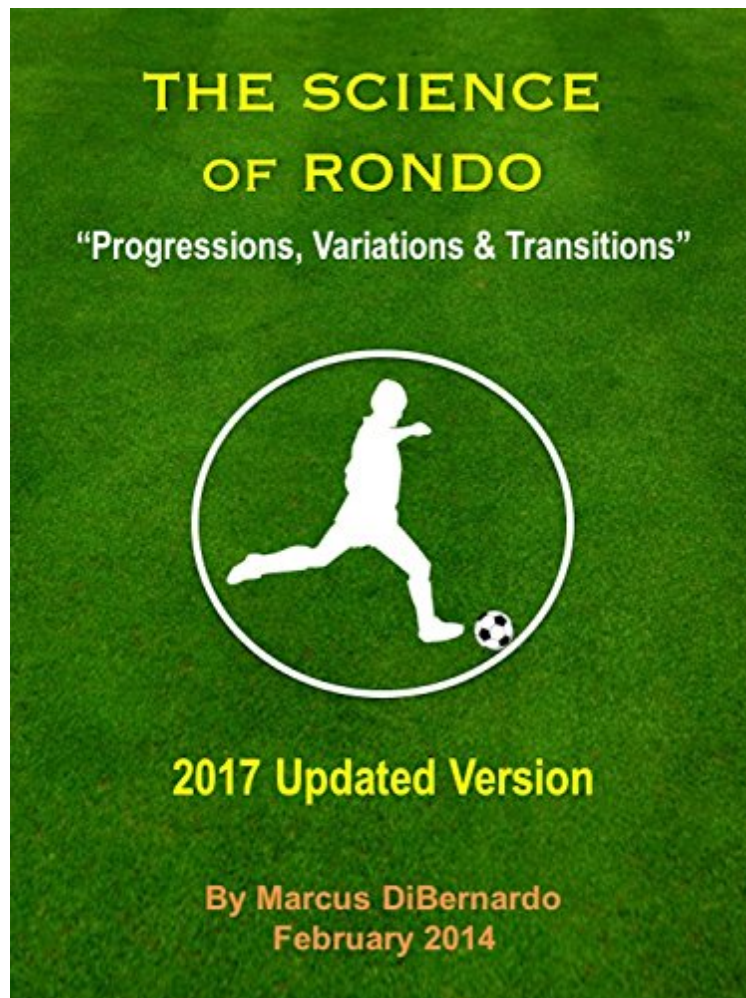


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The Science of Rondo: Progressions, Variations Transitions (English Edition)

Von Marcus DiBernardo
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Von Marcus DiBernardo : The Science of Rondo: Progressions, Variations Transitions (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Science of Rondo: Progressions, Variations Transitions (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 1 Kunden fanden die folgende Rezension hilfreich. Guter Preis - Top Inhalte! Von Schmuck, Matthias Die Lieferung wurde umgehend bearbeitet und kam zeitnah. Eine Bestellung bei dieser Firma kann ich nur empfehlen! Immer weiter so!

Kurzbeschreibung This is the brand new updated 2017 edition with the latest rondos from around the world. Rondos develop a player's speed of thought, speed of play, individual and collective ball retention capabilities, footwork, agility, soccer problem solving skills, team work and ability to create a rhythm or tempo of play. These are essential and critical skills in the game of soccer. Watch a full 11v11 game and see how many touches each player gets. Research indicates players will touch the ball 20-40 times in the course of a 90 minute game. Rondo can increase a player's skill level quickly because they are put in realistic game-like situations over and over again in a small time frame. A player can touch the ball twenty to forty times in a 5 minute period playing rondo. The touches in rondo are meaning full touches as well; they require players to find solutions to high pressure defending situations that are game related and virtually non-stop. The Science of Rondo is the ultimate book for coaches who want their teams to develop by using rondo training. The book includes my personal rondo-training curriculum that I use with my team. It contains rondo variations, progressions and transitions. I show you how to combine rondos with passing patterns, fitness exercises and game related possession drills. If you want to understand rondo and rondo training methods, than this book is for you. Enjoy.

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ber den Autor und weitere Mitwirkende Marcus DiBernardo has been coaching the game of soccer for over 20 years. He has experience in both the Men's and Women's game at many different levels. Coach DiBernardo's desire to coach came early on. His first coaching would come at the age of just eighteen at his local soccer club. In the years to come Coach DiBernardo would lead numerous teams to many titles across the country. In 2011 he would be named "National College Coach of The Year". Currently, Coach DiBernardo is the Founder and Director of an International Soccer Academy as well as being a Head Men's College Soccer Coach. Coach DiBernardo possesses a coaching style that is very much player oriented. There is always a high level of mutual respect between himself and his players. Being a part of his program is like being part of a family that wants the best for you. As a player he was known for his commitment and work ethic as defender. He would play at the NCAA Division I level and later move on to play in the First Division of the CSL. In 1993 he would earn the CCSU College Scholar Athlete Award for soccer. Coach DiBernardo holds various soccer diplomas and licenses. He is also an acting member of the NSCAA Associate National Staff. Coach DiBernardo considers himself a lifetime learner and active student of the game. He feels the better he can become as a coach the better experience his players can have with him. The books Coach DiBernardo writes are packed with training ground ready material. The training drills and methods are the exact ones he uses on a daily basis. The books contain the most effective drills and training methods of his 20+ years coaching experience. He prides himself on the quality of information in each one his books.