Manuale Coerver Coaching Italiano

GUÍA DE SUPERVIVENCIA DEL ENTRENADOR DE FÚTBOLIndex translationumFYI For Your Improvement 5th Edition Italian William E. Warren Michael M. Lombardo

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este libro enseña cómo elaborar un programa de entrenamiento cuáles son las técnicas de entrenamiento y cómo hacer para que el equipo crezca desde la base para ello en una primera parte primeros pasos se enseña a crear un programa de cantera efectivo las técnicas para mantener la motivación de los jugadores y las estrategias para desarrollar la cohesión del equipo en la segunda parte jugando al fútbol trata de los aspectos a tener en cuenta en la preparación para la competición desde la presentación de las nociones básicas del juego junto con las progresiones y estrategias para la enseñanza de las técnicas pasando por las actividades y ejercicios para la preparación física hasta los sistemas de juego y las estrategias asociadas en la tercera y última parte entrenar a tu equipo se presentan las técnicas de organización que los entrenadores utilizan para preparar a su equipo para la siguiente temporada los partidos individuales y los play offs incluye también más de 100 diagramas y fotografías que muestran las técnicas estrategias y posiciones

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