



Cognitive Soccer Passing Patterns & Exercises: Developing Players Technical Ability, Problem Solving Skills & Soccer IQ

Marcus A DiBernardo

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Cognitive soccer passing patterns & exercises are designed to develop players' problem solving abilities, increase soccer intelligence, improve collective team movement & rhythm and improve passing technique. Often, traditional soccer training fails to address player's cognitive development, an increasingly critical indicator of player success on the field. This book provides coaches with the tools to make any passing drill into a challenging cognitive training session to encourage and strengthen players' problem-solving acumen

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