

Where To Download Training Soccer Champions

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Playing Out of Your Mind *Changing the Game* *The Man Watching* *Go For The Goal* *Children and Sports Training* *Unicorn United - Soccer - Diary* *The Champion Within* *The National Team* *One Life* *I'm a Girl and I'm Gonna Be a Hugh Champion ! - Soccer - Diary* *Coach to Coach* *The Soccer Scouting Guide* *One Goal* *The Real Giants of Soccer Coaching* *Training Soccer Champions* *Soccer iQ Vol. 2* *Every Moment Matters* *Building an Uncommon Champion* *Coaching Youth Soccer 5th Edition* *Becoming a True Champion* *Training Soccer Champions* *The Best* *Catch Them Being Good* *Developing Youth Football Players* *The Champion's Mind* *Complete Conditioning for Soccer* *The Vision of a Champion* *Winning* *STATE-Women's Soccer* *Total Training for Young Champions* *Girls Play to Win Lacrosse* *She Can Coach!* *Run with the Champions* *Training Soccer Champions* *Play Faster: Speed, Agility & Quickness for Soccer* *The Messiah Method* *We are the Champions* *German Soccer Passing Drills* *The Young Champion's Mind* *The Vision of a Champion* *Soccer Anatomy*

Playing Out of Your Mind

Collects conditioning programs for athletes between the ages of six and eighteen, offering over three hundred exercises for increasing coordination, flexibility, speed, endurance, and strength

Changing the Game

How to develop coordination and physical skills in young athletes.

The Man Watching

"It's as if Dan was sitting right next to you with a dry erase board saying, 'See what I mean?' This is another must have book for the soccer lover." ~ Ray Leone, Head Coach, Harvard A follow-up to the Amazon #1 best-seller, Soccer iQ, Volume 2 is written in the same conversational and humorous tone as its predecessor. Volume 2 is an easy read that identifies more of the most common soccer mistakes and provides players with simple, connect-the-dots solutions that they can immediately implement into their games. It is another must-have book for any serious soccer player. "Soccer iQ Vol. 2 gives you way more than your money's worth." ~ Tony Amato - Head Coach, Arizona

Go For The Goal

Building an Uncommon Champion brings human connection and character to athletics to build highly-skilled human beings.

Children and Sports Training

This soccer training diary is the perfect gift for your 8 to 16 year old daughter. It will allow her to express her passion for the sport and motivate her to become the best in her discipline week by week. Exclusively inside: 2 mock-up to create your own soccer kits designs A hundred pages to follow her training week by week. Training plan to note your strategy and remember them.

Unicorn United - Soccer - Diary

Learn the secrets for becoming the inspirational coach everyone is waiting for Think about the coaches you've had throughout your life. Most likely, some were good, others not so good. Maybe one or two were great. One thing is undeniable: Coaches can influence your life in ways that can be negative or positive. A coach can either build you up or tear you down. The world needs better coaches in all walks of life—if you're a parent, a teacher, a co-worker, or a leader, you are also a coach. Which kind of coach do you want to be? Coach to Coach helps you answer this question and shares the secrets to bringing out the best in a person, both on and off the field. For more than twenty years, author Martin Rooney has coached professional sport stars, Olympic champions, and business leaders to high levels of performance, analyzing thousands of real-life examples of what works and what doesn't. Reading like a simple parable, this engaging book gives you an easy-to-use yet highly effective formula for becoming a better coach for your teams, in your business, and in your personal life. Packed with valuable insights and expert advice, this appealing book helps you: Learn how to be a great leader by being a great coach Create positive lives for your children and the people you work with Inspire and motivate the people around you Turn your natural skills and talents into your own unique coaching style Use proven, time-tested coaching strategies to get results Coach to Coach: An Empowering Story About How to Be a Great Leader is an ideal book for coaches, leaders, managers, entrepreneurs, educators, parents, and anyone wanting to bring out the best in those around them.

The Champion Within

Sport needs more female coaches. What better way to develop women who are enthusiastic, prepared, and professional in filling those important roles than to learn from female coaching legends? She Can Coach! is both an invaluable guide for current female coaches and a recruiting tool for the next generation of female mentors. Unlike any book before it, this collection speaks directly on the topics that determine success in coaching by using the words and experiences of 20 of the most successful female coaches in 13 different sports: Beth Anders, Old Dominion University, field hockey Terry Crawford, Cal Poly University, track and field/cross country Diane Davey, Plano (Texas) High School, soccer Lele Forood, Stanford University, tennis Nell Fortner, Indiana Fever (former coach), WNBA Dorothy Gaters, Marshall High School (Chicago), basketball and cross country JoAnne Graf, Florida State University, softball Jan Harville, University of Washington (former coach), rowing Kim Kincer, Methodist College (former coach), golf Marcia McDermott, Carolina Courage (former coach), WUSA Sarah Patterson, University of Alabama, gymnastics Mary Jo Peppler, Coast Volleyball Club, volleyball Sharon Pfluger, College of New Jersey, lacrosse and field hockey Joan Powell, Coronado (Colorado) High School, volleyball Lorene Ramsey, Illinois Central College (former coach), basketball Amy Ruley, North Dakota State University, basketball Jill Sterkel, University of Texas, swimming Pat Summitt, University of Tennessee, basketball Mary Wise, University of Florida, volleyball Margie Wright, Fresno State University, softball Each chapter addresses a key factor in

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guiding athletes and teams to the top and keeping a program at the championship level. From establishing a professional and personal foundation to developing team management and organizational skills, She Can Coach! covers every essential component necessary for success as a coach. Leading an athlete or team in any sport at any level can be a rewarding role. Apply the wisdom and lessons from these accomplished women to be a better coach, today and tomorrow. Contents Part I Professional Foundation and Conduct Chapter 1 Coaching Philosophy Chapter 2 Ethics Chapter 3 Professionalism Chapter 4 Leadership Chapter 5 Competitiveness Part II Personal Investment and Self-Direction Chapter 6 Motivation Chapter 7 Decision-Making Chapter 8 Self-Discipline Chapter 9 Focus Chapter 10 Stress Management Part III Program Implementation and Management Chapter 11 Organizational Skills Chapter 12 Staff Management and Mentoring Chapter 13 The Assistant Coach Role Chapter 14 Team Management Chapter 15 Athlete Recruitment Part IV Relationship Building and Promotional Activities Chapter 16 Coach-Athlete Relations Chapter 17 Team Cohesion Chapter 18 Parent Relations Chapter 19 Marketing and Media Chapter 20 Networking

The National Team

One Life

The Real Giants of Soccer Coaching is a collection of the curated thoughts of nearly 30 top soccer coaches from around the globe. In this book, you will gain access to the depth and breadth of experience from some of the best coaches across all areas of the beautiful game: from grassroots to premier leagues and everything in between. You will learn theoretical details about tactical periodization, positional play, and the science of motor learning. You will also learn from Youth National Team coaches, NCAA National Championship winning coaches, and First Division coaches from top European clubs. This book is a resource that can direct your coaching education over and around the perilous pitfalls that often consume most coaches. After reading this book, you will have gained the experience, knowledge, and wisdom of some of the best coaches across all areas of the game. You don't have to go your coaching path alone. Take this book and bring the wisdom of these top coaches with you to help navigate every corner, turn, and hazard along your way to becoming a great coach.

I'm a Girl and I'm Gonna Be a Hugh Champion ! - Soccer - Diary

Coach to Coach

Get this soccer training journal for your beloved, family and friends who love football so that they can record their training process. Tracking progress of skills and drills are important for success. This soccer training log can be used to keep competition results, journaling, drawing and anything about playing soccer. Easy writing and smooth paper is perfected for pen and pencil noted. Perfect size at 6"x9 Convenient Ideal for a coach, dad, mom, son, daughter or whoever loves soccer. Good choice for personal used and great gift for all (men, women, teens, girls, and kids). Perfect for Father's day, Mother's day, Christmas or Birthday gift. Grab one now.

The Soccer Scouting Guide

GET INSIDE THE MINDS OF ELITE SPORTSMEN AND WOMEN AND DISCOVER WHAT IT TAKES TO BE THE BEST. THIS IS THE STORY OF SUPERHUMAN PERFORMANCE AND THE PLAYBOOK FOR THE SUPERSTARS OF TOMORROW. Never have the best sportspeople seemed so far removed from the rest of us. So how are these extraordinary athletes made and what do their achievements tell us about success? THE BEST reveals how the most incredible sportspeople in the world got that way. It is a unique look at the path to sporting greatness. This is a story of origins, training, luck and serendipity, as well as of sports science and cutting-edge technology. Packed with gripping personal stories and interviews, you will discover how the best athletes develop the extraordinary skills and muscle memory that allow them to perform remarkable acts without consciously thinking about them. THE BEST deconstructs the myths, like the notion that 10,000 hours of practice are needed to make it to the top, and explores the hidden power of the mind to reveal how athletes really think and process information during high octane competition. It gets inside the minds of champions, deconstructing what athletes see during matches and explaining how they do what they do. Drawing on examples and lessons from throughout the sporting world, this is for anyone who wants to know what it takes to be the best.

One Goal

*Award-winning coach and sports psychologist Jim Afremow has helped everyone from Olympians to professional athletes train their mind, body, and spirit. Now, in this new young adult edition of his highly praised *The Champion's Mind*, Dr. Afremow is helping student athletes do—and feel—their best. Whether you are striving to balance your school and sports accomplishments, or just get that extra edge in your sport, his sage advice will be a much-needed guide in helping you navigate the field—or rink or court. New additions to *The Young Champion's Mind* include such topics as:- Tips on how to get in a “zone,” thrive on a team, and stay humble- How to progress within a sport and sustain excellence long-term- Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped*

The Real Giants of Soccer Coaching

*" Coach Dorrance] knows what it takes to win, and that is very rare. He makes another kind of investment in his players beyond just training: he cares about them as people. He knows what motivates certain types of players and ties it all in to team chemistry and camaraderie." -Mia Hamm, retired American professional soccer player and first woman inducted into the World Football Hall of Fame (2013). She trained under Anson Dorrance (1989-1993), helping the Tar Heels win four NCAA championships. "Anson has an excellent understanding of athletes, and his theories on player development are very astute. He has had a truly remarkable career. He would be a great coach in any sport." -Dean Smith, retired University of North Carolina men's basketball coach (1961-1997). "Coaching legend" Smith trained several NBA players including Michael Jordan and is a Basketball Hall of Fame Enshrinee (1983). Do you have what it takes to train champions? In *Training Soccer Champions*, leading NCAA coach Anson Dorrance shares the secrets to creating and maintaining a winning team. Dorrance explains his philosophies, provides practical lessons, and reflects on his experience, offering the invaluable perspective of one of the world's outstanding coaches. *Training Soccer Champions* digs deep into the psychology of the female athlete and conveys the principles of coaching to benefit average and high-performing teams alike. Field strategy, motivational*

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techniques, team dynamics, and much more are discussed in this must-have guide to coaching. With countless championship titles and numerous awards, Anson Dorrance knows what it takes to win, and now you can too.

Training Soccer Champions

Grab a stick and get ready to play the fastest game on two feet. What began as an East Coast sport is turning into a worldwide phenomenon. Lacrosse is fast-paced, action-packed, and exciting - and there has never been a better time to pick up a stick. With star players thriving in high schools, colleges, and national teams around the world, lacrosse's popularity is taking off! The history, the rules, and the heroines: these nonfiction accounts of women's sports relate the interesting insights of each sport, including the rules, game play, and standout athletes. Girls looking for role models as well as the "hows and whys" of their favorite game will find the answers in these fresh, accessible titles. Part history, part biography, and part instruction, Girls Play to Win allows readers to access "everything they want to know" about the game. More than an introduction, this series takes what is likely an existing interest and allows the reader to delve deeper. Content consultants are real-world experts that include Olympic athletes and coaches. Library Media Connection's Editor's Choice

Soccer iQ Vol. 2

Take an inside look at the world's most popular sport. Soccer Anatomy will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots. Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping, Soccer Anatomy will improve every aspect of your game. You'll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical research program. Combining authoritative advice, expert instruction, and stunning four-color illustrations, Soccer Anatomy is truly an inside look at this one-of-a-kind sport. Whether you're a player, coach, or fan, if you're serious about soccer, this is one book you need to own.

Every Moment Matters

Becoming a True Champion offers a path to achieving athletic excellence, longevity, and dignity through the values and hard work that once distinguished athletes as true role models. Providing an antidote to images of misbehaving athletes, this book guides readers through the ethics and standards that will set them apart both on and off the field.

Building an Uncommon Champion

Contains ninety-three practice drills and exercises designed to help children develop the stamina and skills needed to play soccer.

Coaching Youth Soccer 5th Edition

This soccer training diary is the perfect gift for your 8 to 16 year old daughter. It will allow her to express her passion for the sport and motivate her to become the best in her discipline week by week. Exclusively inside: 2 mock-up to creat your own soccer kits designs A hundred pages to follow her training week by week. Training plan to note your strategy and remember them.

Becoming a True Champion

The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

Training Soccer Champions

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—its the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion's Mind, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: • How to get in a "zone," thrive on a team, and stay humble • How to progress within a sport and sustain long-term excellence • Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, The Champion's Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

The Best

Written by ASEP in conjunction with Sam Snow, director of coaching for US Youth Soccer, Coaching Youth Soccer provides coaches of athletes ages 14 and under with sport- and age-specific coaching tips and advice as well as general coaching principles and information on sport first aid that coaches need for success on and off the field.

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Catch Them Being Good

COMPETE MENTALLY TOUGH! WinningSTATE -Women's Soccer focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE instantly improves tournament performance. It gives players the mental toughness skills to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe 100%, and execute with conviction. Players get the skills to conquer the nerves, fiercely compete, and win! Your mind is your most powerful weapon. Train it! WinningSTATE- Women's Soccer: The Athlete's Guide to Competing Mentally Tough

Developing Youth Football Players

How Excellence Happens From 2000 to 2010, the Messiah College soccer program-the men's team and women's team combined-posted the best record in NCAA soccer: 472 wins, 31 losses, and 20 ties. Few programs were even close. Seventeen Final Fours between them during this time. Eleven national titles. Unbeaten streaks measured not only in games, but in seasons. How do they do it? What's their secret of success? They use what might be called "the Messiah method," seven disciplines that propelled these teams from decent to dynasty. They're seven disciplines that can supercharge your team, too. Whether you're leading a sports program or a business or a school or a church or any other organization, there's a proven method to achieve breakthrough performance-and to sustain it year after year. It's The Messiah Method. It's how excellence happens. Michael Zigarelli is a Professor of Leadership and Strategy at Messiah College and the author of several books. He's also a high school soccer coach and an avid student of the game. You can reach him at mzigarelli@messiah.edu

The Champion's Mind

An instant New York Times bestseller! "Rapinoe's 'signature pose' from the 2019 FIFA Women's World Cup is synonymous to the feeling we got when finishing this book: heart full, arms wide and ready to take up space in this world."—USA Today Megan Rapinoe, Olympic gold medalist and two-time Women's World Cup champion, reveals for the first time her life both on and off the field. Guided by her personal journey into social justice, brimming with humor, humanity, and joy, she urges all of us to ask ourselves, What will you do with your one life? Only four years old when she kicked her first soccer ball, Megan Rapinoe developed a love - and clear talent - for the game at a young age. But it was her parents who taught her that winning was much less important than how she lived her life. From childhood on, Rapinoe always did what she could to stand up for what was right—even if it meant going up against people who disagreed. In One Life, Megan Rapinoe invites readers on a remarkable journey, looking back on both her victories and her failures, and pulls back the curtain on events we know only from the headlines. After the 2011 World Cup, discouraged by how few athletes were open about their sexuality, Rapinoe decided to come out publicly as gay and use her platform to advocate for marriage equality. Recognizing the power she had to bring attention to critical issues, in 2016 she took a knee during the national anthem in solidarity with former NFL player Colin Kaepernick to protest racial injustice and police brutality—the first high-profile white athlete to do so. The backlash was immediate, but it couldn't compare to the overwhelming support. Rapinoe became a force of change. Here for the first time, Rapinoe reflects upon some of the most pivotal moments in her life and career - from her realization in college that she was gay, through the disputes with soccer coaches and officials over her decision to kneel, to the first time she met her now-fiancé WNBA champion Sue Bird, and up through suing the US Soccer Federation over gender discrimination and equal pay. Throughout, Rapinoe makes clear the obligation we all have to speak up, and the impact each of us can have on our communities. Deeply personal and inspiring, One Life reveals that real, concrete change lies within all of us, and asks: If we all have the same resource—this one precious life, made up of the decisions we make every day—what are you going to do? "One Life makes it clear that Rapinoe's greatest accomplishments may ultimately come away from the soccer pitch. She's a new kind of American hero."—San Francisco Chronicle

Complete Conditioning for Soccer

The Vision of a Champion

This guide to coaching female athletes of all ages shows how to build a team and provides invaluable advice on the differences between coaching males and females. The authors include exercises that foster teamwork and develop essential skills. They also answer parents' most common questions, such as how to tell if the coach is doing a good job and what to do if a child wants to quit. Filled with stories about the Olympic and World Cup championship teams, this useful handbook is infused throughout with DiCicco's philosophy that at every level playing soccer (or any sport) is about "playing hard, playing fair, playing to win, and having fun."

WinningSTATE-Women's Soccer

As coach of the University of North Carolina women's soccer team, Anson Dorrance has won more than 90 percent of his games, groomed far more All-Americans, and captured more NCAA championships than any other coach in the sport ten times over. Author Tim Crothers spent four years interviewing Dorrance and Tar Heels players from every era, along with players and coaches from rival college programs, to create the most comprehensive, intimate, and unfiltered look ever inside the most prolific dynasty in college athletics. Updated to include the story of the Tar Heels's 2008 and 2009 NCAA championships, The Man Watching is the authorized biography of a fascinating man and the more than 200 young women he inspired to believe that anything is possible.

Total Training for Young Champions

In Run with the Champions, award-winning running writer Marc Bloom feeds the voracious appetite of America's growing running population in two ways: by creating a unique system to objectively rank the nation's top 25 male and top 25 female runners of all time, and by revealing their little-known training secrets and strategies, from what they ate to how they trained for their biggest victories. Any average runner can benefit from the insights and advice offered by running legends like Frank Shorter, Alberto Salazar, Joan Samuelson, and Lynn Jennings. The rankings themselves are expected to create a buzz in the large running community, and the affiliation with Runner's World--the world's leading authority on running--will ensure credibility. This comprehensive book is at once an exciting compendium on elite runners and a terrific training manual.

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Girls Play to Win Lacrosse

"The U.S. Women's National Soccer Team has won four World Cups and four Olympic gold medals, set record TV ratings, drawn massive crowds, earned huge revenues for FIFA and U.S. Soccer, and helped to redefine the place of women in sports. But despite their dominance, and their rosters of superstar players, they've endured striking inequality: low pay, poor playing conditions, and limited opportunities to play in professional leagues. The National Team, from leading soccer journalist Caitlin Murray, tells the history of the USWNT in full, from their formation in the 1980s to the run-up to the 2019 World Cup, chronicling both their athletic triumphs and less visible challenges off the pitch. Murray also recounts the rise and fall of U.S. professional leagues, including the burgeoning National Women's Soccer League, an essential part of the women's game. Through nearly 100 exclusive interviews with players, coaches, and team officials, including Alex Morgan, Carli Lloyd, Hope Solo, Heather O'Reilly, Julie Foudy, Brandi Chastain, Pia Sundhage, Tom Sermanni, and Sunil Gulati, Murray takes readers inside the locker rooms and board rooms in engrossing detail. A story of endurance and determination, The National Team is a complete portrait of this beloved and important team."--provided by publisher.

She Can Coach!

Speed kills! Indeed. Speed in soccer can be a potent weapon in matches. With the game offering so many different systems of play, the Speed of Play system used by so many professional and top-level amateur teams can be taught to youth teams. Using the Total Soccer Fitness & Training's "Speed of Play Coaching Pyramid," this book can show coaches how to teach the Speed of Play system to their players using myriad Speed, Agility, and Quickness (SAQ) drills and concepts. Players can be coached to become faster both with and without the ball. And using the Total Soccer Fitness & Training's "Building Blocks to Player Development," this book shows how to incorporate individual and small-group into a team environment.

Run with the Champions

Training Soccer Champions

Gregg, a long-time coach of the national team, gives tips on training and tactics for soccer.

Play Faster: Speed, Agility & Quickness for Soccer

Legendary women's soccer coach Anson Dorrance teams up with health and fitness expert Gloria Averbuch to deliver this transformational guide to developing soccer excellence at the high school and college levels. The Vision of a Champion combines practical strategies for training and competing with the wisdom and advice of a world-class coach.

The Messiah Method

Train like the World Champions! Over the past few years, a new trend has become ever more prominent in the soccer world: passing often, fast, and including all players in the game. Combining this with their own personal style, we have seen teams reach new heights of success from FC Barcelona to Bayern Munich and Borussia Dortmund and, most recently, the German National Team at the 2014 World Cup in Brazil. But what does it take to learn this 'art' of passing? What are the methodological and technical requirements for becoming the new Schweinsteiger, Messi, or Neuer? In this book, the only of its kind, two German League certified coaches have created the ultimate guide to passing. Using the "Hyballa-te Poel-Passing-Puzzle," they present every type of pass there is in modern soccer, with lots of drills for each type. From the goalkeeper to the center forward, everyone can learn passing with these exercises.

We are the Champions

Coach your young players to their maximum potential! Developing Youth Football Players combines proven coaching methods with engaging games that allow young athletes to develop their skills, understand team play and appreciate the sport.

German Soccer Passing Drills

In the tradition of Friday Night Lights and Outcasts United, ONE GOAL tells the inspiring story of the soccer team in a town bristling with racial tension that united Somali refugees and multi-generation Mainers in their quest for state--and ultimately national--glory. When thousands of Somali refugees resettled in Lewiston, Maine, a struggling, overwhelmingly white town, longtime residents grew uneasy. Then the mayor wrote a letter asking Somalis to stop coming, which became a national story. While scandal threatened to subsume the town, its high school's soccer coach integrated Somali kids onto his team, and their passion began to heal old wounds. Taking readers behind the tumult of this controversial team--and onto the pitch where the teammates vied to become state champions and achieved a vital sense of understanding--ONE GOAL is a timely story about overcoming the prejudices that divide us.

The Young Champion's Mind

How do the world's best coaches get the best from their athletes? How do top coaches design practices, inspire their players, and build teams that sustain their excellence season after season? Is there a difference between coaching men and women? What about coaching your own child? Most importantly, are these secrets available to the rest of us coaching youth, high school, and college teams? In Every Moment Matters, renowned coach educator John O'Sullivan has collected hundreds of interviews with top coaches, sport scientists, psychologists, and athletes and distilled them into a blueprint for becoming a

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more effective and inspiring leader. It will reshape your coaching journey by helping you answer four simple questions: Why do I coach?How do I coach?How does it feel to be coached by me?How do I define success? Great coaches realize something that others do not: every moment matters! You must be intentional about everything you do. Whether you are coaching your local youth soccer team, leading your high school football program, or competing for an NCAA Championship, Every Moment Matters will give you the tools and strategies to become the coach you always wished you had, and the coach today's athletes are craving. Get ready to have your best season ever!

The Vision of a Champion

Legendary women's soccer coach Anson Dorrance teams up with health and fitness expert Gloria Averbuch to deliver this transformational guide to developing soccer excellence at the high school and college levels. The Vision of a Champion combines practical strategies for training and competing with the wisdom and advice of a world-class coach.

Soccer Anatomy

For the more than seven million girls—from knobby-kneed tykes to high school and college stars—who are tearing across the country chasing a soccer ball and dreams of glory, there is one name that eclipses all others, male or female: Mia Hamm. With her cheetahlike acceleration and lightning-bolt shot, Hamm broke nearly every record in her sport, while galvanizing a whole generation of fans and players. Go for the Goal is not only the inspiring story of how a tiny suburban sprite became a global terror with a ball (and the world) at her feet—it's also a step-by-step or dribble-by-dribble guide for any kid with the all-American dream of making the team and becoming a champion. Filled with personal anecdotes and fully illustrated with both action and instructional photographs, Go for the Goal shows readers exactly how to master the silky skills and techniques that made Hamm and her teammates the finest women's soccer team in the world.

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