



## 101 Youth Football Coaching Sessions (101 Drills)

By Tony Charles, Stuart Rook

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**101 Youth Football Coaching Sessions (101 Drills)** By Tony Charles, Stuart Rook

The culmination of years of experience, this manual outlines comprehensive training sessions for young footballers, including warm-ups, skills training, games and final practice drills. Fun, educational and challenging, each session contains information on equipment needed, space required and how to organise the players.

Ideal for teachers or coaches who are looking for a fully planned session, this contains everything you need to build up the skills of young players and ensure they have fun and remain safe.

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## **Editorial Review**

### **About the Author**

Tony Charles is a qualified FA coach. After working with the Essex Football Association, Tony formed Foundation Football, a coaching company which currently delivers over 200 sessions a week from a pool of 60 coaches.

Stuart Rook is a qualified FA coach and personal trainer and works for Foundation Football.

## **Users Review**

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