



Smart First Touches: Developing The Skillful Player

Martin Bidzinski

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by Martin Bidzinski

While the study of tactics and strategies in soccer is important in today`s game, the bedrock of the sport remains the skill of the players. Without skill, even the perfect tactical plan is useless.

This book offers a proven method of developing **ball skills, the first touch and two footed players**. The repetition of the movements makes the skills almost automatic in actual game situations, allowing the player to play with his head up and focus on the tactical solution rather than controlling the ball at his feet.

Focus is on developing skillful players who are able to perform on both sides of the body in match conditions.

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