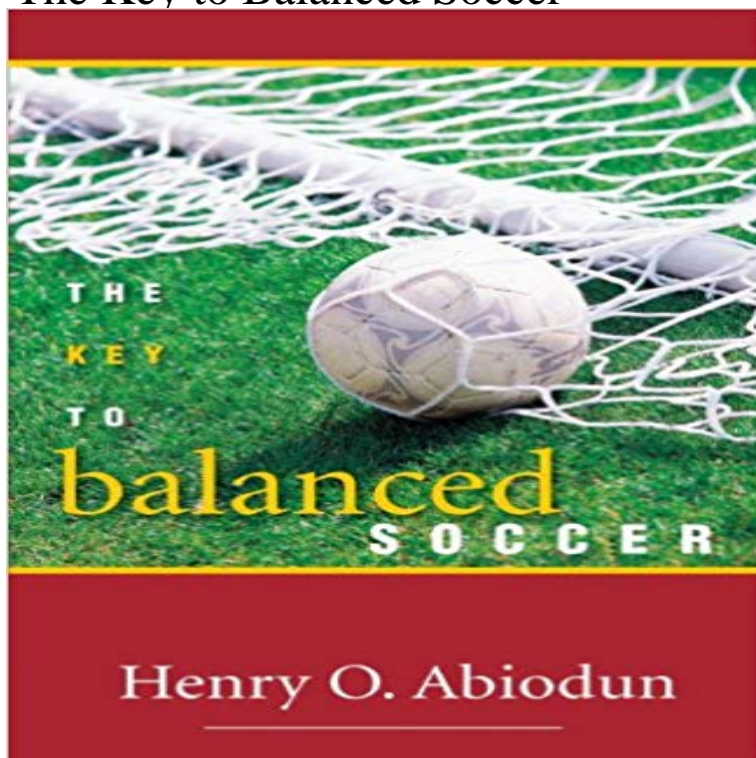


The Key to Balanced Soccer



The book will take its readers to a mature level in sports, and help coaches avoid over-loading or under-loading their athletes. Abiodun clarifies the methodical aims of most technical, tactical and conditional drills in soccer. And although the book has its specifics on the game of soccer, it also sheds light on the methodology of teaching and coaching that is relevant to every sport. The book is intentionally kept very simple for every leader, physical instructor, sport coach, athlete, youth soccer player and all other lovers of sports to understand. The Key to Balanced Soccer is a tool you are sure to reference time and time again.

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