

Force Soccer Club Video and Literary Library

Attacking

Type

Attacking Skills For The 90's with Tom Bouklas

Video

Attacking The Flat Back Four

Video

Drills and exercises for new and varying attacking skills and schemes to overcome zone defense.

Attacking With Two Forwards

Video

40 exercises to develop offensive play situations.

Attacking With Three Forwards

Video

Offensive build up, developing and maintaining shape and attacking schemes when using three forwards.

International Tactics Series

Video

Tactical concepts designed for experienced coaches and players. This five part series explores tactical choices available to attackers, defenders and supporting players.

-Tape I - Individual Attacking

40 min.

Focuses on the decisions and choices of the player in possession of the ball. Areas covered: Shooting, Passing to penetrate, Dribbling to penetrate, Dribbling & passing to relieve pressure, Attacking excellence, Problems.

-Tape III - Group Attacking

55 min.

Focuses on the roles played by supporting attackers in all phases of attacking play: 2v1, 2v2, Combination play, The role of the third attacker, Finishing central attacks, Finishing attacks from the flanks, Principles of play.

The Dutch Soccer School

Video

- Tape 1

40 training games and drills for offensive soccer

- Tape 2

Video

Attacking from the back

Conditioning

Soccerobics

An exciting new concept in exercise and soccer skill development. This is a system of exercises with the ball, incorporating soccer skills with aerobic conditioning and physical development. First part of video is a lot of "Hands on" good for goalies. Second part more "feet touches".

Video

Soccerobics with Peter Scheiner

Aerobics with a soccer ball, learn to count in German.

Video

100 min.

The Dutch Soccer School

- Tape 4 - Conditioning for Soccer

Conditioning for soccer with a soccer ball, this video will show coaches how to develop all aspects of their players fitness through conditioning in soccer training situations.

Video

Defense

Individual Defending

Covers every aspect of individual defensive technique and tactical awareness - Tackling, Patience, Containment, Body shape and field position in relation to the ball, opponents, teammates and the goal. Determination, tenacity and bravery, Reading the game, Defending crosses, Defensive heading, Building the attack, Cover, support and communication.

Video

International Tactics Series

Tactical concepts designed for experienced coaches and players. This five part series explores tactical choices available to attackers, defenders and supporting players.

Video

-Tape II - Individual Defending

Focuses on the decisions and choices of the defender closest to the ball. Areas covered: Tackling, Interception, Denying the run, Defending excellence, Defending in the vital areas, Decisions in the three thirds of the field.

50 min.

-Tape IV - Group Defending

Focuses on the roles played by supporting defenders in all phases of defending. The following areas are covered: Covering, Marking, Tracking, Double teaming, Combination play, Defending, Balance, Compactness, Overview of a modern defending system.

40 min.

The Dutch Soccer School

Video

- Tape 3 - Defending

Covers every aspect of defending. Individual Defending includes - Shutting down the players when receiving the ball, Preventing the opponent from turning, Channeling, Delaying and Covering, Timing of tackles, Tackling Stealing the ball, Block and tackle, Slide tackle, Defending of crosses. Team Defending includes - 1v2, 2v3, 4v4, 8v8, Covering from the axis, Recovery runs, Closing down and double teaming, Three back line defense, Three back and sweeper defense, zone defending - flat back four, Defending in the attacking third - pressing after attackers loose possession.

Zonal Defending by Jack Detchon

Video

-The Flat Back Four and All That Stuff

The success of Brazil with a zonal system in the 1994 World Cup has focused attention on this method of defending. No single system of play - zone or man marking - is best for everyone. But the best coaches and players will know about both and will be able to play in them and against them. If players understand how to play effectively in a man marking/sweeper system AND understand how to play in a zonal system, they will be better players.

The Flat Back Four by Andy Gray & Jim Drewett

Book

-The Tactical Game

Describes how systems like 4-4-2 and five at the back really work, uncovers the secrets of catenaccio and total football and even explores the psychological tactics players use on the pitch. 266 pages.

Goalkeeping

Coaching Advanced Goalkeepers with Luca Marchegiani

Video

Through a coaching progression the following skills are clearly presented: Dealing with inswinging and outswinging crosses, Cutting the angle, Speed off the line, Getting down low, Protection the near post, Defending breakaways, Distribution, Defending against indirect & direct free kicks. Excellent series of drills to develop agility, speed, reaction time, recovery to save the second shot, plus strength training and conditioning drills specifically for goalkeepers.

Goalkeeping Drills by Peter Bonetti & Neville Southall

Video

The essential guide to brilliant goalkeeping. A series of challenging and interesting drills for the full range of goalkeeping skills. Drills for handling, diving, agility, crosses, catches, lobs, reflex drills, and pressure saves are demonstrated.

Goalkeeping Drills by Gerd Thissen & Klaus Rollgen

Drills for improving technique, tactics & conditioning

-Volume One

Warming-up, Ball Handling, Agility, Reaction Speed, and Conditioning. 154 pages.

-Volume Two

Shot Stopping, Distribution, Positional Play, 1v1, Games. 142 pages.

Book**Goalkeeper Soccer Training Manual by Tony DiCicco**

Help for all aspects of your game; Technical, Tactical, Physical and Psychological. 163 pages.

Book**Goalkeeper's School**

A training series developed and filmed under the personal supervision of Frantisek Schmucker, former coach and player for the Czech World Cup team and recognized as one of the world's premier goalkeeping coaches.

-Part One

Designed for coaches to improve their skills in the specialized area of goalkeeping instruction. These drills are designed to improve strength, dexterity, reflexes and coordination. Skills & drills included:

Catching Technique, Diving Techniques, Clearing Techniques, Warm-up & stretching exercises.

-Part Two

Self training study at home coaching for keeper's working alone or in pairs. Skills & drills included:

Clearing Technique - under the "Passback to the keeper" rule, Dealing with Different angle shots - high, medium & low shots, with & without diving.

Video

55 min.

55 min.

Keeping Secrets - Jeff Duback's**-Tutorial on Shutout Goalkeeping**

Nobody in America knows more about goalkeeping, or has enjoyed more success at the position than Jeff Duback. Now he shares his secrets on training and techniques to help make an average keeper good and a good keeper great. For the beginner interested in skill development, for the serious player seeking to take his/her place in the elite circles of the keepers club, or for the coach who wants to teach his/her goalkeepers right. Warm-up techniques that prepare you both mentally and physically for one of the most demanding positions in all of sports. All the exercises you need for the strength, stamina, quickness and concentration goalkeeping requires. Training drills designed to help you learn, master and refresh the basic skills of a successful goalkeeper, in simulated competition.

Video

60 min.

Medicine Ball Training by Tony DiCicco & Andrew Caruso

Warm-up, Stretching, Flexibility and drills for use with a Soccer medicine ball. 20 pages.

Book

The Soccer Goalkeeper w/Frans Hoek

-Part 1

Basic principles of goalkeeping. Dealing effectively with shots at goal. A build-up of play with youth keepers, pro keepers and professional players. Many drills, practices and games for keepers alone and in combination with players. Warm-ups for youth keepers. Information about goalkeeper gloves.

Video
60 min.

-Part 2

Basic principles of the build-up of play. Dealing effectively through passes, lobs, and break aways. A build-up of play with many drills, practices and games for keepers alone and in combination with professional players. The back pass how you deal with it as a team. Running, jumping, and coordination practice with pro players and keepers. Information about goalkeepers clothing & shoes.

60 min.

-Part 3

Drills, practices and new ideas with the Frans Hoek "Kickback". Individual & group practice with the accent on technical principles of goalkeeping. Special attention is given to: Getting into starting position, The starting position, Catching, Falling, Build-up of play, Throwing, Kicking, Backpasses.

25 min.

Midfield

Soccer Drills 3 - Midfield Penetration with Paul Davis

Looks at ways in which midfield players can improve their passing and tackling skills. Overlap runs, Blind side runs, Third man running, Long angled passing

Video
50 min.

Tactics

Attacking Out Of A Modern 3-5-2 by Mike Berticelli

Up to date strategies.

Video

Coaching Set-plays

Explains and demonstrates all aspects of set play situation - both offense and defense - and can turn a good season into a great season. It will make a difference.

Video

-Tape 1

The 12 Key Principles, Penalty Shots, Attacking Corner Kicks, Defending Corner Kicks, Practice Methods.

65 min.

-Tape 2

Kick-offs, Attacking & Defending Free Kicks, Defending & Attacking Throw-ins, Goal Kicks, Practice Methods.

90 min.

Coaching Team Shape by Emilio Cecchini

Deals with the development of tactical basic elements of soccer, starting with a basic structure of three players at the way up to the whole team. 133 pages.

Book

Coaching The 3-4-3	Examines the 3-4-3 system of play with regard to both the offensive and defensive phase.	Video
Coaching The 5-3-2 with A Sweeper by Eugenio Fascetti & Romedio Scaia	Explains the tactics and teaches how to implement the 5-3-2 pattern through a detailed coaching program. With the use of exercises and drills designed to develop in the players the necessary automatic movements. 130 pages.	Book
Coaching The Italian 4-4-2 with Arrigo Sacchi	How to organize the flat back four and combine and integrate with the midfield four to develop a cohesive compact zonal defense.	Video
High-Performance Soccer by Paul Caligiuri & Dan Herbst	-Technique & Tactics for Advanced Play Learn how to maximize your receiving, dribbling, heading, passing, scoring and goalkeeping skills to become a complete, well rounded player. Geared for the advanced player. 235 pages.	Book
International Tactics Series	Tactical concepts designed for experienced coaches and players. This five part series explores tactical choices available to attackers, defenders and supporting players.	Video
-Tape V - Methods of Training	The training methods presented here, in combination with the concepts presented in the first four tapes will improve a teams level of play by increasing the effectiveness of training sessions. Areas covered: The nature of training, Tactical training, Key factors, Correction, Problems, Flow, Organization of tactical training.	35 min.
Match Analysis & Game Preparation by Henny Kormelink & Tjeu Seeverens	Learn to analyze your team and the opponent. 122 pages.	Book
Modern Tactical Development by Allen Wade	Areas covered: Supporting or zoning on the ball, Setting up play, Square passing, Diagonal movement, Movement off the ball, Blind-side play, Cross-over plays, Overlapping runs, Reverse passing, Changing the pace of the game, Playing accurately to feet, Screening, Wall pass, Dribbling & committing to defenders, Tactics in defense. 47 pages.	Book
Match Tactics	Discussion of basic systems of play and their tactical characteristics and moves into the most common tactical options for attack, defense, and possession. Stresses the importance of adaptation in both individual play and team tactics during the match.	Video

Principles of Team Play

Areas covered: Depth in attack & defense, Penetration in attack, Delay in defense, Concentration in defense, Width in attack, Mobility in attack, Balance in defense, Control & restraint in defense, Improvisation in attack. 42 pages.

Book

Soccer Tactics by Massimo Lucchesi

-An analysis of Attack & Defense

A comprehensive overview of the terms, principles & strategies of modern soccer and the roles of all the players in both the defensive and offensive phases. Covers the concepts of depth, penetration and encompassing movements on offense & forcing, covering & marking on defense are explained and clearly diagrammed. 101 pages.

Book

Systems of Play

Areas covered: "W-M" formation, Deep center forward, 4-2-4 system, 1-4-1-4 system, 4-3-4 system, Arrow head formation, Sliding defenses. 32 pages.

Book

Tactical Games Series

Game based practices. Teaching the principles of play using competitive games.

-Tape One - Developing Team Play

Advanced players learn how to use width, depth, mobility and penetration to create scoring opportunities.

Games also teach the defensive counter to these tactics. 17 different games.

50 min.

-Tape Two - For Attacking & Defending the Goal

Games that teach your team to score goals and stop your opposition from doing the same.

19 different games.

45 min.

The Great Game by Andrew Caruso

Development & Tactics - Covers Player responsibilities, Basics of defense, Dribbling & player development
How to attack, Finishing activities, Match analysis, First Law of offense. 188 pages.

Book

Zone Play by Angelo Pereni & Michele DiCesare

-A technical & tactical handbook

Game based practices. Teaching the principles of play using competitive games.

A comprehensive book that covers in detail every aspect of zone play. 261 pages.

Book

Training

Coerver Fundamentals with Wiel Coerver

The Coerver method concentrates on ball touches, developing confidence and on the ball skills.

-DVD 1

Ball Control: Seven exercises emphasizing becoming one with the ball, using both feet, turning and shielding the ball and pivoting. Suppleness: Six more ball control drills to develop suppleness. Fast Footwork: Eight drills for ball feeling and pivoting. Feinting: Nine great moves to wrong foot your opponent.

DVD

-DVD 2

Beating an Opponent: Learn eight different ways to beat an opponent. Sliding tackles: Ten exercises to teach slide tackling. Kicking. Six kicking techniques: Chipping, Centering, Curling, One touch passing, In-step, Outside of foot.

DVD

-DVD 3

Creating and Converting Scoring Chances - Heading: Eight exercises for heading and jumping. Shooting: Learn how to create and convert scoring chances. Shooting with the in-step, on the run, volleying, off the dribble and from crosses.

DVD

Coordination, Agility and Speed Training for Soccer

Step by step progression of over 200 exercises from which soccer coaches will receive many training ideas. Helps increase players game action speed, balance, agility, footwork, and turning ability.

Video

-Tape One

Developing a sense of rhythm, coordination and footwork. Body control after leaping, turning and changing direction. Fast perception - The ability to maintain balance under physical pressure and the pressure of time.

50 min.

-Tape Two

Fast change of direction, turns and leaps. Combination of steps and their precise execution, even under constraints of time and physical pressure. Rhythm training for balance, footwork, changing direction and acceleration. Developing and maintaining speed, explosion, change of pace and recovery.

50 min.

The German "Touch"

Covers every aspect of ball control and dribbling, using the inside and outside of the foot, changing directions many mover to beat a player 1v1, receiving the ball with your back to your opponent and the goal and turning the ball.

Video

-Tape One - Dribbling and Feinting

-Tape Two - Playing with an Opponent on your back

-Tape Three - Consolidating Individual Skills and Ball Control

Training Championship Players & Teams by Anson Dorrance

Video

Coach Dorrance explains and demonstrates the entire north Carolina system.

-Tape One - The Competitive Caldron

Managing the training environment, individual player development, motivating players, developing competitiveness and intensity, developing fitness, fitness & skill drills and "Keeping score...training the female psychological dimension."

-Tape Two - Small Group Tactics

Principles of attack and defense, tactical and technical skill development, transition, speed of play, rhythm, small group drills and competitions, organizing the attack box, "framing the goal."

-Tape Three - The North Carolina System

How the North Carolina System works, 11v11 choreography of attack and defense, attacking transition and shape, defensive shape including principles to the flat back three.

Training Sessions From Around The World

Video

Passing, Technique, Crossing and finishing, Small sided games, Attack vs. Defense, Goalkeeping, and fast footwork.

Practice Games

15 Fantastic Games & Drills by LesTsantiris

Video

Games & drills to help improve possession & transition skills.

Practice Games for Winning Soccer by J. Malcolm Simon & John A. Reeves

Book

-80 Great games from 51 great coaches

This book will make every practice session more challenging, fun and productive. Through these games players will master essential techniques, learn winning tactics and improve overall fitness. 163 pages.

Small Sided Games For A Functional Warm-up with Tom Bouklas

Video

Series of functional small sided games that emphasize accurate passing, control, movement on and off the ball, the wall pass, third man running, and offensive and defensive play

Soccer's Dynamic Short-sided Games by Andrew Caruso

Book

Develops players through short-sided games. 133 pages.

Soccer Practice Games by Joe Luxbacher

Book

-120 games for technique, training and tactics

Games that provide players with conditioning exercises, drills, simulated game experiences and fun. Practice tested games to speed the learning process and spark players' enthusiasm by keeping them active, constantly moving, touching the ball and scoring goals. 142 pages.

Rules & Regulations

Teaching...Offside by Tony Waiters & Bob Evans

Book

-A Soccer Manual for Coaches & Players

States the Offside Law, Teaching Offside & Tactical use of Offside. 24 pages.

Youth Soccer

Do It Better Soccer with John Boyel

Video

Builds on basic fundamentals of soccer - bring your game to a higher level. Soccer skills are based on two extremes - The Controlled Touch and Explosive Power. Collecting, Dribbling, Passing, Shooting.

30 min

Let's Play Soccer with John Harkes and Mia Hamm

Video

Teaches specific skill building techniques for - Better Offense, Better Defense, Funneling, Pressure Tactics
Ball handling, Practice Drills.

50 min

Organizing Your Youth Soccer Team by Swedish Soccer Federation & Karl R. Nystrom

Book

Learn how to develop a coaching philosophy, organize and run an effective program and select appropriate practice activities from over 100 drills & exercises. 206 pages.

Sports Clinic Soccer with Herbert Vogelsinger

Video

Learn to play America's fastest growing sport with Soccer's #1 coach. Kicking - Foot and body positioning, balance, volleys, drives, follow-through, placement. Control - Juggling, heading, traps and spins.

80 min

Moving the ball - Dribbling, feinting, passing, blocking. Game play - Strategy, scoring, positions and rules.

Youth Soccer Coaching by Tony Carr & Stuart Prossor

Book

A complete guide to building a successful team. Drills cover a wide range of play, from basic ball control to team moves. 158 pages.

Miscellaneous

Hotshots #3

Book

-A workbook for 9,10,& 11 year olds

Helps increase knowledge and enjoyment of soccer. 48 pages.

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