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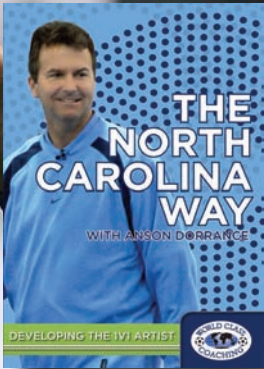


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THE NORTH CAROLINA WAY

WITH ANSON DORRANCE

DEVELOPING THE IVI ARTIST



442 vs 433

An in depth look at Jose Mourinho's 4-3-3 and how it compares to Sir Alex Ferguson's 4-4-2



COACHING THE 4-3-3

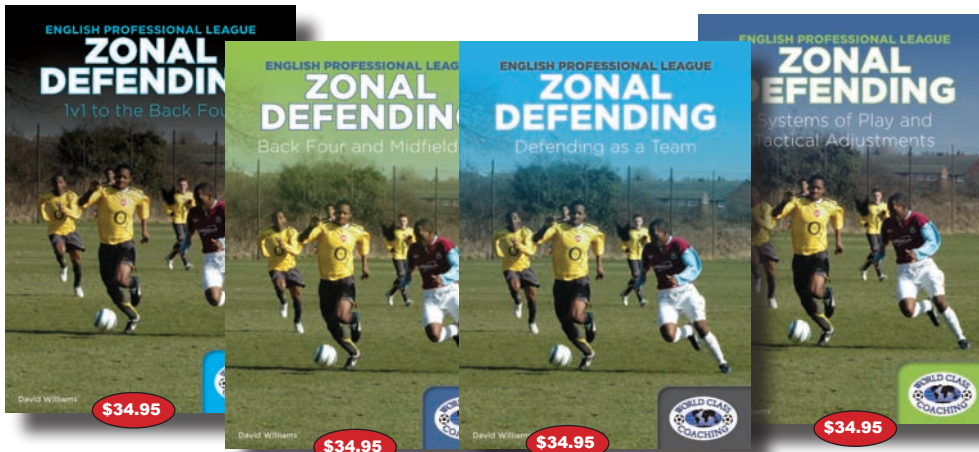
DEFENDING



UNLEASH YOUR COACHING POTENTIAL

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\$99.95 Save - Own All Four DVDs

Item # 4084-4088

Buy individually or as a set. The first three DVD's start with 1v1 defending and progress to the back four, then add the midfielders and finally the forwards. The final DVD shows practices on how to defend in 11v11 situations. Former Manchester United U18 Coach, David Williams, explains everything involved with defending zonally.



Item # 4027

This DVD will show you how to teach the principles of defending to your team. Beginning with teaching the importance of 1v1 defending, the practices will progress to working with a back line, adding midfielders, and then all the way up to 11v11.



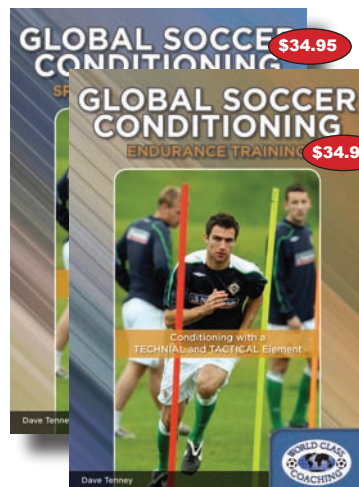
Item # 4104

Over the past few years, the world's top teams have begun playing a more aggressive style of high pressure defense. This type of defense causes problems for the opposition by taking them out of their comfort zone and forcing them to play quicker than they would like.



Item # 4066

Condition your teams with "Global Training" and integrate TECHNICAL & TACTICAL elements into your conditioning sessions like Gus Hiddink did with Russia and Jose Mourinho has pioneered over the years.



Item # 4095-7

Condition your teams with "Global Training" and integrate TECHNICAL & TACTICAL elements into your conditioning sessions like Gus Hiddink did with Russia and Jose Mourinho has pioneered over the years. **Two DVDs. Endurance Training, and Speed Training.**

\$49.95 Save - Own Both DVDs



Item # 4114

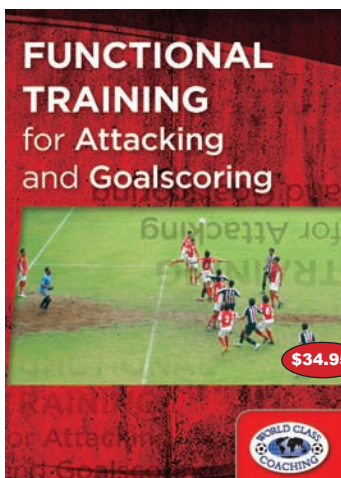
This DVD featuring Howard Wilkinson, will teach you how to play effectively in the final third, how to put the opposing defense on their heels and how to create more goal scoring chances and score more goals.



Item # 4115

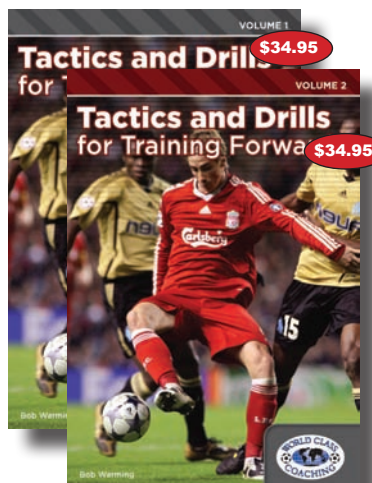
This DVD featuring Howard Wilkinson, will teach you how to play effectively in and around the penalty area and how to create more goal scoring chances and score more goals. Including these exercises in your practices will give your team more attacking options and keep the opposing defenses off balance.

\$49.95 Save - Own Both DVDs



Item # 4103

Training your team to attack effectively and create goalscoring chances takes more than just setting up various drills of shooting or crossing and finishing. Organizing your players as a team, as an attacking unit, and so they are all on the same page, to better create goalscoring chances is critical if you want to score more goals.



Item # 4090-2

This two DVD set builds from the basics introduced in Volume 1 and onto Volume 2 that shows the forwards in situations where they have to transition both from attack to defense and defense to attack. This is done with various small-sided games and patterns, and phase of play exercises.

\$49.95 Save - Own Both DVDs



Item # 4094

This DVD demonstrates 25 different exercises to improve 1v1 play. These cover a wide range of attacking situations including break-aways, back to pressure, holding the ball under pressure and many more.



Item # 4093

This DVD demonstrates exercises to train your wide players to provided quality crosses and train your attackers to finish them. The exercises progress from simple, unopposed patterns to realistic game situations.



\$49.95 Save - Own Both DVDS

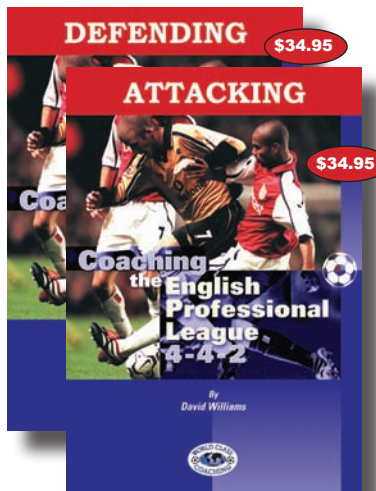
Item # 4118-9

These DVDS break down the 4-3-3 from an Attacking and Defending standpoint. They take a look at the responsibilities of the back four, midfield three and the three attackers in both attacking and defending situations.



Item # 1076

Sir Alex Ferguson and José Mourinho are two of the world's top coaches, yet their tactics and systems are very different. This book describes the 4-4-2 system Ferguson uses with Manchester United and the 4-3-3 formation Mourinho has successfully employed at Chelsea and Inter Milan.



\$49.95 Save - Own Both DVDS

Item # 4005-7

See how Manchester United, Arsenal, Liverpool and many other English Premier League teams utilize the 4 - 4 - 2 formation.



Item # 1035

This book deals with players' roles and responsibilities within different systems of play. It covers both the attacking and defending duties of each player. All formations (systems of play) are covered including the 4-4-2, 4-3-3, 3-4-3, 3-5-2, etc.



\$39.95 Save - Own Both Books

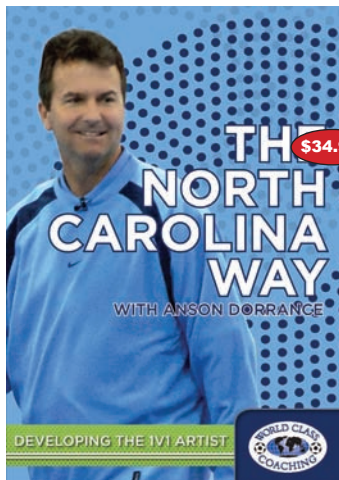
Item # 1077-9

These books provide an in-depth description of how to train your team to attack and defend using the 4-4-2 formation.



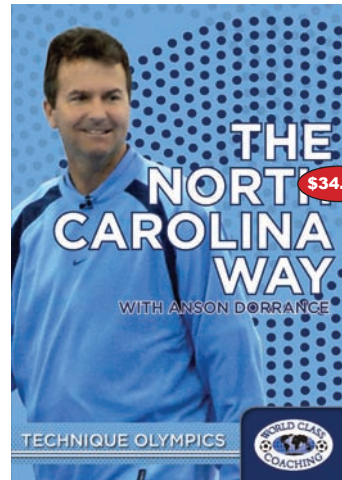
Item # 1019

Through several detailed chapters, over 100 pages with over 100 illustrations, this book shows examples of how professional and national teams from Europe play using the 3 - 5 - 2 formation. It is a must for all serious soccer coaches wishing to develop their team or knowledge of systems of play further.



Item # 4035

Dorrance is a strong believer in the importance of his players winning the many 1v1 confrontations during the course of a game. To accomplish this, Dorrance puts his players through what he terms, "The Competitive Cauldron" involving a series of 1v1 drills that focus on many different aspects of the game.



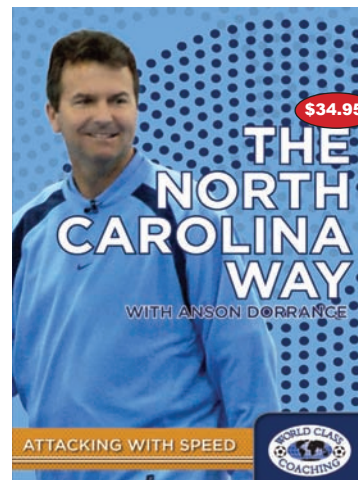
Item # 4032

This DVD explains how Dorrance hones and improves the technical abilities of his players through various tests and competitions for individual techniques such as heading, dribbling, passing, shooting, etc.



Item # 4034

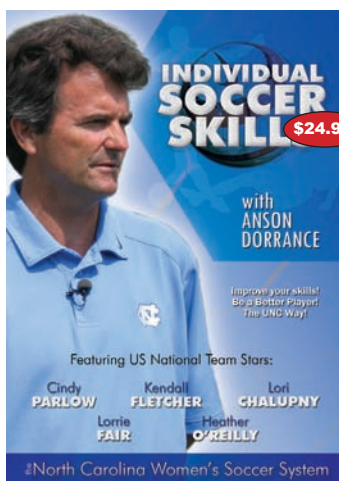
In this DVD, Dorrance demonstrates the possession practices that are such an important part of training sessions at UNC. These possession practices work on passing and combinations and are modeled on the drills and exercises so prominent in the training of German Bundesliga teams.



Item # 4033

In this DVD, Dorrance shows how his Tar Heel teams attack with speed. Dorrance admires the way Arsenal of the English Premier League play and in this DVD he shows the drills and small-sided games he uses on the practice field to train his team to play with a quick, all-out attacking style.

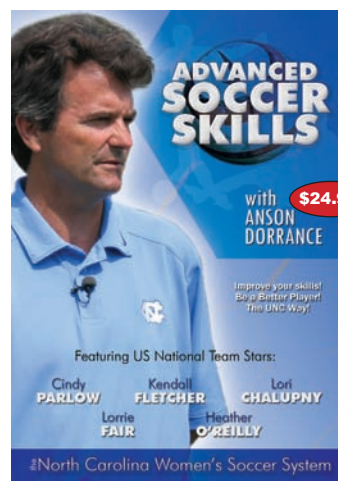
\$99.95 Save - Own All Four DVDs



Item # 4028

With the help of US National Team Stars Cindy Parlow, Kendall Fletcher, Lori Chalupny, Lorrie Fair and Heather O`Reilly, Dorrance lays out his proven method of developing players who are skilled and confident on the ball.

Individual Skills

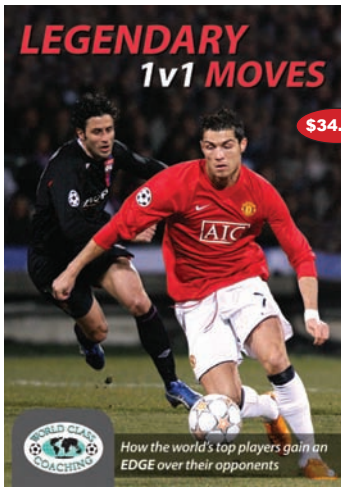


Item # 4029

With the help of US National Team Stars Cindy Parlow, Kendall Fletcher, Lori Chalupny, Lorrie Fair and Heather O`Reilly, Dorrance lays out his proven method of developing players who are skilled and confident on the ball.

Advanced Skills

\$39.95 Save - Own Both DVDs



\$34.95

Item # 4065

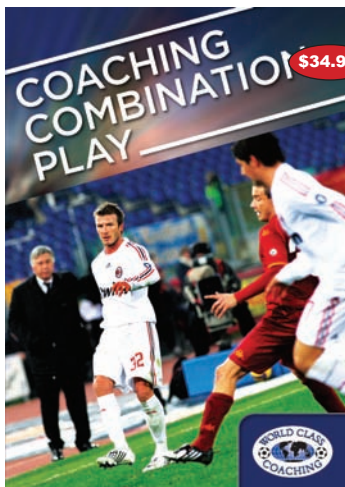
Take your game to the next level by learning the very same moves used by the world's best players. This DVD will show you 15 Legendary 1 v 1 Moves like the Fake Shot, Puskas, Pull Back & Play, Maradona Turn, Rivelino, Swivel Stepover, Scissors and others.



\$29.95

Item # 4102

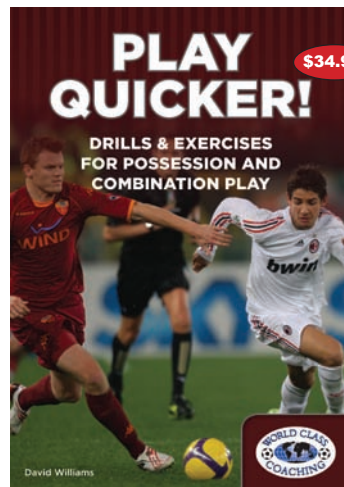
Join the freestyle soccer revolution that is sweeping the soccer nation. Freestyle/Street soccer is sweeping the soccer nation and this DVD shows USA's number one freestyle soccer group, Futboleros, in action showing off all kinds of insane, jaw-dropping tricks.



\$34.95

Item # 4041

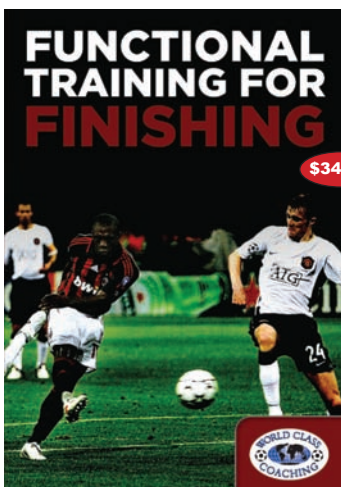
This DVD will show you how to coach your team creative and effective passing combinations that will turn possession into goals. Exercises include give-and-go's, overlaps, the double-pass, and working with target players. The DVD then progresses to third man runs and small-sided games up to 6 v 6.



\$34.95

Item # 4089

Regardless of your coaching philosophy or your style of play, there is one factor that is constantly changing in the game of soccer and that is the speed of play. Over the last 20 years the speed of possession and combination play has increased dramatically, not just at the professional level, but also at the youth and college level.



\$34.95

Item # 4040

This DVD includes drills and exercises to improve the individual skills of your forwards. These include working with your back toward the goal, turning, beating the defender, shooting and creating space. These skills are then developed by having the forwards work in pairs and groups of three on combination plays.



\$34.95

Item # 4019

This DVD contains many small-sided games used by the world's top teams and their academies like Manchester United, Juventus, Liverpool, U.S. Women's World Cup Team, Chelsea, Glasgow Rangers as well as MLS teams and USYSA National Champions.

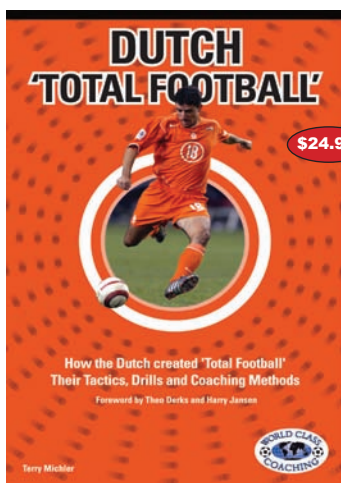


Item # 1070
Coaching the Dutch 4 - 3 - 3 is the most comprehensive book available about the 4 - 3 - 3 formation. The 4 - 3 - 3 is the preferred formation for most of the teams in the Dutch Eredivisie and is recommended by the KNVB, the Dutch National Federation, for use with all youth teams in professional academies.

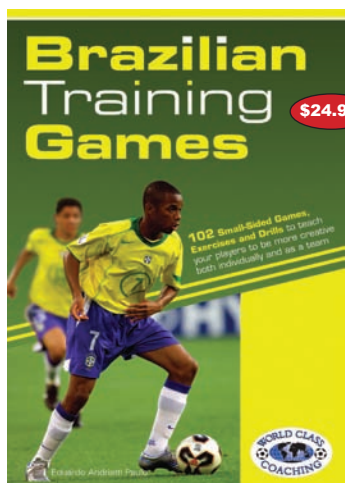


Item # 1082-4
These books show, in detail, how the top Brazilian Youth Academies develop their young players by training with a strong influence from Futsal (5v5), educational small-sided games and 11 v 11 game conditions, focusing on the 4-4-2 formation with a diamond midfield as well as defensive and offensive variations.

\$39.95 Save - Own Both Books



Item # 1071
This soccer book is different than any other you've ever read because in addition to showing you the exercises, drills and small-sided games the Dutch use to develop incredible players, it also describes how Dutch culture affects their approach to soccer.



Item # 1080
This book will give you an in-depth look at the small-sided games that are part of the Brazilian coaching methodology. The 102 small-sided games inside this book cover a wide range of topics including Warm-up, Adapted Games and Games with Specific Rules.



Item # 1081
This book includes drills and exercises used by Dutch coaches to train their players to become 'Total Footballers'. The drills include: Dynamic Warm-up, Fitness Drills and General Drills that include passing, moving and dribbling before moving on to specific functional sessions to train player's to be effective in each position on the field.



Item # 1072-4
The Brazilians are recognized around the world for their superior technical skill as well as their tactical awareness. This book shows the same practices that have been used to develop the 'Brazilian Flair' in players like Roberto Carlos, Ronaldo, Ronaldinho, Kaka, Robinho and many other Brazilian stars.

\$39.95 Save - Own Both Books

TACTICAL BOOKS



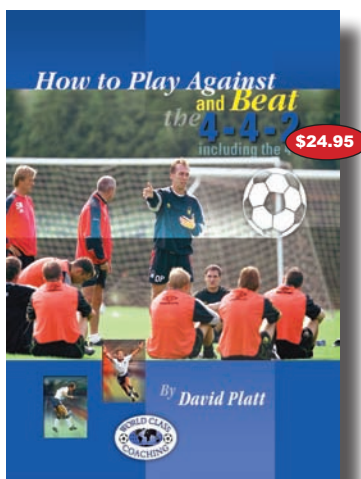
Item # 1086
This book gives you an in-depth look at the methods, tactics and systems of play from the best known coaches and clubs in the Champions League like Liverpool, Bayern Munich, Real Madrid and others.



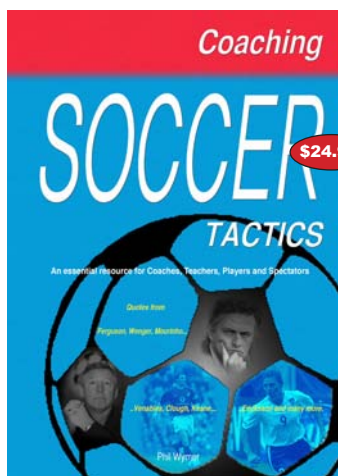
Item # 1076
Sir Alex Ferguson and José Mourinho are two of the world's top coaches, yet their tactics and systems are very different. This book describes the 4-4-2 system Ferguson uses with Manchester United and the 4-3-3 formation Mourinho has successfully employed at Chelsea and Inter Milan.



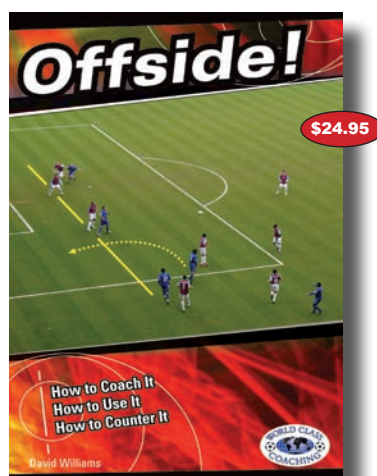
Item # 1075
This book will give you an in-depth look at the Italian flat back four and total team defending. The book begins with an explanation of why Italian coaches prefer to play with a flat back four. It then describes how the players in the back line function together as well as how they work with the midfielders to form a solid defensive block.



Item # 1023
This book illustrates how to effectively coach your team to beat an opposing team that is playing the 4-4-2 system (including the 4-5-1).



Item # 1044
This book presents a comprehensive, readable analysis of soccer tactics and how to use them effectively. Its main aim is to provide the reader with a broad in-depth appreciation of the tactical side of the game.



Item # 1043
Offside is a tactic that all teams come across on a regular basis. Knowing how to tactically prepare your team when facing a team using the offside tactic can make or break a season. This great book will show you how to do just that as well as coach your team to play using offside as part of your team tactics.



Item # 1085

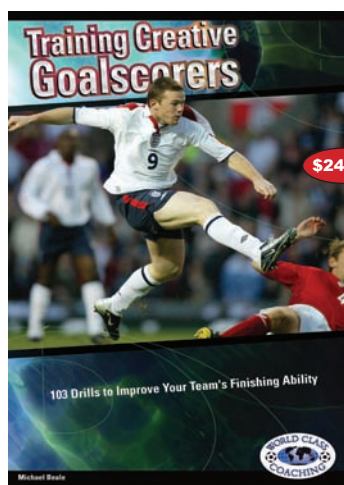
This book by Liverpool Academy coach, Phil Roscoe, includes more than 80 drills, exercises and small-sided games to train your players to work together. Each one includes a detailed diagram and a complete description. The descriptions contain the organization, coaching points and progressive exercises for each practice.



Item # 1057-9

These books cover a range of topics that include: Playing Out of the Back, Staying Compact as a Team, How to Beat the 4-4-2, Attacking Movements, Defending Dead Ball Situations, Integrating the Goalkeeper, Beating a Flat Defense, Running with the Ball, Possession and Speed of Play.

\$39.95 Save - Own Both Books



Item # 1062

By Chelsea Academy Coach, Michael Beale. Situations included in this book include: 1v1, Back to Pressure, Breakaways, Finishing from Crosses, Reacting to Rebounds, Runs Behind the Defense and many more.



Item # 1022

This book shows actual training sessions on the following topics – Warm-Ups; Technical & Possession; Defending; Heading; Wing Play & Forwards; Midfield Play and Goalkeeping. Some sessions are more technique related and functional, while others are more team related and tactical in nature.



Item # 1040

This book contains 124 drills, exercises and small-sided games that former Manchester United U18 Coach David Williams has conducted during his many years as a coach with various English Premier League teams.



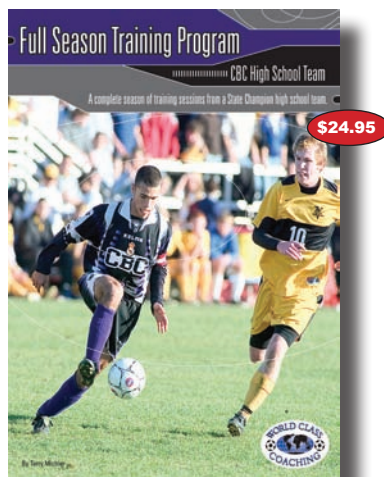
Item # 1056

This book contains 101 games that incorporate a wide range of topics including: Passing and Possession, Shooting, Crossing and Finishing, Defending, Half Field Games and Full Field Games. Small-sided games are a great way to focus on these topics in a game-like situation.

AGE GROUP COACHING BOOKS



Item # 1007
This one-of-a-kind book shows every training session, practice and drill of the Penn State Soccer Team from when they reached the NCAA Tournament round of 16.



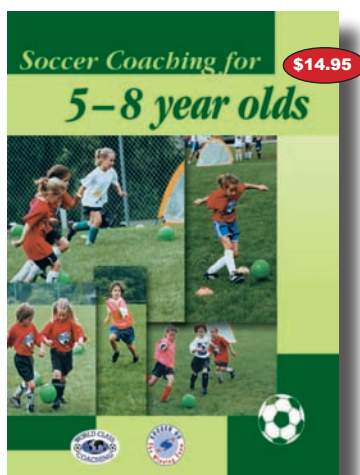
Item # 1049
In this book, the nation's winningest high school coach, Terry Michler, shares his training sessions, as well as the secrets, methods and tactics he uses to make the Christian Brothers College in St. Louis, one of the most successful high school programs in the country.



Item # 1048
This book contains actual training sessions conducted daily with a competitive under 14 team. These training sessions were collected and put into book form so that you can follow the progression of the practices over the course of an entire season.



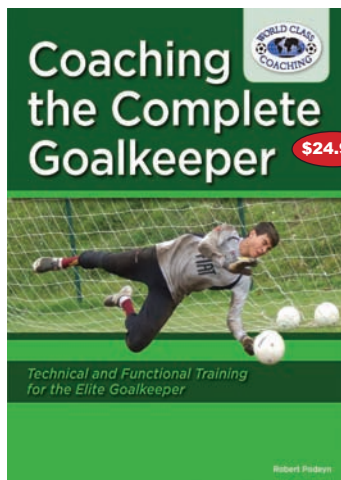
Item # 1047
This book contains actual training sessions conducted daily with a competitive under 12 team that plays in the 8 v 8 format. These training sessions were collected and put into book form so that you can follow the progression of the practices over the course of an entire season.



Item # 1008
This book is perfect for both the knowledgeable and inexperienced/parent coaches of young teams. Included are 32 complete training sessions covering passing, receiving, dribbling, running with the ball, shooting, defending and goalkeeping. There are also 22 fun small-sided games that can be used in any training session or as warm-ups.

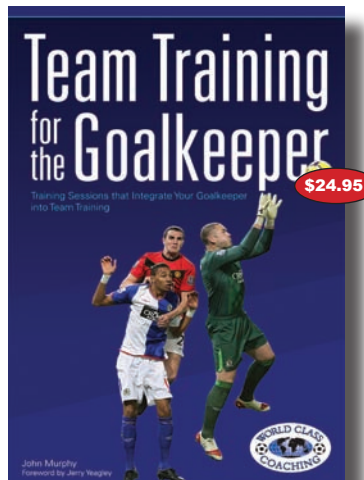


Item # 1010
This book is perfect for both the knowledgeable and inexperienced/parent coaches of young teams. Included are 32 complete training sessions covering passing, receiving, dribbling, running with the ball, shooting, defending and goalkeeping. There are also 22 fun small-sided games that can be used in any training session or as warm-ups.



Item # 1093

This book details all of the drills and exercises necessary to coach a complete goalkeeper. The author, Robert Podyen, provides detailed explanations of each drill with diagrams, photos and a comprehensive list of coaching points for all the skills necessary to coach a complete goalkeeper.



Item # 1094

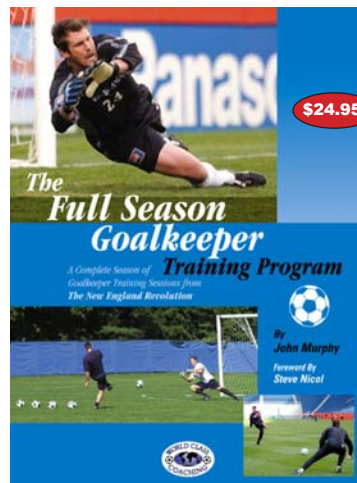
The drills, exercises and small-sided games in this book show you how to train the unique skills of the goalkeeper within the context of the team environment. Foreword by Jerry Yeagley.



Item # 1095

Competition is the single best tool a coach can use to drive individual improvement. Drills and exercises that focus on specific technical aspects are important but when the pressure of an opponent is added, performance is pushed to new heights.

Great New Book



Item # 1013

This one-of-a-kind book shows every GOALKEEPER training session, practice and drill of the New England Revolution from the 2002 season.



Item # 1031

The Goalkeeping Newsletter Archives Book consists of 200 Goalkeeping Newsletters from Finesoccer.com. These newsletters have been cleaned them up, indexed and published into a printed book that covers all aspects of goalkeeper coaching.



Item # 4108

The goalkeeper position is a specialized position that requires both individual coaching as well as integration into regular team training sessions. This DVD includes various warm-ups, shot-stopping drills and crossing exercises to help you train your goalkeepers.

COACHING BOOKS & DVDS



\$34.95



\$34.95



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Item # 4036-9

The Brazilians are known worldwide for developing incredibly skillful and tactically intelligent players. In this series of three DVDs, Mauricio Marques, Academy Director at Clube Atletico Mineiro, shares the training methods and ideas used by Brazilian clubs and coaches to develop such technically proficient and skillful players.

\$89.95

Save - Own All Three DVDs



\$24.95

Item # 1097

A one-of-a-kind book that will help you motivate and get the best out of your team.

Great New Book



\$24.95



\$24.95

Item # 1016-8

These books contain sessions that have been collated from the author's (Rob Gale) playing and coaching experiences with Score UK/The Fulham Academy. Other drills have been adapted from many experienced and talented coaches who Gale has had the pleasure to work with over the years in various other English Youth Academies.

\$39.95

Save - Own Both Books



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