

VIDEO'S & BOOK'S AVAILABLE FROM THE CYSA

PLEASE LEAVE A \$30 CHEQUE DEPOSIT(PER ITEM) WHICH WILL BE RETURNED TO YOU WHEN YOU BRING THEM BACK WITHIN THE 3 DAY LIMIT.After 3 days the cheque is cashed!
SECRETS OF SOCCER:These 10 tapes cover every aspect of soccer needed for the coach and the player and cover 156 different skills.....120 for outfield players and 36 for goalkeepers.The skills cover both technical and tactical details.

VIDEOS

Tape 1:INDIVIDUAL TECHNIQUE.....Passing,shooting & heading 100 minutes

Tape 2:INDIVIDUAL TECHNIQUE.....Trapping the ball,feint & dribble 70 minutes

Tape 3:INDIVIDUAL TECHNIQUE.....Ball control, running with the ball, turning,tackling & set plays 65minutes

Tape 4:ATTACKING PLAY.....Principles of attack, passing play, 2v1 situations & runs 90 minutes

Tape 5:ATTACKING PLAY.....Crosses, finishing, transitional play, understanding the game & set plays 100 minutes

Tape 6:DEFENDING.....Principles of defence, 1v1 situations, defending around the box, transition from attack & set plays 120 minutes

Tape 7:GOALKEEPING.....Movement techniques , catching the ball , diving techniques , blocking , distribution & playing skills 115 minutes

Tape 8:GOALKEEPING.....Positioning , shot stopping , contending 1v1 , dealing with crosses , transitions , communication & opponents set plays 120 minutes

Tape 9:PLAYERS TAPE..... Everyone can improve, how you train , before matches, during matches , after matches & side games 85 minutes

Tape 10:COACHES TAPE.....Concentration , self confidence , development scheme , planning, training sessions , personal talks , the match , the parents 75 minutes

COERVER COACHING

Coerver coaching is about lots of touches on the ball , with ball control and fast footwork the main priorities.

Tape11:THE BASICS OF THE COERVER METHOD.....Ball control , suppleness , fast footwork & feinting

Tape 12:BEATING AN OPPONENT . SLIDING TACKLES . KICKING.....8 different ways to beat an opponent , 10 exercises to teach slide tackling , 6 different technique's for kicking the soccer ball

Tape13:CREATING & SCORING CHANCES.....Heading & shooting

TAPE 11, 12 & 13 ALL 60 minutes

Tape 14:COERVER MOVES 1-2-3-GOAL.....Ball control and basic skills 55 minutes

Tape 15:COERVER MOVES 1-2-3-GOAL.....Moves to beat an opponent ,1v1 55minutes

Tape 16:COERVER MOVES 1-2-3-GOAL.....Putting it all together 55minutes

Tape 17:COERVER A NEW ERA.....An in-depth look at Coerver coaching around the world, Coerver philosophy on individual and team development.

Tape 18:COERVER A NEW ERA.....Building Essential Skills , the pyramid of player development, ball mastery, receiving, passing and moving off the ball. 1v1 moves...30+ moves learned step by step.

Tape 19:COERVER A NEW ERA.....Fast Break Attack, the pyramid of player development, speed with and without the ball,finishing on goal,drills and games for all ages and abilities and group attack.

Tape 20:INDIVIDUAL DEFENDING.....Tackling:technique and timing. Containment, Body shape,etc.....

Tape 21:COACHING THE UNDER 9'S.....A small insight into the Dutch Soccer Association ideas on coaching the under 9's 30minutes

Tape 22:MIDFIELD PENETRATION.....teaches how to break down opposition attacks and break quickly.Learn how to split the defense wide open with a quick well timed trough pass.

Tape 23:CONDITIONING FOR SOCCER.....from the Dutch Soccer School this excellent tape is to get them fit using the soccer ball.

Tape 24:TRAINING SOCCER MOVEMENT.....developing confidence on and off the ball.

Tape 25:ATTACKING WITH 2 FORWARDS.....40 Exercises on how to develop offensive play situations.

Tape 26:COACHING 1v1 AND 2v2 SITUATIONS.....In attack and defending.

Tape 27:GOALKEEPING DRILLS.....drills for handling, diving,agility, crosses,reflex saves.

Tape 28:STRIKER SCHOOL.....presents the four realms a goalscorer must master, technical,tactical, physical and psychological.

Tape 29:STRIKER SCHOOL.....presents a program the player will undertake to realize their potential.

Tape 30:HOW TO COACH VERY YOUNG PLAYERS.....tips on fun games and how to work on basic skills.Every coach should watch!

Tape 31:ZONAL DEFENDING.....VERY technical about how to play without man marking.

Tape 32:TACTICAL GAMES.....Developing Team Play.

Tape 33:TACTICAL GAMES.....Attacking and Defending

BOOKS

ZONAL DEFENDING.....which accompanies the video or on its own.

SCORE.....which accompanies the videos 1-2-3 Goal series

THE USBORNE SOCCER SCHOOL.....These excellent books are very easy to read and are accompanied by lots of diagrams and are as follows:-.....

ATTACKING

DEFENDING

BALL CONTROL

PASSING AND SHOOTING

DEAD BALL SKILLS

TACTICS

GOALKEEPING

TRAINING AND FITNESS