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Soccer Training Blueprints: 15 Ready-To-Run Sessions for Outstanding Attacking Play

James Jordan

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Are you a busy coach and time is tight? Would you like to get hands on with ready-to-use session templates quickly? Then this book is for you! Minimizing jargon and looking to maximize the limited contact time you have with your players, "Soccer Training Blueprints" is a must-read practical book for coaches of all levels.

Utilising a game-based approach to soccer - where individuals actually play games rather than growing old in semi-static drills - author James Jordan offers 15 detailed session plans (comprised of 75 cutting-edge exercises) to help coaches develop attacking mindsets and improved skills in their players, and, most of all, nurture a love for soccer.

Through his approach, James has won six High School State Championships and one Classic 1 Boys' Club Championship over the past decade.

Aimed at coaches of both young male and female players, from 5-18 years of age, and adaptable depending on age group and skill set, "Soccer Training Blueprints" combines game-based soccer concepts with contemporary ideas from educational research on training and preparation to develop players who can think for themselves, execute their skills, and work to a plan. This is not about coaches standing on the touchlines yelling at their youngsters - this is about developing footballers to love and play the game as best they can!

What the book offers:

- A specific topic (e.g., creating opportunities from wide areas).

- A detailed overview of the session including instructions on setting up the playing field, what players need to do, and scoring outcomes.

- What players will learn from the session.

- Coaching points for the session.

- Guided discovery questions.

Please Note: This is the sister book to The Volunteer Soccer Coach. If you already have a copy of that book, please do not purchase this one.

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