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Youth Academy Training Program U5-u8 - New Methodology From Italian Serie 'A' Coaches'



Synopsis

Soccer Italian Style coaches Mirko Mazzantini (AFC Fiorentina) and Simone Bombardieri (Empoli FC) are both professional academy coaches and in this book demonstrate their brand new training program for U5-8 year olds. This book contains their detailed philosophy and methodology to train technique, individual tactics, motor skills and coordination, as well as 20 full sessions (100 practices).

Book Information

Paperback: 124 pages

Publisher: SoccerTutor.com (June 10, 2013)

Language: English

ISBN-10: 0957670508

ISBN-13: 978-0957670501

Product Dimensions: 6.1 x 0.2 x 9.2 inches

Shipping Weight: 7 ounces

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