

IOMFA Coaches Association

Resource Library

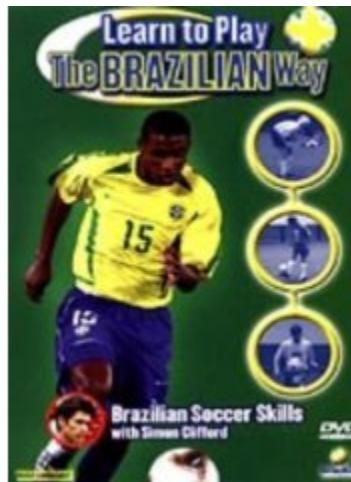
DVD's

- *Coaching Players: A New Approach – The FA*



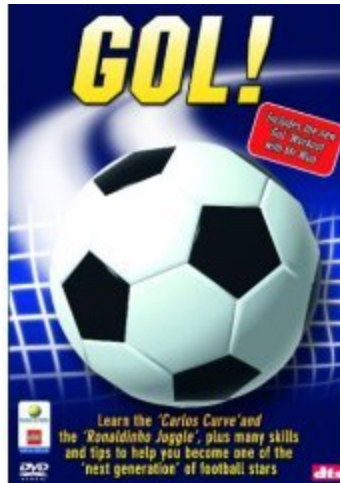
This DVD concentrates on 'how to coach' not 'what to coach'. It's essential for both player development and your skills as a coach, to understand the importance of creating a positive learning environment and to recognise the individual learning needs of your players. Accompanies all 3 levels in the 1st4sport Coaching Football qualifications

- *Learn To Play The Brazilian Way – Simon Clifford*



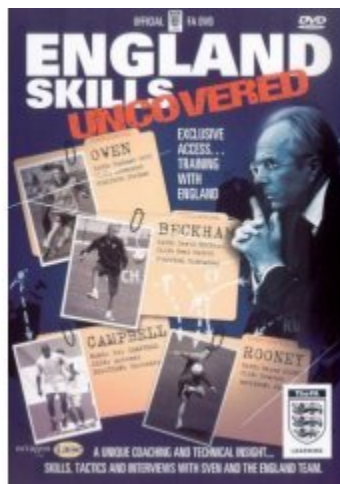
Brazil has given us some of the greatest footballers of the modern age and this instructional disc aims to show you just how to achieve a similar level of skill. There are also interviews with legendary Brazilian players such as Ronaldo, Rivaldo, and Zico.

- *Go!! – Simon Clifford*



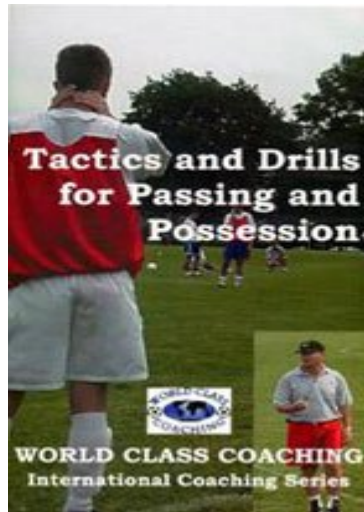
Presented by Simon Clifford, the founder of the Brazilian Football Academy and coach to the stars of the movie BEND IT LIKE BECKHAM, GOL! is your step-by-step guide to playing soccer like Romario, Rivelino, Dunga, Edmundo, and Rivaldo. Over the course of 85 minutes, you'll pick up tips on paired passing, striking, juggling, curves and bends, and more. Fast-paced and easy-to-follow, GOL! will have an immediate impact on your game.

- *England Skills Uncovered*



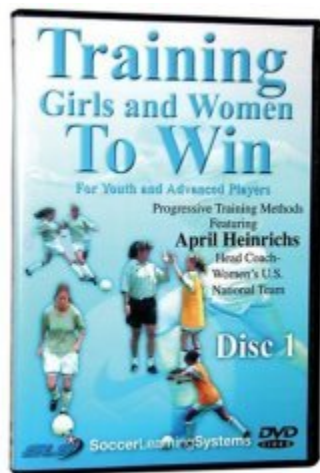
A behind the scenes look at the coaching tactics employed by the England Football Team.

- *World Class Coaching: Tactics and Drills for Passing and Possession – David Williams and Sammy Lee*



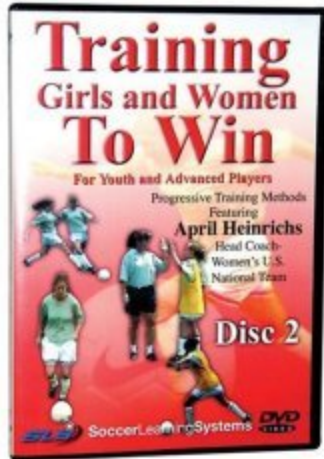
Develop your players' passing and possession skills with this selection of drills exercises and small-sided games, concentrating on developing passing progressions and quick play using circle practices.

- *Training Girls and Women To Win: Part 1 – April Heinrichs*



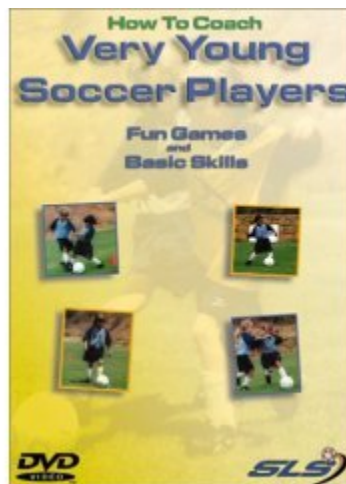
A unique programme that focuses on coaching for a female soccer team. Key skills covered in this volume include youth and advanced passing, youth and advanced receiving, youth and advanced one-on-one tackling and goal setting.

- *Training Girls and Women To Win: Part 2 – April Heinrichs*



A unique programme that focuses on coaching for a female soccer team. Key skills covered in this volume include youth and advanced heading, youth and advanced dribbling, youth and advanced defending and mental toughness.

- How To Coach Very Young Soccer Players – Soccer Learning Systems



An ideal programme for any first-time parent coach to train very young football players with a 'learn and have fun' system.

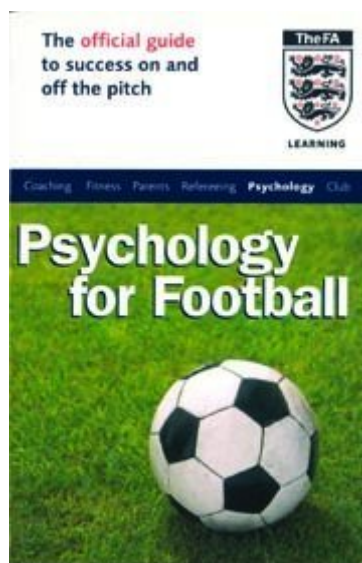
Books:

- *The FA Guide To Basic Team Coaching*



A straightforward, lively and practical guide, this book covers the essential aspects of coaching including ethics and developing a code of conduct, team strategies, tactics, leadership and management. It looks at both attacking and defending squad practices, and has a chapter devoted to coaching goalkeepers. This book is essential reading for anyone involved in football - not just coaches and those interested in coaching, but players and parents also. Other topics covered include team strategies and tactics, management and leadership and match analysis.

- *The FA Guide to Psychology For Football*



A straightforward, lively and practical guide, this book encourages you to look at the four main psychological areas of football: motivation; learning; development; and the environment. It is essential reading for any coach, especially youth coaches, any parent or carer, and is also very useful reading for players themselves. It gives advice on developing and managing the four main areas and how to develop strategies for individuals. This book also includes an important chapter about age appropriate training, and a chapter on the means of consolidation for the player.

- *The FA Guide to Fitness For Football*



A straightforward, lively and practical guide, this book includes detailed information on basic physiology and nutrition, plus the components of fitness and how to assess fitness for football.

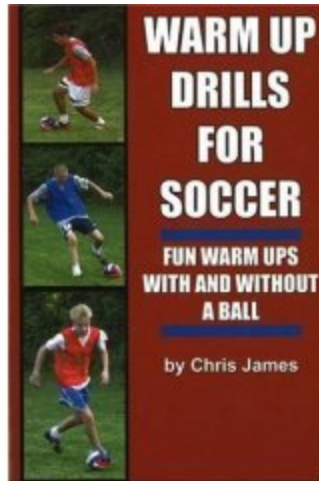
It includes chapters devoted to preparation and recovery, how to monitor your progress and the important differences between adults and children. This book is essential reading for anyone who participates in football at any level, as well as coaches, teachers and parents.

- *The FA Guide for Football Parents*



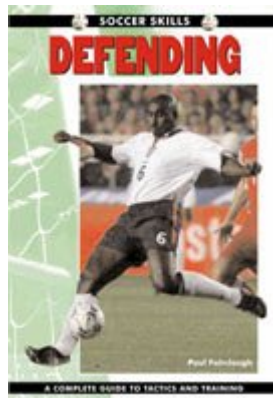
A straightforward, lively and practical guide, this book gives advice on choosing a club and being involved in it, plus chapters on sharing the football interest with your child and being a 'garden coach'. Detailing the child's expectations of their 'football parents' and vice versa and dealing with the important issue of maintaining teenage interest, it offers a spectrum of expert advice, essential to any parent or adult interested in football.

- *Warm Up Drills for Soccer: Fun Warm Ups With and Without a Ball – Chris James*



This work provides drills for functional warm ups that can be adapted to prepare your players for the specific needs of the upcoming training session or match.

- *Soccer Skills – Defending: A Complete Guide to Tactics and Training – Paul Fairclough*

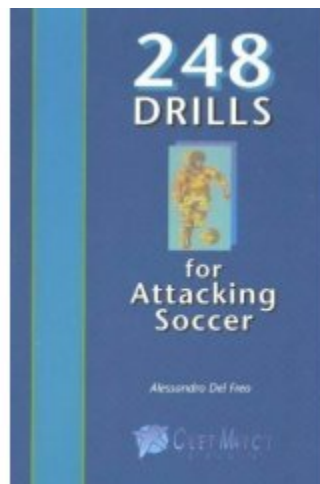


- *Training Technique Tactically: 40 Skills Sessions Using Game Situations – Mark Nicole*



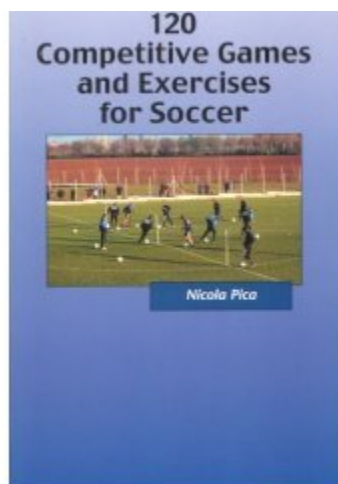
Today's high speed, high pressure soccer demands more of players than ever before. In this book, Coach Nicole addresses the need to incorporate tactical development and understanding into skills training. The challenge for the modern coach is how to effectively present, demonstrate and teach advanced technical training topics within a format that incorporates other facets of the game. To succeed, training must be stimulating for the players, manageable for the coach and relevant to the match. This book covers such topics as: Speed of Play, Finishing from Distance, Man to Man Defending, Combination Play, Finishing Off the Turn, Creating 1v1 Opportunities, Transition, Team Shape, Possession Play, Turning and much more.

- *248 Drills For Attacking Soccer – Alessandro Del Frio*



This excellent book will help all coaches with one of the most complex and significant aspects of the game of soccer -- the build-up of the attack. It is in the attacking game that the player's ability to react correctly to difficult situations comes to the fore. The exercises in this book are designed to teach your players to make exact evaluations in critical moments and look for suitable solutions without prescribing to a prearranged strategy. Soccer is a game of reaction, the match can not be scripted. Intelligent, creative attacking play is essential in overcoming the ever changing defensive schemes in the game today. The 248 exercises in this book and their numerous variations will help you train your players to keep their composure and stay focused in the face of unexpected or seemingly impossible situations. An excellent coaching tool.

- *120 Competitive Games and Exercises For Soccer – Nicola Pica*



These 120 drills and small games all contain a competitive element which will help motivate young players to stay involved and play to the best of their ability. Coaches will find these exercises very useful to gear a practice session to the needs and skill level of their players. Each drill includes a clear diagram, an objective, a detailed description with scoring rules and a discussion of the techniques involved. An ideal handbook for any coach looking for new ways to keep his or her players interested and motivated while learning the skills and tactical elements of the game.

- *150 Dribbling Games For Soccer – Nicola Pica*

