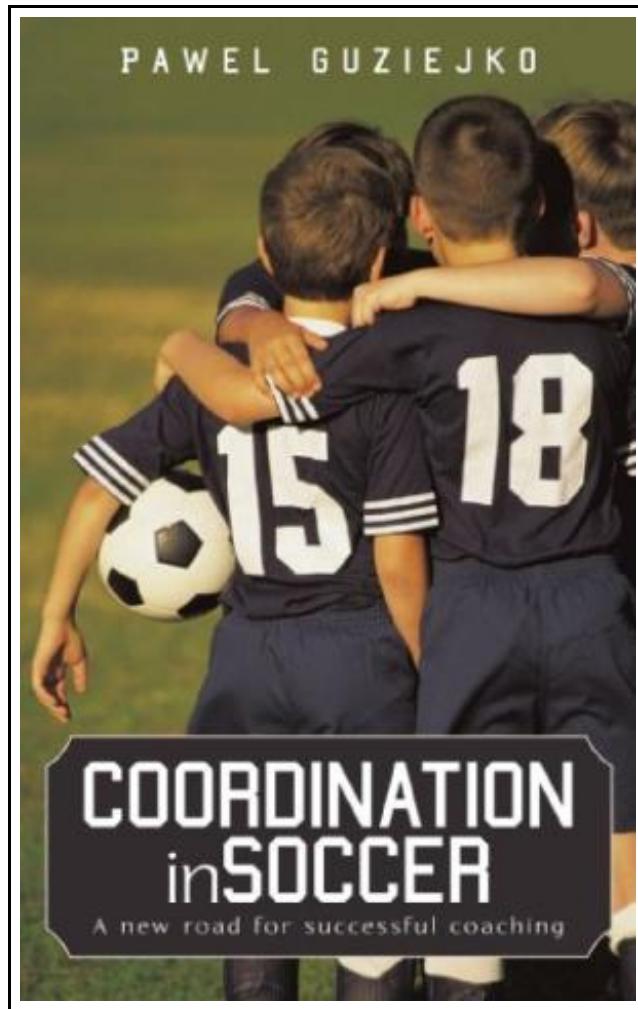


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iUniverse, United States, 2009. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****. Paweł Guziejko is from Poland. He is completed the higher school Masters study in the field physical education and obtained Masters Degree on the Józef Piłsudski Academy of Physical Education in Warsaw. His diploma is equivalent to the completion of United States Bachelor of Science degree, with a major in Physical Education. He obtained national polish coaching diploma which is an equivalent of UEFA B license. He has been working as a soccer coach over seven years. During this time he achieved many success with the teams of different age category. Currently he is an Assistant of Coaching Director for Spectrum Soccer School and Head coach for U 15 boys team. This book discusses coordination in both general terms and its components in detail. It shows how and what stage of training it is best to develop them. It discusses questions concerning one -on -one play and the influence of coordination on this aspect of the game. It shows the common mistakes made and creates alternatives in order to avoid this in the future. This book proposes also a sequence of exercises for each stage of a youth soccer education. This book is addressed first and foremost to coaches and instructors working with youth, but also to professionals working in this field of sports.

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