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# 101 YOUTH FOOTBALL DRILLS: AGE 12 TO 16 (3RD REVISED EDITION)



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, 101 Youth Football Drills: Age 12 to 16 (3rd Revised edition), Malcolm Cook, Designed specifically for players aged 12 to 16, 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...

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- Authored by Malcolm Cook
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