



101 Youth Football Drills: Age 7 to 11 (101 Drills)

Malcolm Cook

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Designed specifically for players aged 7 to 11, this manual contains a wide range of progressive practice drills to help young players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills including: warming up, dribbling and running with the ball, passing, shooting, heading, crossing, goalkeeping and warming down.

As well as easy-to-use instructions, each drill contains information on the equipment needed, the space required and how to organise the players.

'For 30 years Malcolm Cook has shone his light down the path of soccer development and progress.' Andy Roxburgh, UEFA Technical Director

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