive new player development guidelines.

### Bobby Robson: High Noon – A Year at Barcelona

Format: Book                      Author: Jeff King                      Year: 1997

This is a biography of Bobby Robson, former England manager, and manager of Barcelona. The book aims to cover every area of Robson's time in his first year in charge of Barcelona - dealing with fanatical fans, the Spanish media, his striker Ronaldo, and the challenge of Atletico Madrid.



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### Bounce: Mozart, Federer, Picasso, Beckham and the Science of Success

Format: Book

Author: Matthew Syed

Year: 2010

Syed, sportswriter and columnist for the London *Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages—a mentor, good facilities nearby, and lots of time to hone his skills—set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. Cogent discussions of the neuroscience of competition, including the placebo effect of irrational optimism, self-doubt, and superstitions, all lend credence to a compelling narrative; readers who gobbled up *Freakonomics* and *Predictably Irrational* will flock to this.

### Challenger's Top 100 Soccer Practices

Format: Book

Author: Challenger Sports

Year: 2004

The practices in this book have been selected from hundreds of practices that the British Soccer coaching staff has used with youth players of all ages and abilities. Each chapter begins with fundamental unopposed technical drills, which are then followed by practices that become increasing more opposed and more tactical throughout the chapter. Whether you need a couple of variations to fill out your next session, or whether you are looking for material for a whole team practice, I am sure that you will not only be able to quickly locate the appropriate material, but will also see the logical order in which the skill should be taught.

### Challenger's Competitive Team Training Guide

Format: Book

Author: Challenger Sports

Year: 2004

This book contains a collection of training sessions from some of the most successful teams from around the world such as Ajax, Liverpool, Chelsea, Manchester United, Feyenord, The US Women's team, the Italian National Team and many more. The practices have been grouped into sections that will help coaches plan and select the appropriate material for their sessions. The sections covered in this book are: Defending; Shooting; Crossing & Finishing; Passing & Possession; Technical Training Sessions and Combination Play. Each training session has detailed explanations and is accompanied by easy to read diagrams.

### Challenger's Parent Coach Coaching Guide

Format: Book

Author: Challenger Sports

Year: Unknown

This pamphlet contains information and advice on the Role of the Coach, Organizing Your Practice, Coaching Young Players, the Progressive Coaching Method and sample activities for U6 players.

### Coaching for Teamwork – Winning Concepts for Business in the Twenty-First Century

Format: Book

Author: Vince Lombardi

Year: 1996

This inspiring book on winning business concepts captures the essence of the modern workplace. Lessons from sports enliven the text. Quotes from the late great Vince Lombardi and others provide wisdom for leaders. This is an invaluable tool to reevaluate your leadership skills and establish a blueprint to take you successfully into the future.



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### The Complete Keeper – Youth Goalkeeper Training from A to Z

Format: Book

Author: Peter Greiber and Robert Freis

Year: 2002

The Complete Keeper is a practical goalkeeper training handbook that truly delivers: Instead of bogging down with long-winded discussions of theory, it has more than 240 clearly illustrated exercises and practice games which provide virtually infinite variations for effective youth goalkeeper training. It is a rich resource for soccer coaches who know that goalkeeper training must be taken just as seriously as field player training. The book includes descriptions of basic goalkeeping techniques, in detail and with plenty of photos. Special attention is paid to the tactical aspects of the position and all bases are covered, from elements of training to the little things that make the difference between good goalkeeping and great goalkeeping. Although this book is primarily intended for coaches of youth soccer teams, the vast majority of the exercises are appropriate for adults as well.

### The Education of a Coach

Format: Book

Author: David Halberstam

Year: 2005

Now in paperback, Pulitzer Prize-winner David Halberstam's bestseller takes you inside the football genius of Bill Belichick for an insightful profile in leadership. Bill Belichick's thirty-one years in the NFL have been marked by amazing success -- most recently with the New England Patriots. In this groundbreaking new book, David Halberstam explores the nuances of both the game and the man behind it. He uncovers what makes Bill Belichick tick both on and off the field.

### FUNino – The Beautiful Game for Kids

Format: Book

Author: Horst Wein

Year: 2012

Horst Wein's unique training programme for 7-9 year olds, **FUNiño** is a proven component of the Spanish Football Development Model **Futbol a la medida del Niño** or football designed for children since 1993. Today it is an expanded and updated game programme used by thousands of coaches around the world. This breakthrough approach to inducting young children into the game of football obviously has an emphasis on **FUN** so that children come to fall in love with the game from the earliest ages. It has been called the **Revival of Street Football**. Having **four goals out wide** immediately introduces width and helps to prevent the familiar swarming at the younger age groups. Also having two goals to attack with three defenders means that one goal is usually less-defended, which means there is always a better option available. Both of these factors encourage young players to look before they act and to think before they execute – so game intelligence is introduced naturally from the earliest ages.

### The Game and the Glory – Michelle Akers Autobiography

Format: Book

Author: Michelle Akers with Gregg Lewis

Year: 2000

Akers, a member of the U.S. Women's National Soccer Team since its inception in 1985, was at 33 the oldest player when the team won the magical World Cup Final at the Rose Bowl in 1999. Along the way, she suffers her parents' divorce, 12 knee operations, and, most remarkably for an elite athlete, a diagnosis of CFIDS (chronic fatigue immune dysfunction syndrome). Sapping her energy and requiring post-game intravenous injections, this illness made it impossible for her to train and play at her usual "all-out" level. Much of the book deals with how she overcame CFIDS by combining her innate competitive focus and perseverance with Christian faith. She has founded a ministry to spread the Christian message through soccer. We see Akers the incredible athlete but also the ordinary person kidding around with teammates and afraid of public speaking.

### Good to Great – Why Some Companies Make the Leap...and Others Don't





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Format: Book

Author: Jonathan Wilson

Year: 2008

*The Challenge:* Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? *The Study:* For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? *The Standards:* Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. *The Comparisons:* The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. *The Findings:* The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include:

Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness.

- The Hedgehog Concept: (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence.
- A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology.
- The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap.

"Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?

### How to Play Against and Beat the 4-3-3

Format: Book

Author: David Platt

Year: 2005

This book illustrates how to effectively coach your team to beat an opposing team that is playing the 4-3-3 system. The 4-3-3 is one of the most common formations used by teams all over the world.

Regardless of the formation you employ with your team, understanding how to tactically beat the 4-3-3 formation is a must for any coach. We begin by recognizing the strengths of the 4-3-3, how to negate them, and how to take advantage of its weaknesses. After a brief summary of the main components of the 4-3-3, highlighting the strengths and weaknesses of it, we look at some effective tactical planning to play against and beat it. To do this we look at and compare how the world's top teams like Manchester United, A.C. Milan, Arsenal, Real Madrid and the Portuguese and England National Teams have success against the 4-3-3 system. Inside you will also find many training sessions showing how you can practice



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those tactics on the training field, through sessions and drills designed to effectively prepare in a manner to overcome the system.

### Inverting the Pyramid – A History of Football Tactics

Format: Book

Author: Jonathan Wilson

Year: 2008

For soccer fans, following, discussing, and arguing about the tactics a manager puts into play are part of what makes the sport so appealing. This fascinating study traces the history of soccer tactics back from such modern pioneers as Rinus Michels, Valeriy Lobanovskyi, Catenaccio, and Herbert Chapman. Along the way, author Jonathan Wilson, an erudite and detailed writer who never loses a sense of the grand narrative sweep, takes a look at the lives of the great players and thinkers who shaped the game, and discovers why the English in particular have proved themselves so "unwilling to grapple with the abstract."

### Keane – The Autobiography

Format: Book

Author: Roy Keane with Eamon Dunphy

Year: 2002

The most talked about, written about and argued over sports autobiography of 2002, *Keane: the Autobiography* does not disappoint. This story of Manchester United and Ireland captain Roy Keane's brilliant and controversial career, written in collaboration with Irish journalist and former professional footballer Eamon Dunphy, crackles with score-settling vigor. It presents a revisionist view of a life in football that has had tabloid editors rubbing their hands with glee almost from the moment the fiery, confrontational midfielder made his British debut for Nottingham Forest under arch eccentric Brian Clough right through to his sensational bust-up with international boss Mick McCarthy and subsequent departure from the 2002 Irish World Cup squad on the eve of the finals. Amid all the wrangling and point-scoring Dunphy and Keane have written a rags-to-riches review of Keane's journey from a poor, battling background in Cork to the £50k a week highlife at Old Trafford. It's very entertaining, although an independent biographer would doubtless have put a less heroic spin on proceedings. The two key headline-grabbing stories--the war with McCarthy and the allegedly deliberate injuring of Alfie Haaland--read somewhat differently in the book from the way they did in the papers. Make no mistake about it, Keane is frank about his own failings, franker about the failings of others and prepared to spill the beans to some extent about being the odd-man-out in the Old Trafford glam-fest. But this is very much his side of the story.

### The Lombardi Rules – 26 Lessons from Vince Lombardi – the World's Greatest Coach

Format: Book

Author: Vince Lombardi, Jr.

Year: 2003

Vince Lombardi is considered by most to be the greatest NFL coach ever. His leadership and motivational skills drove the Green Bay Packers to four NFL titles in seven years, an amazing record that has yet to be equaled. The Lombardi Rules examines the strategies and techniques that Lombardi followed to achieve his unprecedented success. Especially valuable in today's take-no-prisoners business environment, it provides an insider's look at Lombardi's remarkable methods and how they can be transformed to any field or endeavor.

### Mindset: The New Psychology of Success

Format: Book

Author: Carol Dweck

Year: 2006

Mindset is "an established set of attitudes held by someone," says the Oxford American Dictionary. It turns out, however, that a set of attitudes needn't be so set, according to Dweck, professor of psychology at Stanford. Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your talents and abilities as... well, fixed. In other words, you



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are who you are, your intelligence and talents are fixed, and your fate is to go through life avoiding challenge and failure. A growth mindset, on the other hand, is one in which you see yourself as fluid, a work in progress. Your fate is one of growth and opportunity. Which mindset do you possess? Dweck provides a checklist to assess yourself and shows how a particular mindset can affect all areas of your life, from business to sports and love. The good news, says Dweck, is that mindsets are not set: at any time, you can learn to use a growth mindset to achieve success and happiness. This is a serious, practical book. Dweck's overall assertion that rigid thinking benefits no one, least of all yourself, and that a change of mind is always possible, is welcome.

### Outliers - The Story of Success

Format: Book

Author: Malcolm Gladwell

Year: 2008

Signature Reviewed by Leslie Chang In *Outliers*, Gladwell (*The Tipping Point*) once again proves masterful in a genre he essentially pioneered—the book that illuminates secret patterns behind everyday phenomena. His gift for spotting an intriguing mystery, luring the reader in, then gradually revealing his lessons in lucid prose, is on vivid display. *Outliers* begins with a provocative look at why certain five-year-old boys enjoy an advantage in ice hockey, and how these advantages accumulate over time. We learn what Bill Gates, the Beatles and Mozart had in common: along with talent and ambition, each enjoyed an unusual opportunity to intensively cultivate a skill that allowed them to rise above their peers. A detailed investigation of the unique culture and skills of Eastern European Jewish immigrants persuasively explains their rise in 20th-century New York, first in the garment trade and then in the legal profession. Through case studies ranging from Canadian junior hockey champions to the robber barons of the Gilded Age, from Asian math whizzes to software entrepreneurs to the rise of his own family in Jamaica, Gladwell tears down the myth of individual merit to explore how culture, circumstance, timing, birth and luck account for success—and how historical legacies can hold others back despite ample individual gifts. Even as we know how many of these stories end, Gladwell restores the suspense and serendipity to these narratives that make them fresh and surprising. One hazard of this genre is glibness. In seeking to understand why Asian children score higher on math tests, Gladwell explores the persistence and painstaking labor required to cultivate rice as it has been done in East Asia for thousands of years; though fascinating in its details, the study does not prove that a rice-growing heritage explains math prowess, as Gladwell asserts. Another pitfall is the urge to state the obvious: No one, Gladwell concludes in a chapter comparing a high-IQ failure named Chris Langan with the brilliantly successful J. Robert Oppenheimer, not rock stars, not professional athletes, not software billionaires and not even geniuses—ever makes it alone. But who in this day and age believes that a high intelligence quotient in itself promises success? In structuring his book against that assumption, Gladwell has set up a decidedly flimsy straw man. In the end it is the seemingly airtight nature of Gladwell's arguments that works against him. His conclusions are built almost exclusively on the findings of others—sociologists, psychologists, economists, historians—yet he rarely delves into the methodology behind those studies. And he is free to cherry-pick those cases that best illustrate his points; one is always left wondering about the data he evaluated and rejected because it did not support his argument, or perhaps contradicted it altogether. Real life is seldom as neat as it appears in a Malcolm Gladwell book.

### PEP Confidential

Format: Book

Author: Marti Perarnau

Year: 2014

Martí Perarnau was given total access to Bayern Munich during season 2013–14, and this book represents the first time in the modern era that a writer has got this close to one of the elite teams of world football. At the invitation of Pep Guardiola, he shadowed the Catalan, his staff, and his superstar players during training and on match days. Bayern smashed domestic records on their way to the



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double, but were humiliated by Real Madrid in the Champions League semifinal. Martí was with them every step of the way. Perarnau is with Guardiola as he is courted by the world's greatest clubs during his sabbatical in New York. We hear Guardiola explain in detail the radical tactical moves which transform Bayern's season and reprogram the players who will win the World Cup with Germany. Perarnau talks exclusively and in fascinating detail with an array of players, including Arjen Robben, Manuel Neuer, Philipp Lahm, Thiago Alcântara, and Bastian Schweinsteiger. Pep Confidential is much more than the story of a season—it is also a lasting portrait of one of the greatest coaches in sport.

### The Power of Habit - Why We Do What We Do In Life and Business

Format: Book

Author: Charles Duhigg

Year: 2012

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

### Practice Planner – Youth U16-U18 – #1

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this age level. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

### Practice Planner – Level 1 Amateur Adult – #2

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?



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- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

### Practice Planner – Level 2 Amateur Adult – #3

Format: Book      Author: Success in Soccer, Norbert Vieth      Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What do mid-level amateurs expect of their club?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact
- Finding the right mix of practice games

### Professional Youth Academy Training Sessions

Format: Book      Author: Sam Saif      Year: 2005

In this book, Saif shares with you the training sessions he uses with his Academy teams. Over the years, Saif has refined his coaching sessions to reflect what he has learned from his association with these coaches and also to reflect the developments of the modern game. Through his many years of experience, he has been able to keep what works and eliminated what doesn't. What remains are some of the most creative, inspired and innovative training sessions available. Inside you will find actual training sessions on the following topics: Warm-Ups; Technical & Possession; Defending; Heading; Wing Play & Forwards; Midfield Play and Goalkeeping. Some sessions are more technique related and functional, while others are more team related and tactical in nature. Whether you coach a youth, high school, college or professional team, this book will be, without doubt, a great addition to your library.

### The Professor – Arsene Wenger

Format: Book      Author: Myles Palmer      Year: 2008

Idealistic, passionate and scientific, Arsène Wenger led the modernisation of English football. A star-maker who identifies and nurtures talent, he also opened the door for foreign coaches like Houllier, Eriksson, Ranieri and Mourinho. He is Arsenal's most successful and longest-serving manager and the only manager in FA Premier League history to go through an entire season without a loss. Now completely revised and updated to include Arsenal's triumphant campaign to the 2006 Champion's League final, Wenger's induction into the English Football Hall of Fame and all the highlights from the 2007/08 season, The Professor tracks the highs and lows of Wenger's decade at Arsenal, his teams, his methods, his successes and failures, and asks what the future holds for the man who reinvented the beautiful game.



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### Scholes: My Story

Format: Book

Author: Paul Scholes and Ivan Ponting

Year: 2011

Paul Scholes is one of the most revered footballers of the modern era, both at home and internationally. A one-club player, he has served Manchester United for more than sixteen years, making over 600 appearances in that time — the fourth highest number of appearances by any player for the club. He also represented the England national team for seven years, winning 66 caps including two World Cup and two European Cup campaigns. Throughout this time, Scholes has always played a decisive role in his teams' fortunes. As well as the technical brilliance that makes Paul Scholes such a breathtaking player to watch it is the determination and integrity which he demonstrates both on and off the pitch that means he is a fascination to fans of the sport. In an age of overpaid, workaday players, Scholes has become an icon of professionalism and club loyalty, admired by fans everywhere. Now in this book for the first time Paul Scholes shares his story: from his beginnings at United under the tutelage of Sir Alex Ferguson as part of the 'golden' youth team, to the treble-winning season and twice capturing European Cup glory, the importance of family and friends in keeping his feet on the ground, as well as his many triumphs and tribulations with England. This is without question the sports autobiography of 2011, from a player as popular and as revered as any in the game today.

### The Score Takes Care of Itself – My Philosophy of Leadership

Format: Book

Author: Bill Walsh and Steve Jamison

Year: 2009

Bill Walsh is a towering figure in the history of the NFL. His advanced leadership transformed the San Francisco 49ers from the worst franchise in sports to a legendary dynasty. In the process, he changed the way football is played. Prior to his death, Walsh granted a series of exclusive interviews to bestselling author Steve Jamison. These became his ultimate lecture on leadership. Additional insights and perspective are provided by Hall of Fame quarterback Joe Montana and others. Bill Walsh taught that the requirements of successful leadership are the same whether you run an NFL franchise, a fortune 500 company, or a hardware store with 12 employees. These final words of 'wisdom by Walsh' will inspire, inform, and enlighten leaders in all professions.

### Sir Bobby Robson – Living the Game

Format: Book

Author: Bob Harris

Year: 2003

The first illustrated celebration of the life and times of Sir Bobby Robson, one of the most successful managers ever. For over fifty years he has been involved in soccer at the highest level, as a player, coach, and international coach. He was sacked from his first management position at Fulham, he was hounded by the press while England's coach, and has twice recovered from cancer. Bob Harris, a close acquaintance of Sir Bobby's, tells the football manager's own story, which is interlaced with stories and anecdotes from many of the most famous names in football.

### Soccernomics

Format: Book

Author: Simon Kuper and Stefan Szymanski

Year: 2009

Why do England lose? Why does Scotland suck? Why doesn't America dominate the sport internationally. . .and why do the Germans play with such an efficient but robotic style? These are questions every soccer aficionado has asked. Soccernomics answers them. Using insights and analogies from economics, statistics, psychology, and business to cast a new and entertaining light on how the game works, Soccernomics reveals the often surprisingly counterintuitive truths about soccer. An essential guide for the 2010 World Cup, Soccernomics is a new way of looking at the world's most popular game.



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### Soccer Strategies – Defensive and Attacking Tactics

Format: Book Author: Robyn Jones and Tom Tranter Year: 1999

Aimed primarily at intermediate and advanced coaches, this book examines the principle formations used in modern soccer and the need to fully understand them all if one is to adapt to game situations using counter-active tactics. The authors discuss such offensive topics as support, width, penetration, mobility and improvisation. Defensively, they provide insight into depth, delay, concentration, team balance, cover and restraint. Chapters include: Three Man Defense Four Man Defense One Forward System Two Forward System Three Forward System Well organized and clearly written, this is an outstanding coaching book.

### Soccer Systems & Strategies

Format: Book Author: Jens Bangsbo and Birger Peitersen Year: 2000

Build a successful team around the strengths of your players! In Soccer Systems and Strategies, two coaches of the Danish national team provide a practical guide to implementing the world's top styles of play into your game plan. They present soccer's four primary systems of play—defined by the number of players at each position and their alignment on the field—and then break down the different strategies, tactics, and styles of play that can be used within these systems. First, learn the basics of the four primary systems of play: the 4-3-3, the 4-4-2, the 3-5-2, and the 3-4-3. Second, choose a style of play that can be used within some or all of these systems

### The Sports Gene - Inside the Science of Extraordinary Athletic Performance

Format: Book Author: David Epstein Year: 2012

In this controversial and engaging exploration of athletic success, *Sports Illustrated* senior writer David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving this great riddle. He investigates the so-called 10,000-hour rule to uncover whether rigorous and consistent practice from a young age is the only route to athletic excellence. Along the way, Epstein dispels many of our perceptions about why top athletes excel. He shows why some skills that we assume are innate, like the bullet-fast reactions of a baseball or cricket batter, are not, and why other characteristics that we assume are entirely voluntary, like an athlete's will to train, might in fact have important genetic components. This subject necessarily involves digging deep into sensitive topics like race and gender. Epstein explores controversial questions such as:

- Are black athletes genetically predetermined to dominate both sprinting and distance running, and are their abilities influenced by Africa's geography?
- Are there genetic reasons to separate male and female athletes in competition?
- Should we test the genes of young children to determine if they are destined for stardom?
- Can genetic testing determine who is at risk of injury, brain damage, or even death on the field?

Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

### Start with Why – How Great Leaders Inspire Everyone to Take Action

Format: Book Author: Daniel Coyle Year: 2009

THIS BOOK WAS WRITTEN FOR ANYONE WHO WANTS TO INSPIRE OTHERS, AND ANYONE WHO WANTS TO FIND SOMEONE TO INSPIRE THEM. Simon Sinek is leading a movement to build a world in which the vast majority of us are inspired by the work we do. Millions have already seen his video on TED.com about the importance of knowing why we do what we do. Start with Why takes the concept even deeper. Any



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person or organization can explain what they do; some can explain how they are different or better; but very few can clearly articulate why. WHY is not about money or profit – those are results. WHY is the thing that inspires us and inspires those around us. From Martin Luther King, Jr. to Steve Jobs to the Wright Brothers, Start with Why shows that the leaders who inspire all think, act, and communicate in the exact same way – and it's the complete opposite of what everyone else does. Drawing on a wide range of real-life stories, it provides a framework upon which organizations can be built, movements can be led, and people can be inspired – and it all starts with WHY.

### The Talent Code

Format: Book

Author: Daniel Coyle

Year: 2009

A New York Times bestselling author explores cutting-edge brain science to learn where talent comes from, how it grows—and how we can make ourselves smarter. How does a penniless Russian tennis club with one indoor court create more top 20 women players than the entire United States? How did a small town in rural Italy produce the dozens of painters and sculptors who ignited the Italian Renaissance? Why are so many great soccer players from Brazil? Where does talent come from, and how does it grow? New research has revealed that myelin, once considered an inert form of insulation for brain cells, may be the holy grail of acquiring skill. Journalist Daniel Coyle spent years investigating talent hotbeds, interviewing world-class practitioners (top soccer players, violinists, fighter, pilots, artists, and bank robbers) and neuroscientists. In clear, accessible language, he presents a solid strategy for skill acquisition—in athletics, fine arts, languages, science or math—that can be successfully applied through a person's entire lifespan.

### US Youth Soccer Parent/Coach Primer – Basic Philosophy & Techniques of Coaching Young Players

Format: Book

Author: Dr. Thomas Fleck and John Cossaboon

Year: 1993

Humorous insights, training sessions and diagrams throughout the book present a complete picture of understanding and training for young players ages 6 to 9 years old. The co-authors' philosophy is for young players to enjoy the sport through productive training sessions and appropriate, non-contrived competition. This book is used as resource material for the State Youth Coaching Modules.

### US Youth Soccer Assistant Coach Series – U6 & U8 Activity Aids for the Parent/Coach

Format: Book

Author: Dr. Thomas Fleck and John Cossaboon

Year: 1999

The purpose of this series is to assist the youth coach with a basic understanding of coaching youth players. The books explain in detail how to prepare for training sessions and teach the fundamentals of soccer. The books also cover material that will allow the coach to introduce a philosophy that focuses on development in a low stress, fun-filled environment. The goal is to give the coach an organized structure, which applies to the particular needs of his or her team. With this in mind, the coach will be able to create their own sessions utilizing the four essential ingredients of a typical practice session: warm-up, individual activities, small group activities and large group activities. Finally, the books give a description of the characteristics of Under-6 and 8 players, and how coaching should coincide with the player's age. The book includes twenty individual practice sessions. Used as resource material for the State Youth Coaching Modules.

### US Youth Soccer Assistant Coach Series – U10 Activity Aids for the Parent/Coach

Format: Book

Author: Dr. Thomas Fleck and John Cossaboon

Year: 1999

The purpose of this series is to assist the youth coach with a basic understanding of coaching youth players. The books explain in detail how to prepare for training sessions and teach the fundamentals of soccer. The books also cover material that will allow the coach to introduce a philosophy that focuses on





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development in a low stress, fun-filled environment. The goal is to give the coach an organized structure, which applies to the particular needs of his or her team. With this in mind, the coach will be able to create their own sessions utilizing the four essential ingredients of a typical practice session: warm-up, individual activities, small group activities and large group activities. Finally, the books give a description of the characteristics of Under-10 players, and how coaching should coincide with the player's age. The book includes twenty individual practice sessions. Used as resource material for the State Youth Coaching Modules.

### US Youth Soccer Assistant Coach Series – U12 Activity Aids for the Parent/Coach

Format: Book                      Author: Dr. Thomas Fleck and John Cossaboon    Year: 1992

This book focuses specifically on tactics for the Under 12 player and coach. Tactics are defined as a player's decision related to offensive and defensive situations that are continually occurring. With diagrams and drills the coach begins to introduce the player to the thinking aspects of the game. The book presents 20 training sessions for Under-12 players, with emphasis on technical training that includes tactical implications. Used as resource material for the State Youth Coaching Modules.

### US Youth Soccer Coaching the U12 Player – Years of Refinement

Format: Book                      Author: Dr. Thomas Fleck and John Cossaboon    Year: 1992

The objective of this book is to present a frame of reference for the Under 12 coach. Discussions of what the coach can expect from a player of this age and suggestions as to how to deal with the player are offered. The coach is shown how to create tactical awareness because of the added success in technical execution. The book emphasizes, however, that these are still young players who enjoy fun in their play. Used as resource material for the State Youth Coaching Modules.

### US Youth Soccer Coaching Manual

Format: Book                      Author: US Youth Soccer                                      Year: 2002

An indispensable tool for anyone coaching youth players. This manual contains a gold mine of information for novice as well as experienced youth coaches. Using an educational and sport science foundation rather than a simple collection of drills allows the youth coach a better understanding of the player. A few of the topics covered include: The Art of Coaching, Learning Through Game Activities, Characteristics of Effective Coaching, Successful Player Development, Tactical Awareness and Team Concepts, Correcting Technique, Competition and Player Development.

### The Vision of a Champion

Format: Book                      Author: Anson Dorrance and Gloria Averbuch    Year: 2002

Legendary soccer coach Anson Dorrance has coached 17 of the last 21 NCAA women's championship soccer teams. Enough said. "The Vision of a Champion" is just that, as Dorrance distills his vision in this mandatory guide for young athletes and coaches who want to inspire and train them.

### Boys & Girls Soccer for under-6 & under-8

Format: CD-ROM                      Author: CANCoach systems                                      Year: 2004

Interactive CD-ROM instructional sports software. By simply popping the CD into a PC, coaches, parents, and players can view libraries of skill development activities with text, diagrams, audio and full motion video. Viewers can print text descriptions as well as pre-designed practice plans. Age and skill-appropriate soccer instruction that will greatly assist your players, sons, and daughters, enabling them to improve their proficiency while enjoying team participation.



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### Boys & Girls Soccer for under-10 & under-12

Format: CD-ROM

Author: CANCoach systems

Year: 2004

Interactive CD-ROM instructional sports software. By simply popping the CD into a PC, coaches, parents, and players can view libraries of skill development activities with text, diagrams, audio and full motion video. Viewers can print text descriptions as well as pre-designed practice plans. Age and skill-appropriate soccer instruction that will greatly assist your players, sons, and daughters, enabling them to improve their proficiency while enjoying team participation.

### 30 Minute Soccer Clinic - Goalkeeping

Format: DVD

Author: World Class Coaching

Year: 2009

30 Minute Soccer Clinic DVDs from WORLD CLASS COACHING provide quality instruction demonstrated in a condensed training session of approximately 30 minutes. However, the drills and exercises in this DVD can be conducted as a complete training session or utilized in your training sessions regularly throughout the season. The goalkeeper position is a specialized position that requires both individual coaching as well as integration into regular team training sessions. 30 Minute Soccer Clinic – Goalkeeping features various warm-ups, shot-stopping drills and crossing exercises. The warm-ups include quick moving drills for distribution, shot catching, and various types of dives. The shot-stopping drills include a focus on footwork and shots from different angles, height and distance. The crossing exercises include crosses from various positions and progress to adding defenders as opposition for the goalkeeper. This session was conducted at the 2008 Football Coaching International Coaching Conference, Brisbane, Australia.

### Attacking Soccer in the Women's Game – Part 1

Format: DVD

Author: NSCAA

Year: Unknown

This 2-part series features instruction by NSCAA staff coaches on the topic of developing the attacking mentality of today's female player. The activities in part 1 are designed to provide attacking players with a technical and tactical foundation and also to create a confident and assertive mentality.

*1v1 Individual Attacking Skills* with Nancy Feldman- NSCAA National Staff Coach, Head Coach- Boston University; *1v1 To 2v2 Attacking* with Nancy Feldman; *Combination Play In The Final Third* with Laura Kerrigan- NSCAA National Staff Coach, Head Coach- North Carolina State University; *Finishing Skills* with Theresa Echtermeyer- NSCAA National Staff Coach, Director of Coaching Littleton United Soccer.

### Attacking Soccer in the Women's Game – Part 2

Format: DVD

Author: NSCAA

Year: Unknown

This 2-part series features instruction by NSCAA staff coaches on the topic of developing the attacking mentality of today's female player. The activities in part 2 look at a variety of functional and tactical training exercises that create an environment where players can acquire the decision making ability to be collectively and individually dangerous attacking players.

*Possession with A Purpose* with Nancy Feldman- NSCAA National Staff Coach, Head Coach- Boston University; *Training The Playmaker* with Janet Rayfield- NSCAA National Staff Coach, Head Coach- University of Illinois; *Box Organization* with Lauren Gregg- NSCAA National Staff Coach, Former U.S. National Team Assistant Coach; *Training The Three Front* with Janet Rayfield.

### Coaching the 3-4-3

Format: DVD

Author: Reedswain

Year: Unknown



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This video examines the 3-4-3 system of play with regard to both the offensive and defensive phases. Exercises for the defense include 1v1, 2v1, 3v2, synchronized movements in relations to the ball, cooperation between midfield and back defense, 4v3, 3 forwards in defense and 0v11 (shadow match). Exercises for the offense include 3v2, 3defenders building the attack, 4 midfielders in the build-up phase, offensive combinations of the 3 forwards and various attacking schemes.

### Coaching the Dutch 3-4-3

Format: DVD      Author: Reedswain      Year: 2003

Develop and implement this attacking system played by the top clubs Ajax and Heerenveen and the Dutch National Team, as well as 90% of the youth teams in Holland. This video shows how to build this offensive system of play in your team and the adjustments to be made when the opposition has possession through clear diagrams, choreographed sessions and game footage.

### Coaching Individual Defending

Format: DVD      Author: World Class Soccer      Year: Unknown

This DVD will show you how to teach the principles of individual defending to your players. It will explain critical details of how to slow attackers down' how to make forwards play predictable, how and when to make a challenge and at what angle to approach a player in possession of a ball. This and other coaching points of 1v1 defending make this a great tool for teaching your players the importance of individual defending.

### Coerver Fundamentals – Part One – Ball Control, Suppleness, Fast Footwork Feinting

Format: DVD      Author: Wiel Coerver, Reedswain      Year: 2003

The skills and techniques in this series are clearly demonstrated by Wiel Coerver and his young players. Slow motion is used to breakdown the skills and emphasize the key teaching points, while exciting game highlights show the skills used by such great players as Cruyff, Gullit, Platini, Vanenburg and VanBasten. Coerver, the consummate motivator, gives a sense of real accomplishment to his training and his extraordinary ability to make practice enjoyable. The Coerver Method concentrates on ball touches, developing confidence, and on the ball skills.

### Coordination, Agility and Speed Training for Soccer – Volume 1 & 2

Format: DVD      Author: Reedswain, Schalke 04      Year: Unknown

This truly outstanding DVD provides step-by-step progressions of over 200 exercises from which soccer coaches will receive many valuable training ideas that will increase their player's speed, balance, agility, footwork, and turning ability. In addition, they will enhance jumping power and acceleration. Selected video clips from German matches clearly show the meaning, purpose and results of this training program. Youth, high school, college and professional coaches will find many creative ideas suitable for their training needs.

### Footwork Drills – Speed/Agility Ladder

Format: DVD      Author: Vern Gambetta & Steve Myland      Year: 1996

The Speed/Agility Ladder Footwork Drills DVD with Vern Gambetta and Steve Myland is great for all sports as well as rehab. The DVD demonstrates footwork drills for practice on the field or in the gym to improve quickness, speed, body control and awareness.

### Modern Defending, Part 1 – Individual Tactics

Format: DVD      Author: Success in Soccer, Ralf Peter, DFBA      Year: 2004



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In this series we show a systematic method of teaching ball-oriented defense, focusing on: tactical sequences in detail, recognizing and correcting mistakes, and relevant exercises. Whether your formation includes a sweeper, a back three or a back four, 1 v. 1 play is the foundation for all forms of defending. That's why individual defensive training is the first step toward ball-oriented defense. DVD includes:

- 1 v. 1 defense (defender facing attacker)
- the role of individual tactics in the playing system,
- 1 v. 1 defense (attackers back to defender)
- 1 v. 2 defense

### Modern Defending, Part 3 - Team Tactics

Format: DVD Author: Success in Soccer, Ralf Peter, DFBA Year: 2004

This DVD shows you how to teach a ball-oriented defensive concept on the basis of comprehensive individual and group defensive tactics training. While the method shown here uses a playing system with a back four, it can be applied to other systems as well. DVD includes:

- Introducing the back four system
- Playing with a 4-3-3 system
- Playing with a 3-5-2 system

### Modern Youth Training – Practicing with Eight- to 12-Year Olds

Format: DVD Author: Success in Soccer, Ralf Peter, DFBA Year: 2009

Play and practice with eight to 12-year-olds with building blocks for play sessions such as learning to dribble, learning to fake, learning to shoot, learning to receive and control the ball, and learning heading as well as tips on organizing sessions.

### The Notre Dame Women's 4-3-3 - Attacking

Format: DVD Author: World Class Soccer, Randy Waldrum Year: 2010

The 4-3-3 is not only one of the most commonly used formations around the world, it is also one of the most successful, with teams like Chelsea, Inter Milan, Ajax, the Dutch National Team and the U.S. Women's National Team all utilizing the 4-3-3. Randy Waldrum, head coach of the University of Notre Dame Women's Team, is a strong advocate of the 4-3-3 and has used it with his Notre Dame teams with great success over the years. Waldrum has guided the Notre Dame Women's team to the NCAA National Championship in 2004 and to the semi finals for five consecutive years since 2006, including runner-up finishes in 2006, 2008 & 2009...all while playing with a 4-3-3. This DVD breaks down the 4-3-3 from an Attacking standpoint. They take a look at the responsibilities of the back four, midfield three and the three attackers in attacking situations. They explain the roles of each unit and show exercises you can use to train your team to understand the responsibilities that are important needed when playing the 4-3-3 formation. Coaching the 4-3-3 was filmed at the Nebraska WORLD CLASS COACHING International Coaching Seminar and includes the complete session from start to finish.

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### The Novice Coach – An Introduction to Coaching Youth Soccer – Volume I – U6-U8

Format: DVD

Author: US Youth Soccer

Year: 2007

US Youth Soccer's Coaching Staff shows you how to get started teaching soccer to young players. Learn how to organize and conduct training sessions for Under-6 and Under-8 boys and girls. US Youth Soccer's Introduction to Coaching Youth Soccer features live training sessions for each age group, plus a downloadable companion booklet. Includes: Introduction, U6 Activities, U8 Activities, Setting Up the Field, Ball Skills, PDF for PC.

### Our Way – The Exclusive Behind-the-Scenes Story of The USA's 2002 World Cup Journey

Format: DVD

Author: U.S. Soccer

Year: 2002

Whether you're a soccer die-hard that has followed the U.S. Men all the way through World Cup Qualifying over the last two years, or you're just a casual sports fan who became one of the millions of American people caught up in the whirlwind of the USA's unexpected World Cup success this summer, "Our Way" presents one of the most exciting stories of modern day sports. "Our Way" gives fans the chance to relive virtually every key moment along the team's historic run, from the moment they stepped off the plane to intense security in Seoul, to the unforgettable bus ride back to the hotel in which they cranked the volume of the onboard karaoke machine and served up their own version of Sinatra's classic tune. It was one of those times where you had to be there ... and now you can! Go inside the U.S. locker room, team meetings and training sessions to witness the unique blend of talent, character, and determination that symbolized the U.S. performance in Korea. With highlights from all five matches, interviews and never-before-seen exclusive footage, you will witness firsthand the dramatic performance that captured the hearts of the American public. Special features of the DVD include hilarious Outtakes and a Memorable Moments Highlight Reel (including all U.S. goals) for a total of 70 minutes of action.

### Positive Parenting for Youth Soccer

Format: DVD

Author: US Youth Soccer

Year: 2009

The US Youth Soccer Coaching Education Department, in cooperation with the Coaching and Recreational Committees, has created this 'view from the sidelines' in an effort to create a positive learning environment for those involved in the lives of young soccer players. The Department is proud to provide a teaching tool designed for administrators, coaches, parents and anyone who cares about children to assist them in providing positive learning atmosphere for our children. The DVD will assist adults in helping young players play and keeping the fun in youth sports.



## Rio Rapids Soccer Club Coaching Education Library



### Skills School – Developing Essential Soccer Techniques

Format: DVD

Author: US Youth Soccer

Year: 2008

Focusing on technique, Skills School teaches the fundamental elements of dribbling, passing, receiving, shooting, tackling and heading for field players as well as basic goal keeping skills. Each skill is shown in full and show motion and broken down into stages to enable coaches to better instruct their young players. In an easy to follow layout, Skills School provides first-time coaches and those who have little experience in coaching young players the basics of all ball skills.

### Soccer Training Sessions from Around the World

Format: DVD

Author: Reeds wain

Year: Unknown

Watch training sessions from top clubs around the world! From youth to first division professional, actual practices are shown and discussed by top New Zealand coach Maurice Tillotson. Coach Tillotson`s travels to Holland, Brazil, Germany, Italy and England produced almost 3 hours of excellent footage of soccer teaching and training at its finest.

### Tactical Development – Progressive Coaching for Teams and Clubs

Format: DVD

Author: NSCAA

Year: 2004

Tactical Development was created by the NSCAA as a coaching tool designed to help clubs and teams go beyond just participation. Tactical Development will create a coaching connection that is stronger than just the team name and uniform. There should be technical and tactical connections between what happens when one age group progresses to the next age group. Tactical Development focuses on teaching the individual player the responsibilities and possibilities of the positions in the diamond formation that will remain the same regardless of the number of players on a team. Through the use of on field action and computer graphics, Tactical Development covers the 5v5, 8v8 and 11v11, as well as 6v6 small-sided games.

### Tactics & Drills for Training Forwards - Volume 1 & 2

Format: DVD

Author: World Class Coaching, Bob Warming

Year: 2009

This was filmed at the 2009 WORLD CLASS COACHING International Coaching Seminar in Kansas City and includes the complete session from start to finish.

### Tactics & Drills for Zonal Defending

Format: DVD

Author: World Class Coaching

Year: Unknown

WORLD CLASS COACHING assembled on American soil for the first time ever, coaches from England's top Premier League teams. David Williams, Manchester United U19 Youth Team Coach and Sammy Lee, Liverpool F.C. Assistant Manager were joined by former Leeds United Coach, Mick Hennigan in this once-in-a-lifetime seminar. *Defending With a Back Four - David Williams*: This session starts with some individual defending and progresses to various exercises with two defenders and then four defenders. The session ends with four defenders working on a full field. *Zonal Defending - Mick Hennigan*: A session designed to get the entire team familiar with their roles when the opposing team has possession. Based on a 4-4-2, the session could easily be adapted to a 3-5-2 or any other formation. Hennigan introduces "key words", and the actions that go with them that will enable each player to be comfortable and confident with his role and that of his teammates. *Improving Confidence For Heading - Mick Hennigan*: A lively session that starts with heading warm-ups and progresses to game-like exercises that includes heading for goal as well as defensive heading.

### Total Goalkeeping – Building Blocks for Individual Training



## Rio Rapids Soccer Club Coaching Education Library



Format: DVD Author: Success in Soccer, Jupp Koitka, DFBA Year: 2005

This DVD is designed to be an introduction to the basics of goalkeeper training, from the ground up. The sooner players learn and internalize basic movement sequences the better, and the only way to accomplish this is through lots of practice and plenty of repetition. As you will see in the DVD, goalkeepers can practice many of the exercises either with partners or alone - after all, not every player has a goalkeeper coach and not every coach or assistant coach has the time to conduct goalkeeper training the way it should ideally be done. Includes: Keeper specific warm up, Coordination, Ball mastery, Goalkeeper gymnastics, Technique exercises, Reaction training, Complex exercises.

### World Class Coaching – 6 DVD Set

Format: DVD Author: World Class Coaching Year: Unknown

This 6 DVD set from World Class Coaching includes: Coaching Essential Techniques, Improving Soccer Speed and Acceleration, Lessons from the U20 World Cup, Nutrition for Peak Performance, Soccer Specific Speed & Agility Drills and Using Width in Attack.

### Performance Conditioning Soccer

Format: Journal Author: Performance Conditioning Year: 8 Issues

Our mission: Improve soccer performance through the conditioning process. This process includes providing soccer-specific educational information for the 14 areas of conditioning including: developing power, strength/stability, speed, agility, endurance, proper nutrition and recovery methods, testing, injury prevention and more. This mission is primarily achieved through the publication of this newsletter an official licensed publication of the National Soccer Coaches Association of America with over 650 articles from 261 authors published for over 16 years.

### Soccer Journal

Format: Journal Author: National Soccer Coaches Association (NSCAA) Year: 1991-Current

Soccer Journal is the Official Publication of the NSCAA and is one of the few magazines in the world produced exclusively for soccer coaches. Each issue contains technical and tactical articles, news and updates on important events, thoughts from opinion leaders in the sport and features on the interesting people and issues of the game. Soccer Journal is a benefit of membership in the NSCAA and delivered seven times per year to all member coaches.

### Success in Soccer

Format: Journal Author: German Soccer Federation Year: 2000-Current

The mission of Success in Soccer is to provide top quality information for coaches at all levels of the game. For the last sixteen years we have been publishing content on technical and tactical training, conditioning and psychology from Germany and around the world. If your job is to develop soccer players to their full potential, Success in Soccer is your twelfth man. Subscribers receive six issues a year, available in print and/or digital format, loaded with superior training tips and comprehensive information, plus much more.

### Training & Conditioning

Format: Journal Author: Momentum Media Sports Publishing Year: 1997-99 & 2008-10

A trade magazine for the injury treatment/rehab and strength/conditioning specialists.

### World Class Coaching

Format: Journal Author: World Class Coaching Year: 1998-2003 & 2006-11



## Rio Rapids Soccer Club Coaching Education Library



Since 1998, WORLD CLASS COACHING has become a household name in the worldwide soccer coaching community. Our digital magazine is the publication of choice for soccer coaches in over 70 countries ranging from coaches of professional and national teams to coaches of young recreational teams. What makes WORLD CLASS COACHING different is that the drills, tactics and complete training sessions of the world's top teams and their academies like, Juventus, Real Madrid, Inter Milan, Ajax, PSV Eindhoven, Manchester United, Liverpool, Arsenal, Chelsea, Tottenham, Cruzeiro, Atletico Mineiro and many others.

