



Chelsea Fc Development Centre Training

K Morrison



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Foundations of Sports Coaching Ashley Gill, 2014-10-30 Now in a fully revised and updated second edition Foundations of Sports Coaching is a comprehensive and engaging introduction to the practical vocational and scientific principles that underpin the sports coaching process It provides the reader with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally With practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective practice in coaching This second edition features more case studies from real top level sport including football basketball and athletics helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion The book also includes a greater range of international examples more references to contemporary research and a stronger evidence base and new questions in each chapter to encourage the student to reflect upon their own coaching practice Foundations of Sports Coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise

Planning, 2004 *The Dream Factory* Ryan Baldi, 2021-08-26 Shortlisted for the Sunday Times Football Book of the Year A forensic insight into how our football academies operate Every angle covered by a splendid author Daniel Taylor The Athletic With unparalleled behind the scenes access to academies at all levels of English football The Dream Factory Inside the Make or Break World of Football's Academies is a journey deep into the heart of youth football revealing in gripping detail how home grown Premier League stars such as Marcus Rashford and Trent Alexander Arnold are created and at what cost The Dream Factory introduces a rich array of characters players coaches directors behind talent production lines at several Premier League clubs including Manchester United Liverpool and Manchester City zooming in on the stories of Alexander Arnold's unique development how Rashford's sense of social responsibility was nurtured and how Phil Foden has become a beacon to City's young hopefuls

The Scouting Game Chris Robinson, 2025-03-31 The Scouting Game brings us the inside story of the hidden world of top level football scouting from a man with 30 years experience in the professional game and more than a decade in the recruitment team at Chelsea FC's renowned academy Chris Robinson reveals how scouts work what they look for and how they report on players giving practical examples He sets out the ideal characteristics that scouts search for in every position and examines scouting at all levels grassroots academy first team and opposition scouting Chris explains how scouts interact with agents and what parents can expect from scouts and the professional academies including how trials work and the developing role of data in scouting He also considers scouting as a career pointing out the pros and cons and explaining how to get started With a fascinating insight into one of the hidden

corners of the game this book lifts the lid on the secretive world of top level talent spotting ThirdWay ,1998-04 Monthly current affairs magazine from a Christian perspective with a focus on politics society economics and culture *Soccer Science* Strudwick, Anthony ,2016-06-07 Manchester United s Tony Strudwick leads an all star panel in providing the most current research on soccer Soccer Science features the world s leading experts in soccer history biomechanics physiology psychology skill acquisition coaching tactical approaches and performance and match analysis People Management ,2000

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