



101 Youth Football Coaching Sessions (101... (A & C Black))

Tony Charles, Stuart Rook

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The culmination of years of experience, this manual outlines comprehensive training sessions for young footballers, including warm-ups, skills training, games and final practice drills. Fun, educational and challenging, each drill contains information on equipment needed, space required and how to organize the players.

Ideal for teachers or coaches who are looking for a fully planned session, this contains everything you need to build up the skills of young players and ensure they have fun and remain safe.

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