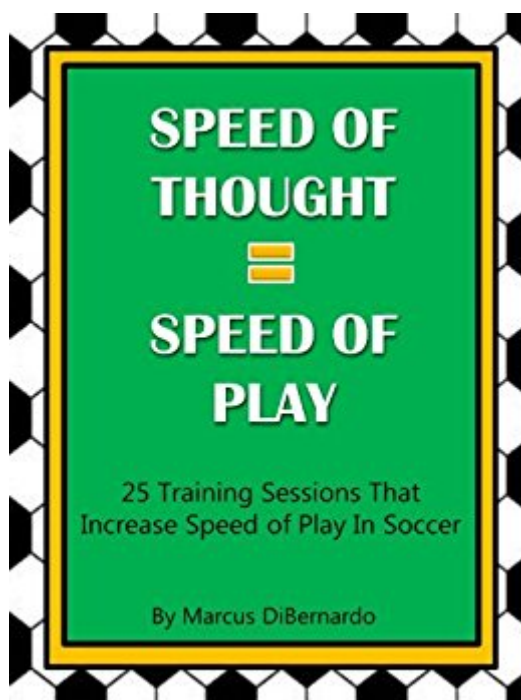


The book was found

# Speed Of Thought = Speed Of Play: 25 Training Sessions That Increase Speed Of Play In Soccer



## Synopsis

Increasing speed of play has less to do with the body than it has to do with the brain. Challenging the mind of a soccer player is the key to increasing speed of play. I cannot stress the importance of challenging the players to think faster and solve problems in training sessions. As the game evolves, training players's cognitive soccer ability will be the next major focus in the future of player development. This book contains 25 training exercises from top professional clubs that will without a doubt help develop players's speed of play. Cognitive Soccer Development • has many benefits, but primarily gives players the ability to make quicker decisions while problem solving on the field. In order to train players on speed of play, it is important to grasp a general understanding of cognitive soccer development, theory and application. This book is written not just to provide excellent speed of play drills, but also to educate coaches on how to adapt exercises to challenge and grow players's soccer brains. I am confident the book will change the way you look at training and developing your team.

## Book Information

File Size: 741 KB

Print Length: 37 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 15, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00KDP6HYA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #343,187 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #121 in Books >

Sports & Outdoors > Coaching > Soccer #141 in Kindle Store > Kindle eBooks > Nonfiction >

Sports > Soccer

## Customer Reviews

Good for the Futbol coach who wants to introduce the concept of speed of play...the "Holy Grail" of soccer....not for the advanced coach looking to infuse new ideas into his coaching tool box.

[Download to continue reading...](#)

Speed of Thought = Speed of Play: 25 Training Sessions That Increase Speed of Play In Soccer  
Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Five Things I Like Almost As Much As Playing Soccer. 1. Watching Soccer. 2. Talking About Soccer. 3. Books About Soccer. 4. Websites About Soccer. 5. ... Pages College Ruled (Composition Notebook)  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)  
3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Led Zeppelin -- Electric Sessions: Guitar TAB, Book & DVD (Guitar Sessions)  
Speed Reading: The Comprehensive Guide To Speed Reading â “ Increase Your Reading Speed By 300% In Less Than 24 Hours Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition Coaching The Soccer Brain Using Small-Sided Games: 21 Ways to Manipulate Small-Sided Games In Order to Increase Game Intelligence, Raise The Soccer IQ & Develop Thinkers Speed Reading: Dramatically Increase Your Reading Speed and Comprehension over 300% Overnight with These Quick and Easy Hacks Speed Reading for Entrepreneurs: Seven Speed Reading Tactics to Read Faster, Improve Memory and Increase Profits Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight

Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)