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## 101 Youth Soccer Drills : Age 12 to 16

Malcolm Cook



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#### 101 Youth Soccer Drills : Age 12 to 16 Malcolm Cook

Provides a number of tested practice plans for developing a well-structured, systematic training program.

Includes drills for: Warm-Up, Ball Control, Turning, Passing, Shooting and Crossing, Heading, Dribbling, Goalkeeping, Speed, Reaction and Rhythm and Warm-Down.

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