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# Ajax Soccer Drills

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Coaching Youth Soccer

An Objective, Comparative Reference Source for Residential Summer Programs

Training and Tactics for Soccer Success

24 Easy to Follow Practices Sessions for 8-11 Years Olds

Dutch Soccer Drills

Guide to Summer Camps and Summer Schools

Soccer Coaching, Ages 5-12

Soccer Science

Key Tips and Techniques to Improve Your Game

The Coaching Philosophies of Louis Van Gaal and the Ajax Coaches

120 Competitive Games and Exercises

Defensive and Attacking Tactics

Match Related Drills and Exercises for Fun and Winning

Insights and Wisdom from the Game's Greatest Coaches

The Official Coaching Book of the Dutch Soccer Association

Strength | Motor Skills | Speed | Endurance

Ajax Training Sessions

Soccer

The History of Soccer Tactics

Soccer IQ

The European Model

Conditioning for Soccer

From Science to Performance

More than 100 Drills from the Pros

Coaching Soccer

Vertical File Index

Train Like Ajax. Play Like Ajax

Coordination, Agility, and Speed Training for Soccer

Rondo Soccer Drills

20 of the Best Training Exercises Used by Ajax FC

Complete Conditioning for Soccer

Modern Tactics

Soccer in Mind

Elite Soccer Drills

Soccer: Functional Fitness Training

German Soccer Passing Drills

Inverting The Pyramid

## The Real Giants of Soccer Coaching

*Ajax Soccer Drills*

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### **STARK HERRING**

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**Coaching Youth Soccer** Reedswain  
"[Coach Dorrance] knows what it takes to win, and that is very rare. He makes another kind of investment in his players beyond just training: he cares about them as people. He knows what motivates certain types of players and ties it all in to team chemistry and camaraderie." -Mia Hamm, retired American professional soccer player and first woman inducted into the World Football Hall of Fame (2013). She trained under Anson Dorrance (1989-1993), helping the Tar Heels win four NCAA

championships. "Anson has an excellent understanding of athletes, and his theories on player development are very astute. He has had a truly remarkable career. He would be a great coach in any sport." -Dean Smith, retired University of North Carolina men's basketball coach (1961-1997). "Coaching legend" Smith trained several NBA players including Michael Jordan and is a Basketball Hall of Fame Enshrinee (1983). Do you have what it takes to train champions? In *Training Soccer Champions*, leading NCAA coach Anson Dorrance shares the secrets to creating and maintaining a winning team. Dorrance explains his philosophies, provides practical lessons, and reflects on his experience, offering

the invaluable perspective of one of the world's outstanding coaches. Training Soccer Champions digs deep into the psychology of the female athlete and conveys the principles of coaching to benefit average and high-performing teams alike. Field strategy, motivational techniques, team dynamics, and much more are discussed in this must-have guide to coaching. With countless championship titles and numerous awards, Anson Dorrance knows what it takes to win, and now you can too.

**An Objective, Comparative Reference Source for Residential Summer Programs** Reedswn Inc.

Greg Gatz provides a comprehensive training approach that builds players' physical abilities as well as the soccer-specific skills required for dribbling,

tackling, passing, heading, shooting, and goalkeeping.

Reedswn Inc.

This book is used throughout Holland as the foundation for coaching soccer.

Chapters include: What is Coaching, Reading the Game, The Dutch Concept, Teaching Techniques, What is 4 v 4, Why 7 v 7, Goalkeeping Training, Tasks & Fundamentals within the Team. 218 pages. The emphasis throughout is on the creation of optimal learning situations. A must for every coach's library.

Training and Tactics for Soccer Success  
Reedswn Inc.

This book contains the best possession drills I have used in my 20+ years of coaching. The training sessions come from Barcelona FC, Everton FC, Arsenal

FC, Wigan Athletic, Liverpool FC, Stoke City, Valencia FC, Sporting Lisbon FC, Inter Milan, Ajax FC and many more famous clubs. Coaching possession is about teaching decision-making, guiding players to become problem solvers, helping players understand the importance of positioning and placing players in training sessions that challenge them. One of the most important aspects of possession training is the number of meaningful touches a player gets. A competitive possession drill should demand player's play on the edge of their ability to be successful while receiving many touches. The tempo of the drills should be high, forcing quickness of thought and speed of play. In the modern game players must be able to play under pressure

without losing the ball. Players and teams that can hold the ball under pressure know how to save seconds on the ball. Playing possession soccer is all about positioning and coordinated movement. Without proper positioning keeping the ball would be impossible. Positioning and coordinated movement allows players to create overloads all over the field. Creating a numerical advantage is critical to unbalancing the opponent, keeping the ball and scoring goals. Focus on the details when training your team. Make sure you are providing an environment for maximum learning and growth. There will always be debates about possession soccer and whether controlling possession means winning more games. I personally believe players and teams that possess

the ball well have more tools and options to break their opponents down.

Possession training makes players well-rounded, skillful, composed, gives them the ability to find soccer solutions on the field and increases passing accuracy.

Teams with higher passing accuracy win more games. Teams with overwhelming possession (over 65%) win more games as well. "45 Professional Soccer Possession Drills" will be a valuable tool for developing your players' possession ability.

*24 Easy to Follow Practices Sessions for 8-11 Years Olds* Reedswain Inc.

Learn how a nation of about 16 million inhabitants can regularly produce world-class players or coaches like Johan Cruyff, Arjen Robben or Dick Advocaat and Louis van Gaal.

Human Kinetics

The world's best soccer players are incredibly fit, fast, lean, and strong. Achieving this level of athleticism requires a rigorous soccer fitness training program applying the most effective drills, exercises, and core training methods. In *Soccer: Functional Fitness Training*, the authors present numerous drills for this training. Based on the latest the findings in sports science and on the authors' long-term coaching experience, they present an extensive practical guide to help you improve your team's performance through core training, soccer specific exercises, and drills. The exercises can be used for amateurs and professional players, youth and adults alike. Your players can learn how to score the most

exciting and acrobatic goals, how to tackle without fouling, and how to avoid injuries. The drills in the book create typical match situations to help your team prepare for the game and stay motivated. Many of the fitness exercises require no extra equipment and rely only on bodyweight, thus targeting many different muscles at once. The book is easy to use on the pitch and the ideal tool to turn youth players into the next Cristiano Ronaldo, Zlatan Ibrahimovic, or Bastian Schweinsteiger.

**Dutch Soccer Drills** Meyer & Meyer Verlag

The use of passing patterns is a critical component in developing a team's ability to possess the ball under pressure. "Tiki-Taka Passing Patterns" contains 20 passing exercises & patterns that will

increase player's one-touch passing ability. The exercises develop coordinated player movement, help establish a high tempo passing rhythm and provide hundreds of meaningful touches to players.

[Guide to Summer Camps and Summer Schools](#) Reedsvain Inc.

The game's top players have remarkable speed, agility, and coordination demonstrated through precision passing, incredible ball control, and an uncanny ability to anticipate and react to the opposition's moves. Although the best players can make these skills look easy, each is a result of dedication, commitment, and countless hours of practice. In *Elite Soccer Drills*, renowned coach Mike Matkovich shares the same drills he has used in developing some of

soccer's premier players. The 82 drills emphasize execution in high-level play while addressing the finer points of passing and receiving, attacking and defending, and heading. With drills for both individual players and teams, as well as practice tips and coaching suggestions, *Elite Soccer Drills* is the perfect practice tool for developing the high-level skills and soccer sense players need in order to excel. Contents

Chapter 1. Becoming an Elite Player  
Chapter 2. Speed, Agility, and Coordination  
Chapter 3. Juggling  
Chapter 4. Dribbling  
Chapter 5. Passing and Receiving  
Chapter 6. Heading  
Chapter 7. Attacking and Defending  
Chapter 8. Crossing and Finishing  
Chapter 9. Conditioning

**Soccer Coaching, Ages 5-12** Meyer & Meyer Verlag

*The Real Giants of Soccer Coaching* is a collection of the curated thoughts of nearly 30 top soccer coaches from around the globe. In this book, you will gain access to the depth and breadth of experience from some of the best coaches across all areas of the beautiful game: from grassroots to premier leagues and everything in between. You will learn theoretical details about tactical periodization, positional play, and the science of motor learning. You will also learn from Youth National Team coaches, NCAA National Championship winning coaches, and First Division coaches from top European clubs. This book is a resource that can direct your coaching education over and around the perilous pitfalls that often consume most coaches. After reading this book, you will



have gained the experience, knowledge, and wisdom of some of the best coaches across all areas of the game. You don't have to go your coaching path alone. Take this book and bring the wisdom of these top coaches with you to help navigate every corner, turn, and hazard along your way to becoming a great coach.

**Soccer Science** Nation Books

Filled with valuable coaching tips and outstanding training exercises, this book lays the groundwork for successful team and player development. Topics include: Warm Up, Running Technique, Speed Training, Pre-Season Training, Shooting, Goalkeeping, The Thinking Player, Defending, Set Plays and Team Spirit. Also includes sample practice sessions.

**Key Tips and Techniques to Improve**

**Your Game** Meyer & Meyer Sport

This book is not designed to break down Ajax's formations and tactics. It is not an in depth tactical analysis of each players roles and responsibilities in the Ajax system of play either. The focus of this book is to provide you with training ground exercises direct from Ajax FC. The exercises focus on the major principles and concepts that Ajax embrace in their style of play. Each exercise directly relates to the "Ajax Training Model" that fits with "Ajax's Game Model". The exercises in the book cover the four phases of the game: attacking transition, attacking organization, defensive transition and defensive organization. As a club Ajax is known for their technical proficiency, quality of possession, fluent attacking

style of play and the interchanging player positions. Ajax can play this style of soccer because of the total development of the players they produce. As a testament to the Ajax training method; the club has consistently produced world-class players over the decades along with winning of top championship trophies! The sessions in the book include counter-attacking, possession, crossing and finishing, passing patterns, defensive organization and the using rules and conditions to bring about desired outcomes (problem solving). The exercises will have your team training like Ajax and through time playing like Ajax (training model = game model). I would strongly recommend that you also read my book "Tactical Periodization:

Made Simple" in order to get a greater understanding of how to organize and create a training system like the ones the top clubs in the world use. I hope you find the exercises rewarding!  
[The Coaching Philosophies of Louis Van Gaal and the Ajax Coaches](#) Reedswain Inc.

The fourth volume in the best selling "Dutch Soccer Drills series focuses on technical development through the use of drills and small sided games designed to prepare players for match situation. The 180 drills are actual training exercises used by the top clubs in Holland, a country renowned for their innovative coaches and world-class players. Each drill features a clear diagram and description, an objective and possible variations. "Dutch Soccer

Drills, Volume 3 has been a perennial best-seller with a 90% self-through.

**120 Competitive Games and Exercises** Reedswain Inc.

“An outstanding work ... the [soccer] book of the decade.” —Sunday Business Post Inverting the Pyramid is a pioneering soccer book that chronicles the evolution of soccer tactics and the lives of the itinerant coaching geniuses who have spread their distinctive styles across the globe. Through Jonathan Wilson's brilliant historical detective work we learn how the South Americans shrugged off the British colonial order to add their own finesse to the game; how the Europeans harnessed individual technique and built it into a team structure; how the game once featured five forwards up front, while now a lone

striker is not uncommon. Inverting the Pyramid provides a definitive understanding of the tactical genius of modern-day Barcelona, for the first time showing how their style of play developed from Dutch “Total Football,” which itself was an evolution of the Scottish passing game invented by Queens Park in the 1870s and taken on by Tottenham Hotspur in the 1930s. Inverting the Pyramid has been called the “Big Daddy” (Zonal Marking) of soccer tactics books; it is essential for any coach, fan, player, or fantasy manager of the beautiful game Defensive and Attacking Tactics Human Kinetics

This book provides drills accompanied by useful tips and understandable instructions with easy to follow

diagrams. Sections include: Practical Warm Ups, Drills with the Ball, Drills with Rods and Cones, Running Technique, Plyometric Exercises and more.

**Match Related Drills and Exercises for Fun and Winning** Reedswain Inc.

A detailed outline of the Dutch training methodology for this age group. Topics include, age-specific characteristics, technical training, style of play, building up play, attacking, defending, positional play and small sided games. The book contains 35 Tactical Patterns of Play and 62 Practices as used in the top academies in the Netherlands.

*Insights and Wisdom from the Game's Greatest Coaches* Reedswain Inc.

Soccer Strategies for Sustained Coaching Success is a unique book about coaching soccer. In it, Ashu Saxena shares

successful secrets for long-term player development, which is a current hot topic in the soccer world. This is a special resource that combines credibility, experiences of a coach who has coached U9-U19 age groups, and comprehensive coverage of coaching soccer.

*The Official Coaching Book of the Dutch Soccer Association* Ajax Training Sessions

A complete guide to developing every aspect of conditioning for soccer players. Europe's top soccer conditioning experts contributed the following chapters: Soccer Strength Training, Soccer Specific Endurance Training, Speed Training for Soccer, Pre-Season Conditioning, Goalkeeper Training, Fitness Testing and Injury Prevention.

*Strength | Motor Skills | Speed | Endurance* Human Kinetics

Through the years a wealth of information has been accumulated in soccer. Experiential and science-based knowledge abounds in the sport. Yet the scientific information has not been sufficiently disseminated to those who would benefit most from it. Soccer Science fills the void with the best and most up-to-date research in the sport. With editor Tony Strudwick and a who's-who list of international experts on the sport, Soccer Science offers you an unprecedented wealth of advanced yet accessible information on biomechanics, physiology, psychology, skill acquisition and coaching, tactical approaches and performance and match analysis. It is simply the most significant and

comprehensive published work on the sport.

**Ajax Training Sessions** Createspace Independent Publishing Platform

Soccer Speed addresses all aspects of speed, including physical conditioning, tactical skills, and mental strategies, with 36 drills and small-sided games. Players will learn to retain and regain possession, change direction quickly, master one-touch passing and receiving, and employ strategies to unbalance the opposition.

**Soccer** Routledge

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences on how to learn and master key skills, and tips on how to improve your overall form. Essential Soccer Skills covers everything

from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers,

heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

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