

Bookmark File Raymond Verheijen Periodization Pdf File Free

Fitness in Soccer Sep 09 2021

Block Periodization Oct 18 2019 The purpose of this book is to introduce Block Periodization of sport training as a general concept and as the basis for a revamped training system.

Stick Together Jul 19 2022 Build a stronger team with this illustrated fable From bestselling author Jon Gordon and coauthor Kate Leavell, *Stick Together* delivers a crucial message about the power of belief, ownership, connection, love, inclusion, consistency, and hope. The authors guide individuals and teams on an inspiring journey to show them how to persevere through challenges, overcome obstacles, and create success together. *Stick Together* follows Coach David, a high school basketball coach looking to motivate his team for the new season. The team members are given sticks with words written on them and tasked with a number of missions: To find another player with the same word written on their stick To explain why that word is important for a team to be their best To render their sticks unbreakable As the players work together to complete their tasks, they discover how to make their team stronger and create an unbreakable bond. Perfect for student athletes and teams in all industries including business, education, healthcare, and nonprofit, and for readers of all ages, *Stick Together* will resonate with anyone looking to improve their team performance and excel in a group environment.

Coaching Soccer Like Guardiola and Mourinho Nov 30 2020 A

soccer player is more than the sum of his parts: endurance, speed, shooting technique, passing technique, and many more. All of these factors need to be turned into one system to create good players. Traditional training theory doesn't achieve that because each skill is trained individually. This is why the concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches: Pep Guardiola, José Mourinho, Diego Simeone, André Villas-Boas, and many others train according to these principles. By creating match-like situations in practice, players learn to link their technical, tactical, and athletic abilities to match intelligence. They will learn to transfer their skills to soccer matches and they can improve endurance, technique, and tactics all at the same time while enjoying the practice sessions more. For this book, the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands. All exercises are performed with a ball so that players learn to apply each skill to the game. Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players' and the team's performance. With Tactical Periodization, your team will become better and be successful on the next match day!

Soccer Speed Apr 16 2022

The Nowhere Men May 05 2021 Winner of The Times British Sports Book Award 2014. A fascinating insight into the enclosed world of football scouts in the UK A teenaged boy plays football in a suburban park. His name is Raheem Sterling. The call is made: "Get down here quick. This is something special". Another boy is 8, going on 28. His name is Jack Wilshere. The referee, an Arsenal scout, spirits him away from Luton Town. A young goalkeeper struggles on loan at Cheltenham Town in League Two. His name is Jack Butland. Within months he will be playing for England. Welcome to football's hidden tribe. Scouts are everywhere yet nowhere, faceless and nameless, despite making the informed

decisions worth millions. Award-winning sportswriter Michael Calvin opens up their hidden world, examining their disconnected lifestyles, petty betrayals and unconsidered professionalism of men who spend long, lonely hours on the road.

Cyberjutsu Oct 30 2020 Like Sun Tzu's Art of War for Modern Business, this book uses ancient ninja scrolls as the foundation for teaching readers about cyber-warfare, espionage and security. *Cyberjutsu* is a practical cybersecurity field guide based on the techniques, tactics, and procedures of the ancient ninja. Cyber warfare specialist Ben McCarty's analysis of declassified Japanese scrolls will show how you can apply ninja methods to combat today's security challenges like information warfare, deceptive infiltration, espionage, and zero-day attacks. Learn how to use key ninja techniques to find gaps in a target's defense, strike where the enemy is negligent, master the art of invisibility, and more. McCarty outlines specific, in-depth security mitigations such as fending off social engineering attacks by being present with "the correct mind," mapping your network like an adversary to prevent breaches, and leveraging ninja-like traps to protect your systems. You'll also learn how to: Use threat modeling to reveal network vulnerabilities Identify insider threats in your organization Deploy countermeasures like network sensors, time-based controls, air gaps, and authentication protocols Guard against malware command and-control servers Detect attackers, prevent supply-chain attacks, and counter zero-day exploits *Cyberjutsu* is the playbook that every modern cybersecurity professional needs to channel their inner ninja. Turn to the old ways to combat the latest cyber threats and stay one step ahead of your adversaries.

Embracing Your Potential Jan 21 2020 The author of several books on mental training shows readers how to achieve excellence in performance as well as excellence in living. Illustrations.

Strength Training Manual Apr 23 2020

Leadership Feb 20 2020 Praise for Eddie Jones 'A genuine super-coach' - The Sunday Times 'His gifts of leadership and organisation are remarkable' - The Daily Mail Eddie Jones is one of the most successful sports coaches of all time. From coaching three different nations to Rugby World Cup finals and enjoying a winning record with England of nearly 80 per cent, he knows what's needed to lead and manage high performance teams. For the first time, Eddie reveals what it takes to operate in high pressure environments, the successes and setbacks, and how these lessons can be applied to every walk of life, from coaching a children's sports team to leading a multinational organization to simply doing your job better. Forthright and unflinchingly honest, Eddie Jones reveals what he has learnt from Sir Alex Ferguson, Arsène Wenger and Pep Guardiola, as well as from the founder of Uniqlo and Ron Adams of the NBA. Drawing on stories from nearly thirty years of coaching, Eddie explains how you need humour, humility and relentless curiosity to lead an eclectic mix of superstars - from Maro Itoje to James Haskell, George Smith to Kyle Sinckler - and create teams that are relentlessly hungry to win. *Leadership* is the ultimate rugby book about what it takes to be the best. Written with Donald McRae, two-time winner of the William Hill Sports Book of the Year Award, *Leadership* is the book for anyone who wants to learn how to build and lead a team to success.

The Experience Of Nothingness Sri Nisargadatta

Maharaja`S Talks On Realizing The Infinite Jun 06 2021 Sri Nisargadatta Maharaj (1897-1981), a revered master of the Tantric Nath lineage, is an inspiring example of an ordinary family man who attained complete realization of the Infinite. His words carry a rare potency that can jolt the listener or reader into a profound sense of awareness, which at the same time signifies true freedom-the freedom from all fear and mental suffering. In this volume, Nisargadatta clearly demonstrates that logic and spirituality do not necessarily stand in opposition to one another.

In a chapter after which this book has been titled, Nisargadatta relentlessly pursues a logical argument with the visitor to its very end.

The Original Guide to Football Periodisation Jan 25 2023

Handbook of Soccer Match Analysis Jun 18 2022 Appealing to a wide audience, this ground-breaking handbook takes an in-depth look at soccer match analysis, highlighting the latest in match analysis research and the innovative technologies now being used by professional soccer clubs around the world. Bridging the gap between research, theory and practice, these methods can be used by coaches, sport scientists and fitness coaches to assess and improve: styles of play, technical ability and physical fitness objective performance feedback to players the development of specific training routines use of available notation software, video analysis and manual systems understanding of current academic research in soccer notational analysis. This is the first book to focus exclusively on football, and is based on the authors' extensive experience in academic and professional match analysis.

Time Matters Feb 02 2021 What do variables really tell us? When exactly do inventions occur? Why do we always miss turning points as they transpire? When does what doesn't happen mean as much, if not more, than what does? Andrew Abbott considers these fascinating questions in *Time Matters*, a diverse series of essays that constitutes the most extensive analysis of temporality in social science today. Ranging from abstract theoretical reflection to pointed methodological critique, Abbott demonstrates the inevitably theoretical character of any methodology. *Time Matters* focuses particularly on questions of time, events, and causality. Abbott grounds each essay in straightforward examinations of actual social scientific analyses. Throughout, he demonstrates the crucial assumptions we make about causes and events, about actors and interaction and about time and meaning every time we employ methods of social

analysis, whether in academic disciplines, market research, public opinion polling, or even evaluation research. Turning current assumptions on their heads, Abbott not only outlines the theoretical orthodoxies of empirical social science, he sketches new alternatives, laying down foundations for a new body of social theory.

Das Reboot Nov 18 2019 “A beautiful story, expertly told.” —Per Mertesacker, Arsenal defender and member of the German national team, winners of the 2014 World Cup Estádio do Maracanã, July 13, 2014, the last ten minutes of extra time in the World Cup Final: German forward Mario Götze jumps to meet a floated pass from André Schürrle, cushions the ball with his chest, and in one fluid motion volleys the ball past the onrushing Argentine goalkeeper into the far corner of the net. The goal wins Germany the World Cup for the first time in almost thirty years. As the crowd roars, Götze looks dazed, unable to comprehend what he has done. In *Das Reboot*, Raphael Honigstein charts the return of German soccer from the dreary functionality of the late 1990s to Götze's moment of sublime, balletic genius and asks: How did this come about? The answer takes him from California to Stuttgart, from Munich to the Maracanã, via Dortmund and Amsterdam. Packed with exclusive interviews with key figures, including Jürgen Klinsmann, Thomas Müller, Oliver Bierhoff, and many more, Honigstein's book reveals the secrets of German soccer's success.

Tactical Periodization - A Proven Successful Training Model

Nov 23 2022 In this book, you'll learn how to use Tactical Periodization to train your players at the correct intensity for each day of the week, making sure they are always prepared tactically, mentally and physically for competitive matches. Your players (and team) will react quicker, be sharper, and make better decisions in all tactical situations.

Changing the Game Oct 22 2022 The modern day youth sports environment has taken the enjoyment out of athletics for our

children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

Controversial Issues in the Management of Head and Neck Cancer: A Swiss Multidisciplinary and Multi-Institutional Patterns of Care Study

May 25 2020 The heterogeneity in the practice of diagnosis and treatment of head and neck squamous cell carcinoma (HNSCC) is known and expected to be inversely correlated with the level of evidence on a given topic. Literature on various aspects of management of HNSCC were previously published, but were usually restricted within narrow foci. Due to the lack of a similar comprehensive work published so far, the Head and Neck Cancer Working Group of Swiss Group for Clinical Cancer Research (SAKK) decided to perform a survey covering the whole spectrum of controversial topics concerning the diagnosis and the treatment of HNSCC among its member institutions. This survey was designed to discuss current diagnostic and treatment strategies for HNSCC of all localizations, and to find out probable differences and level of consensus between the participating academic institutions by means of a questionnaire-based pattern of care study. The items in the survey was generated with a scored voting system by inclusion of all involved centers, and divided into four sections, each of them not exceeding twenty questions: head and neck surgery, radiation oncology, medical oncology and biomarkers. Surely, the topics and questions were intentionally chosen from

controversial areas. Nonetheless, the lack of major consensus in most queried areas provide an insight to head and neck oncologist in terms of the scope of heterogeneity in their practice. Although none of the participated centers being plainly wrong, it is still disturbing to see, that a patient may be treated with quite discrepant diagnostic and treatment concepts even in a relatively small country adhering to up to date evidence based medicine. We believe that this work will serve the head and neck oncologists to be aware of their discrepancies and to stimulate discussion toward standardization of practice and prioritize topics of future clinical research.

Football Periodisation Feb 26 2023

The Coach's Art Aug 08 2021

Tactical Periodization Mar 15 2022

The Mirror of the Self Jul 07 2021 People in the ancient world thought of vision as both an ethical tool and a tactile sense, akin to touch. Gazing upon someone—or oneself—was treated as a path to philosophical self-knowledge, but the question of tactility introduced an erotic element as well. In *The Mirror of the Self*, Shadi Bartsch asserts that these links among vision, sexuality, and self-knowledge are key to the classical understanding of the self. Weaving together literary theory, philosophy, and social history, Bartsch traces this complex notion of self from Plato's Greece to Seneca's Rome. She starts by showing how ancient authors envisioned the mirror as both a tool for ethical self-improvement and, paradoxically, a sign of erotic self-indulgence. Her reading of the *Phaedrus*, for example, demonstrates that the mirroring gaze in Plato, because of its sexual possibilities, could not be adopted by Roman philosophers and their students. Bartsch goes on to examine the Roman treatment of the ethical and sexual gaze, and she traces how self-knowledge, the philosopher's body, and the performance of virtue all played a role in shaping the Roman understanding of the nature of selfhood. Culminating in a profoundly original reading of *Medea*,

The Mirror of the Self illustrates how Seneca, in his Stoic quest for self-knowledge, embodies the Roman view, marking a new point in human thought about self-perception. Bartsch leads readers on a journey that unveils divided selves, moral hypocrisy, and lustful Stoics—and offers fresh insights about seminal works. At once sexy and philosophical, The Mirror of the Self will be required reading for classicists, philosophers, and anthropologists alike.

Successful German Soccer Tactics Dec 20 2019 In order to achieve the result you're aiming for, you have to have a plan. In soccer, you need a match plan. Some of the most successful soccer coaches devise match plans for every one of their team's matches. A match plan describes a strategy that is used to be ideally prepared for the next match and be able to react to shifts in tactics or to particular match situations. This book aims to provide every soccer aficionado with a practical insight into the topics of match ideas, tactics, match systems and match plans using easy-to-understand language. On that basis, the author identifies advantages and disadvantages of various formations utilized by top teams and then uses match plans to analyze how those formations can be defeated in play.

What is Tactical Periodization? Jan 13 2022 Originally developed by Vitor Frade, at the University of Porto, Tactical Periodization is a methodology - popularized by coaches such as Jose Mourinho and Andre Villas Boas - that trains soccer players through a logical process that focuses on four moments of the game. These four moments are: Offensive Organisation, the Transition from Defence to Attack, Defensive Organisation, and the Transition from Attack to Defence. Through Tactical Periodization, the aim is to develop players to rapidly alter their on-field behaviours according to the tactical context of the match, and what actually unfolds in front of them. In turn, every training exercise focuses on at least one of the four moments, and always the coach's tactical game model of how he wants his team to play. In doing

so, football players prepare and learn how best to conquer the often unpredictable matches that they encounter competitively. This book is the English language translation of the acclaimed book *Periodizacion Tactica* by world-renowned coach and sports science specialist Xavier Tamarit. *Important Note: What is Tactical Periodization is the translation of an academic book that examines Tactical Periodization's underlying philosophies, methodologies, and application. It covers areas such as systemic thinking, football as a complex phenomenon, and how the 'sum is greater than its parts'; it does not contain practical how-tos or drills. Candidly, it is not an 'easy' book to read, and requires a certain level of effort and concentration by the reader. However, for those who stick with it, the book provides a rewarding and high value resource for the modern football coach who wishes to understand exactly how Tactical Periodization developed, what it means for the sport, and how it can influence his or her coaching. Summary sections have been added to each original chapter to offer additional insight."

Soccer Tactics 2014: What the World Cup Taught Us May 17 2022 World Cups throw up unique tactical variations. Countries and football cultures from around the globe converge, in one place, to battle it out for world soccer supremacy. The 2014 World Cup in Brazil was no different, arguably throwing up tactical differences like never seen at a competition in modern times. Contests are not just won by strong work ethics and technical brilliance, but by tactical discipline, fluidity, effective strategies, and (even) unique national traits. *Soccer Tactics 2014* analyses the intricacies of modern international systems, through the lens of matches in Brazil. Covering formations, game plans, key playing positions, and individuals who bring football tactics to life - the book offers analysis and insights for soccer coaches, football players, and fans the world over. Whether it is Tiki-Taka, counter-attacking, or David defending heroically to defeat Goliath - this book sheds light on where football tactics currently stand...

and where they are going. This colour title includes analysis of group matches, the knock out stages, and the final.

Dutch Soccer Secrets Sep 28 2020 Learn how a nation of about 16 million inhabitants can regularly produce world-class players or coaches like Johan Cruyff, Arjen Robben or Dick Advocaat and Louis van Gaal.

Detail Mar 23 2020 Detail offers a unique insight into the many levels of depth and perspective that currently exist for coaches of the beautiful game. With almost 2 million listens to the Modern Soccer Coach Podcast, Gary has spent four years talking to some of the biggest and brightest names in the sport. At the same time, he's been working at the professional level and pursuing his own coaching journey. This book takes the life of a coach and goes deeper to question certain facets and separate theory from practice. From development to results and family to career advice, this book has everything for a coach who wants to explore coaching much deeper than sessions and games. In a tough profession, Gary delivers coaches with perspective that can help them navigate through the tough times and enjoy the good times.

The Complete Guide to Coaching Soccer Systems and Tactics Nov 11 2021 This truly complete tactical coaching manual covers the Principles of Attack and Defense, Team Shape, Man-to-Man and Zonal Marking, Formations, Positions and Roles, Coaching Methods, Patterns of Play, Possession, Substitutions and more. Well written and full of clear and precise diagrams, this book is perfect for coaches at any level.

Long-Term Athlete Development Aug 20 2022 Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain

the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents,

coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Conditioning for Soccer Dec 24 2022

Youth Development in Football Dec 12 2021 The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game, as well as for national and international governing bodies. This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world, to highlight best practice, and to offer clear recommendations for improvement. The book draws on original, in-depth research at eight elite professional football clubs, including Barcelona, Ajax and Bayern Munich, as well as the French national football academy at Clairefontaine. It adopts a multi-disciplinary approach, including psychology, coaching and management studies, and covers every key topic from organisational structures, talent recruitment and performance analysis to player education and welfare. Written by two authors with extensive experience in English professional football, including five Premiership clubs, this book is important reading for any student, researcher, coach, administrator or academy director with an interest in football, youth sport, sports development, sports coaching or sport management.

High-performance Sports Conditioning Aug 28 2020 This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport-specific performances. The training programme is designed for peak performance during the competitive season.

Post-totalitarian Cinema in Eastern European Countries Apr 04 2021

Game Changer Sep 21 2022 Team sports like football, basketball, soccer, and rugby are hugely popular the world over, on both

college and professional levels, and such popularity means that they are big business. Very big. Broadcasting rights alone bring in billions: ESPN paid \$5.6 billion to broadcast college football playoffs for twelve years; Turner Sports/CBS shelled out \$10.4 billion to show the national college basketball tournament through 2024; and the most recent NBA TV deal came in at a cool \$26.4 billion. As the rewards for winning have increased, it's no surprise that sports team budgets have followed suit. Sure, the athletic program at the University of Texas brought in \$161 million last year, but the Longhorns also spent \$154 million over the same period. Fifteen other college athletics program also racked up over \$100 million in annual expenses. But that's child's play compared to the outgoings at the world's most valuable soccer team, Manchester United, which spent more than \$500 million in 2015. The trouble is that all this spending often fails to yield better results. Teams in all sports have tried just about every gimmick to "hack" their way to better performance. But as they've gotten stuck in stats, mired in backroom politics, and diverted by the facilities arms race, many have lost sight of what should've been their primary focus all along: the game itself. In *Game Changer*, Fergus Connolly shows how to improve performance with evidence-based analysis and athlete-focused training. Through his unprecedented experiences with teams in professional football, basketball, rugby, soccer, Aussie Rules, and Gaelic football, as well as with elite military units, Connolly has discovered how to break down the common elements in all sports to their basic components so that each moment of any game can be better analyzed, whether you're a player or a coach. The lessons of game day then can be used to create valuable learning experiences in training, evaluate the quality of your team's performance, and home in on what's working and what isn't. *Game Changer* also shows you how to expand training focus from players' physical qualities to also advance athletes technically, tactically, and psychologically. His TTPP Model not only helps

players continually progress but also stops treating them like a disposable commodity and instead prioritizes athlete health.

Bringing together the latest evidence-based practices and lessons from business, psychology, biology, and many other fields, *Game Changer* is the first book of its kind that helps coaches, athletes, and casual fans:

- Create a cohesive game plan that improves performance through defined objectives, strategies, and tactics
- Put statistical analysis and technology into context so teams can bypass the hype and get meaningful results
- Identify dominant qualities to maximize during training and limiting factors to improve
- Create realistic, immersive learning experiences for individual players and the entire team that deliver defined outcomes
- Structure player development with a new, holistic model that puts athlete health first and helps reduce the chance of injury and burnout
- Balance training load so that all players are fresh and ready to play at their best in competition
- Rethink coaching and organizational leadership and enhance communication, group dynamics, and player interaction
- Create a winning team culture

The Future Coach - Creating Tomorrow's Soccer Players

Today Mar 03 2021 *The Future Coach* offers simple, fast, hands-on guidance and advice to create confident players who can think independently, co-create and self-manage performances. Coaches will learn new ways to design and implement their playing philosophy, identity, and style of play on and off the field with clarity and confidence.

The Language of the Gods in the World of Men Jun 25 2020

"The scholarship exhibited here is not only superior; it is in many ways staggering. The author's control of an astonishing range of primary and secondary texts from many languages, eras, and disciplines is awe-inspiring. This is a learned, original, and important work."—Robert Goldman, *Sanskrit and India Studies*, University of California, Berkeley

Career Transitions in Sport Jan 01 2021 This book was written

for sport psychologists and other practitioners who are concerned with the well-being of athletes who are facing the difficult transition from a sports career and the regret anxiety and identity loss that can accompany retirement. This is a groundbreaking collaboration by international scholars providing an overview of empirical theoretical and applied perspectives on sports career transitions.

Canadian Sport for Life Jul 27 2020

Developing Sport Expertise Feb 14 2022 An athlete's development from 'ordinary' talent to elite accomplishment in sport is a long one. The emergence and fine tuning of high level sport skills takes place in increments over many years and is a journey that fascinates sport scientists, sports coaches and sports fans alike. *Developing Sports Expertise*, the first available textbook for undergraduates in sports skills development, examines the science behind sports skill acquisition and explores the application of science to optimal sports training, and talent identification. The text also contains Coaches Corner insets throughout to provide effective day-to-day advantage based on in the text. Edited by three of the world's leading scientists in sports skills acquisition and with contributions from both world class coaches and cutting edge researchers, this textbook provides comprehensive, authoritative guide to the field.

Every Moment Matters Oct 10 2021 How do the world's best coaches get the best from their athletes? How do top coaches design practices, inspire their players, and build teams that sustain their excellence season after season? Is there a difference between coaching men and women? What about coaching your own child? Most importantly, are these secrets available to the rest of us coaching youth, high school, and college teams? In *Every Moment Matters*, renowned coach educator John O'Sullivan has collected hundreds of interviews with top coaches, sport scientists, psychologists, and athletes and distilled them into a blueprint for becoming a more effective and inspiring leader. It

will reshape your coaching journey by helping you answer four simple questions: Why do I coach?How do I coach?How does it feel to be coached by me?How do I define success? Great coaches realize something that others do not: every moment matters! You must be intentional about everything you do. Whether you are coaching your local youth soccer team, leading your high school football program, or competing for an NCAA Championship, Every Moment Matters will give you the tools and strategies to become the coach you always wished you had, and the coach today's athletes are craving. Get ready to have your best season ever!

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