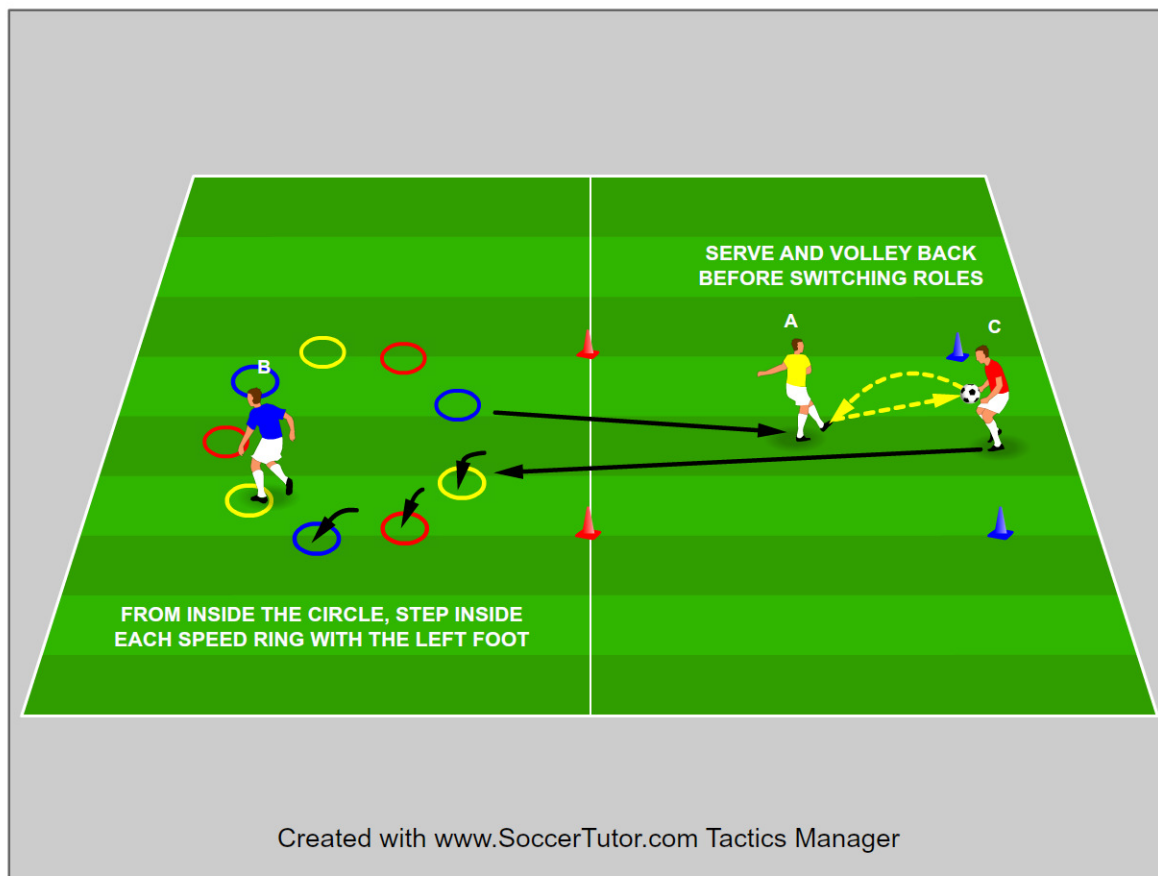


Balance, Agility and Coordination Training Exercise



Date:	30/Jul/2012	Measurement:	10 x 20 Yards
Time:	N/A:N/A	Players:	3
Duration:	N/A	Level/Age Group:	U8 - 18+

Description: Players A and B step inside each speed ring with the left foot only moving inside the circle in clockwise direction. Ideally you would use a soft mat surface instead of speed rings.

After completing the circle, move to the server and perform a volley before rotating positions.

After period of time, move anti-clockwise around the circle.

Objective: To improve player balance, agility and coordination training with and without the ball.

Coaching Points:

1. Important to be on the balls of feet with short quicks steps for accuracy and speed
2. Use the arms to maintain balance and speed

Progression:

1. Move from outside the circle using opposite foot
2. Two-footed jumps inside the speed rings
3. Server: pass, high header, diving header, control with chest/thigh and back

Coordination Training for Soccer - BALANCE DVD - The Key to Perfect Ball Control

"If your players have problems with balance then they will have problems with the ball!"

This DVD shows exercises that allow the players to improve their body control while executing soccer techniques.

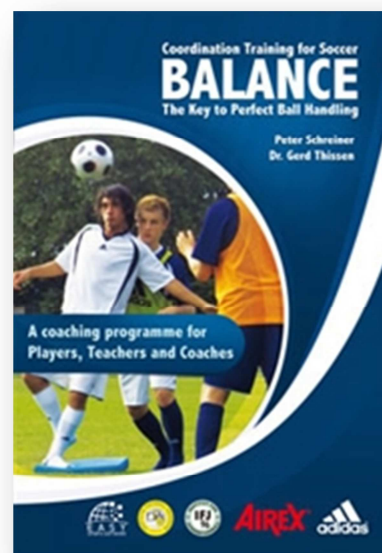
They will learn to adapt their posture depending on different situations, win tackles and reduce the amount of falls and injuries.

They will learn to perfect their soccer technique.

Runtime: 78 minutes

Region: PAL-Region Free, works on ALL standalone DVD players, PC's and MAC's

Age Group suitable for: from age U10+.



Purchase the DVD:

Rest of the World Shop:

<http://shop.soccertutor.com/Coordination-Training-for-Soccer-Balance-DVD-p/ifj96-d60241.htm>

USA/CA Shop:

<http://shopusa.soccertutor.com/Coordination-Training-for-Soccer-Balance-DVD-p/ifj96-d60241.htm>

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<http://www.soccertutor.com/tacticsmanager>