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### Spanish Football Training Manual China

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#### FOOTBALL COACHING MANUAL

Chapter 7 The mental and educational aspects of basic training 162 Chapter 8 Training games 174 Chapter 9 The goalkeeper 184 Chapter 10 Planning 210 Chapter 11 Youth competitions 236 Chapter 12 Football academies 242 TABLE OF CONTENTS NB: In this manual, any terms referring to persons are applicable to both genders. 1

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of football. The manual is also largely geared to the future of the game, and therefore concentrates in particular on the training and development of young players. FIFA Coaching will prove just as valuable for instructors in the women's game as it will for those working in men's football. The various chapters

#### General part

Fifa coaching-manual 1. 11 General part 1. Foreword 1 2. The FIFA Family 3 2. 1 11General part 1. Foreword by FIFA President, Joseph S. Blatter The FIFA Family numbers around 250 million members, and includes male and female football players of all ages, coaches, coaching staff, administrators, referees and assistant referees, as well as medical staff.

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the usual warm-up prior to training. In a scientific study, it was shown that youth football teams using the p(+|#| q CU C UVCPFCTF YCTO WR JCF a significantly lower risk of injury than teams that warmed up as usual. teams that performed the "FIFA 11+" regularly at least twice a week had 37% fewer training injuries and 29% fewer match

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JANUARY 1, 2017 The manual was developed by Jacob Daniel, US Youth Soccer Region III Boys ODP Head Coach, Director of Coaching for

**Olympic Development Program Coaching Manual**

a continent around the South Pole : consists of an ice-covered plateau , 1800-3000 m (6000 ft to 10 000 ft) above sea level, and mountain ranges rising to 4500 m (15 000 ft) with some volcanic peaks ; average temperatures all below freezing and human settlement is confined to research stations .

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