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# The Modern Soccer Coach 2014: A Four Dimensional Approach



## Synopsis

Over the last 20 years, no sport has changed more than soccer. The modern player is technically more capable, physically faster and stronger, and has access to more coaching and sports science resources than ever before. With the high rewards associated with success, there has never been more pressure on coaches to win, develop players, and play soccer the 'right way'.

Aimed at Soccer coaches of all levels and with players of all ages and abilities The Modern Soccer Coach 2014 identifies the areas that must be targeted by coaches who want to maximize a team's potential - the Technical, Tactical, Physical, and Mental sides to the game. Written by UEFA 'A' and NSCAA Premier licensed coach Gary Curneen - The Modern Soccer Coach 2014 offers contemporary, focused, and distilled insight into what soccer coaches need to do, and how! Filled with practical no-nonsense explanations, focused players drills and more than 30 illustrated soccer templates, The Modern Soccer Coach 2014 will help you - the modern coach - to create team performances that win match after match! - Understand how the game has changed and what areas determine success in the game today. - Create modern exercises that focus on tactical, technical, mental, and physical elements of the game. - Learn what sets coaches like Mourinho, Klopp, Rodgers, and Guardiola apart from the rest. - Develop a competitive and enjoyable atmosphere for yourself and your players. And much more!

## Book Information

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## Customer Reviews

As a professional soccer coach, I am always looking for reliable and trusted sources that can help me to continue to develop and evolve my coaching abilities. As I have transitioned into the girls' side of football (soccer) it was refreshing to find The Modern Soccer Coach 2014, the

Author Gary Curneen does a fantastic job of providing a new approach and outlook to training and understanding the modern game. Since the author coaches a female college team, I knew that I could transition what he put in the book onto the pitch (field). The book is well written in a format that is very easy to follow and understand no matter what level of coaching you are at. The author sheds light on key elements such as the psychology aspect of football (soccer), the importance of health and provides alternative solutions for incorporating speed and agility with touch on the ball. He also provides useful and meaningful tactical drills, making them more interactive, moving away from the old school methodology many of us grew up on. His drills and diagrams are easy to follow, set up, and incorporate into your weekly practice routine. His focus on the non-negotiables is refreshing as it's a great reminder as coaches, what we need to adhere to and look for in our training sessions. I have taken what I have learned from this book and incorporated them into my training sessions and I've seen an immediate improvement from my team. They are working together and enjoying training more and moving the ball as a unit. I look forward to reading his other books and seeing what else I am able to incorporate into my training regimen and continue to development my team. Any open minded coach, no matter what age level you train, can learn and incorporate lessons from this book.

After reading Chapter 1, I thought I'd wasted my money because there's a lot of obvious information and fluff about the evolution of soccer. However, by chapter 2 there are some thought-provoking critiques of modern practice routines, Curneen articulates a number of things I've noticed with my teams, but haven't figured out how to address: slow starts in practice result in slow starting games, too much technical work results in one-dimensional players, etc. The author offers good ideas about how to arrange practice to combat lethargy and low intensity, and also provides a few general activities to address some broad elements of the game: scoring, defending, transition, and counter-attacking. I would love to have gotten a few full practice sessions that build in complexity without sacrificing intensity. The author harshly criticizes static, repetitive exercises that concentrate on technique because players become bored. Instead, he suggests practice sessions should be a series of small-side games. While I agree that bulk of practice should be competitive and game like, I have also observed that high-level players spend lots of time perfecting technique with "cone drills" or 1v0 activities. I don't think the author is suggesting you neglect technical training, but he doesn't offer any tips on how to achieve technical mastery while maintaining intensity. The suggested activities are helpful, and I intend to use them, but what's missing though are some "nuts and bolts" of technique that perfect execution, like body positioning or runs. The coaching points are vague. For

example, on defending: "Communication! Which forward has the ball and how must defenders organize themselves accordingly?" While I understand the use of questioning as a coaching technique to encourage problem-solving, a coaching manual should provide a substantial answer one what I'm looking for as coach. As a previous reviewer mentioned, the most productive chapter is "The Non-Negotiables" that outline the environment you should provide for your players in training. Curneen provides very concrete, practical suggestions here. Finally, I should mention there a few typos that I found frustrating and distraction, but they don't detract from the author's message.

The Modern Soccer Coach represents an excellent insight into a specific methodology that enhances training sessions and allows the implementation of all pillars of the game to be incorporated into each practice. This is not necessarily a tactics book, it is more a book that focuses on the mindset of the coach and his / her ability to create an environment where the team will improve, but more importantly train through a method that more closely simulates the game. Not since Clive Woodward's "Winning" has a book been published that focuses on how we have to change our outlook and approach to coaching and our overall philosophy on the type of training sessions we use. For those of us who have already adopted this "global coaching" methodology, The Modern Coach reinforces what we have been doing while at the same time makes us improve our coaching even further. The book is so well written that it forces even a modern coach to immediately review each part of their training manual and weekly cycle. Even those that may have adopted this manner of working will begin to look a bit more closely at everything they do during a year of training, as the book brings up excellent insight on how to reorganize each part of our profession, not just our training sessions. The book contains some clever exercises on the various topics that are covered, but what is important is the how to use these exercises as part of a greater training concept. I am fully in agreement that we have to move away from the traditional style to training that is simply poor, boring and predictable and adapt a much more dynamic, high intensity, and ball focused approach. In order to ensure that we provide our players with the best environment to succeed we have to focus on maximizing what we do with the players when we are around them, both on and off the field, something this book does an excellent job to describe and explain. Gary Curneen shows us, with specific examples and proven methods, that we have to move away from the typical "we have always done it this way" approach, as the game will pass you by if you do not keep up with what is going on at the highest level. Regardless of the level you are working at, it is of utmost importance we continue to educate ourselves and understand the need to constantly modernize our working methods. The Modern

Soccer Coach is an excellent book that, until now, has been missing from available soccer literature and I highly recommended it to any coach.

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