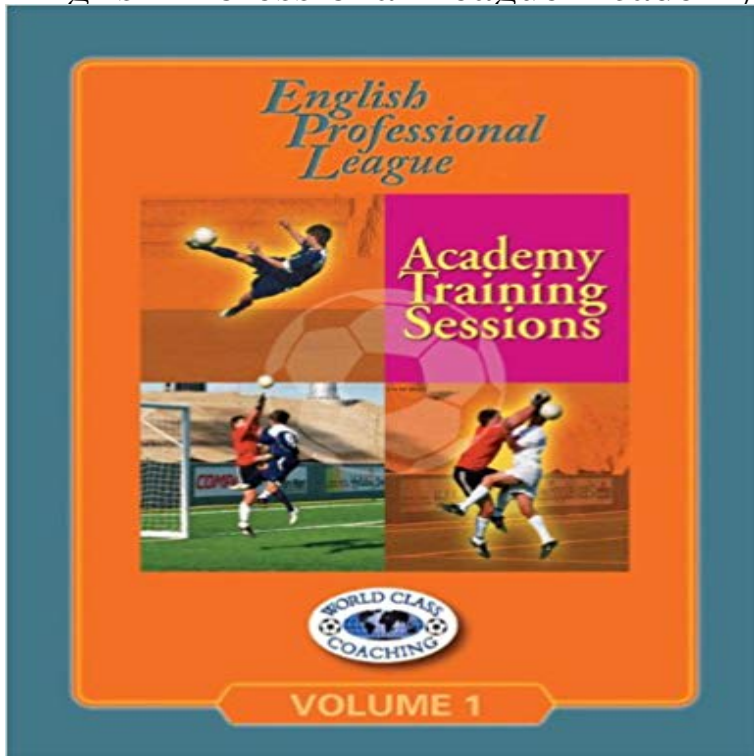


English Professional League Academy Training Sessions Volume 1



This book contains sessions that have been collated from the author's (Rob Gale) playing and coaching experiences with Score UK/The Fulham Academy. Other drills have been adapted from many experienced and talented coaches who Gale has had the pleasure to work with over the years in various other English Youth Academies. All the sessions can be used and/or adapted for ANY age group. Contains 11 chapters showing practices and exercises used at English Professional League Academies to develop and improve technique. Chapters are: Warm-Ups, Passing, Ball Control, Dribbling, Running, Shooting, Attacking Play, Defending, Tackling, Games and Tactics.

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