



Rio Rapids Soccer Club Coaching Education Library



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Book	The Education of a Coach	David Halberstam	2005	Available
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Book	The Game and the Glory – Michelle Akers Autobiography	Michelle Akers with Gregg Lewis	2000	Available
Book	Go for the Goal - A Champions Guide to Winning in Soccer and Life	Mia Hamm with Aaron Heifetz	1999	Available
Book	Inverting the Pyramid - A History of Football Tactics	Jonathan Wilson	2008	Available
Book	Keane – The Autobiography	Roy Keane with Eamon Dunphy	2002	Available
Book	Leading with the Heart - Coach K's Successful Strategies for Basketball, Business and Life	Mike Krzyzewski with Donald Phillips	2000	Available
Book	Mindset: The New Psychology of Success	Carol Dweck	2006	Available
Book	Outliers: The Story of Success	Malcolm Gladwell	2008	Available
Book	Play the Brazilian Way	Simon Clifford	1999	Available



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Format	Item	Author	Date	Loan Status
Book	The Power of Habit: Why We Do What We Do in Life and Business	Charles Duhigg	2012	Available
Book	Practice Planner - Level 1 Amateur Adult - #2	Success in Soccer, Norbert Vieth	2008	Available
Book	Practice Planner - Level 2 Amateur Adult - #3	Success in Soccer, Norbert Vieth	2008	Available
Book	Practice Planner - Youth U16-U18 - #1	Success in Soccer, Norbert Vieth	2008	Available
Book	Principles of Modern Soccer	George Beim	1977	Available
Book	Psyching for Sport - Coaches Training Manual	Terry Orlick	1986	Available
Book	Psyching for Sport - Mental Training for Athletes	Terry Orlick	1986	Available
Book	Sacred Hoops - Spiritual Lessons of a Hardwood Warrior	Phil Jackson and Hugh Delehanty	1995	Available
Book	Sir Bobby Robson – Living the Game	Bob Harris	2003	Available
Book	Soccer Skills and Drills	Gary Rosenthal	1984	Available
Book	Soccer Strategies	Jerry Yeagley	1992	Available
Book	The Sports Gene: Inside the Science of Extraordinary Athletic Performance	David Epstein	2012	Available
Book	The Talent Code	Daniel Coyle	2009	Available
Book	US Youth Soccer Coaching Manual	US Youth Soccer	2002	Available
Book	Warm Ups for Soccer - A Dynamic Approach	Mick Critchell	2002	Available
Book	Wooden on Leadership	John Wooden and Steve Jamison	2005	Available
Book/VHS	Zonal Defending	Jack Detchon	1996	Available
DVD	1-2-3 Goal - Disc 1 - The Foundation	Wiel Coerver	2004	Available
DVD	1-2-3 Goal - Disc 2 - One vs One	Wiel Coerver	2004	Available
DVD	1-2-3 Goal - Disc 3 - Putting it All Together	Wiel Coerver	2004	Available
DVD	Modern Defending, Part 1: Individual Tactics	Success in Soccer, Ralf Peter of DFBA	2004	Available
DVD	Modern Defending, Part 3: Team Tactics	Success in Soccer, Ralf Peter of DFBA	2004	Available
DVD	Positive Parenting for Youth Soccer	US Youth Soccer	2009	Available
DVD	Skills School - Developing Essential Soccer Techniques	US Youth Soccer	2008	Available
DVD	The Novice Coach – An Introduction to Coaching Youth Soccer – Volume 1 – U6-U8	US Youth Soccer	2007	Available



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Format	Item	Author	Date	Loan Status
DVD	The Novice Coach – An Introduction to Coaching Youth Soccer – Volume 2 – U10-U12	US Youth Soccer	2007	Available
Journal	Performance Conditioning Soccer	Performance Conditioning	8 Issues	Available
Journal	Soccer Journal	National Soccer Coaches Association of America	1991-Current	Available
Journal	Success in Soccer	German Soccer Federation	2000-Current	Available
Journal	World Class Coaching	World Class Coaching	1998-2003 & 2006-2011	Available
Journal	World Class Coaching: International Coaching Seminar	World Class Coaching	2000	Available
Journal	World Class Coaching: One Week Journal of Juventus Practices and Training Sessions	World Class Coaching	2001	Available
Journal	World Class Coaching: One Week Journal of PSV Eindhoven Practices and Training Sessions	World Class Coaching	1999	Available
Journal	World Class Coaching: Practices and Training Sessions of Newcastle United FC	World Class Coaching	1999	Available
Journal	World Class Coaching: Preseason Fitness Program of Leeds United FC	World Class Coaching	1998	Available



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A Nation of Wimps: The High Cost of Invasive Parenting

Format: Book

Author: Hara Estroff Marano

Year: 2008

Marano, editor-at-large at *Psychology Today* and author (*Why Doesn't Anybody Like Me? A Guide to Raising Socially Confident Kids*), takes a penetrating look at the growing trend of invasive parenting. Marano likens many parents to hovering helicopters or snowplows trying to remove all obstacles. The unfortunate result is that children become increasingly fragile, unable to make decisions or cope with failure. Interspersing her text with interviews from experts and cutting-edge research, Marano follows the trail from heavily programmed preschoolers and overprotected grade school kids to stressed out, overachieving high school students and dependent college kids caught in a rising campus mental health crisis (thanks to cellphones, the new umbilical cord, they carry their parents in their jeans pockets). Rather than helping children to find success and happiness, the author argues, this over-involvement has exploded into a generation of infantilized wimps who can't handle everyday life. Instead, she advises, help your kids fail—more is learned from mistakes than from success, including critical thinking skills. The book is chock-full of fascinating information, some of it controversial, such as a suspected link between a diagnosis of ADHD and insufficient free play in the early years. Marano's dire warning to back off will hit a raw nerve with many parents, but her message may come not a moment too soon for their kids.

Basic Training – Techniques and Tactics for Developing the Serious Soccer Player – Ages 6-14 – V1

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2002

Techniques and Tactics for Developing the Serious Player. This Success in Soccer book will cover:

- Easy to understand basic information for training, games and educational support for boys and girls ages 6-14. Up-to-date training for the modern game.
- A variety of different training methods for an attractive, age oriented and purposeful soccer education.
- How to use the game of 4v4, replay and ball games.
- Individual exercises with the ball, games and exercises for dribbling, combination play, shooting, heading etc.

Best Practices for Coaching Soccer in the United States

Format: Book

Author: United States Soccer Federation

Year: 2006

U.S. Soccer's Coaching Education Department has released a publication designed to give youth and junior level soccer coaches in the United States a set of fundamental tools to help open up the game of soccer to young players in ways that celebrate the sport's spontaneous qualities. The 70-page "Best Practices for Coaching Soccer in the United States" coaching book serves as the sport's definitive new player development guidelines.

Bobby Robson: High Noon – A Year at Barcelona

Format: Book

Author: Jeff King

Year: 1997

This is a biography of Bobby Robson, former England manager, and manager of Barcelona. The book aims to cover every area of Robson's time in his first year in charge of Barcelona - dealing with fanatical fans, the Spanish media, his striker Ronaldo, and the challenge of Atletico Madrid.



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Bounce: Mozart, Federer, Picasso, Beckham and the Science of Success

Format: Book

Author: Matthew Syed

Year: 2010

Syed, sportswriter and columnist for the London *Times*, takes a hard look at performance psychology, heavily influenced by his own ego-damaging but fruitful epiphany. At the age of 24, Syed became the #1 British table tennis player, an achievement he initially attributed to his superior speed and agility. But in retrospect, he realizes that a combination of advantages—a mentor, good facilities nearby, and lots of time to hone his skills—set him up perfectly to become a star performer. He admits his argument owes a debt to Malcolm Gladwell's *Outliers*, but he aims to move one step beyond it, drawing on cognitive neuroscience research to explain how the body and mind are transformed by specialized practice. He takes on the myth of the child prodigy, emphasizing that Mozart, the Williams sisters, Tiger Woods, and Susan Polgar, the first female grandmaster, all had live-in coaches in the form of supportive parents who put them through a ton of early practice. Cogent discussions of the neuroscience of competition, including the placebo effect of irrational optimism, self-doubt, and superstitions, all lend credence to a compelling narrative; readers who gobbled up *Freakonomics* and *Predictably Irrational* will flock to this.

Captain for Life and other temporary assignments

Format: Book

Author: John Harkes with Denise Kiernan

Year: 1999

This is the story the soccer world has been waiting for! Captain for Life tells John's story -- England and the Premier League, Major League Soccer, Steve Sampson, the U.S. National Team and much more! A colorful character and great storyteller, John's personal account of his unique success story is entertaining and at times controversial.

Catch Them Being Good

Format: Book

Author: Tony DiCicco and Colleen Hacker

Year: 2002

This guide to coaching female athletes of all ages shows how to build a team and provides invaluable advice on the differences between coaching males and females. The authors include exercises that foster teamwork and develop essential skills. They also answer parents' most common questions, such as how to tell if the coach is doing a good job and what to do if a child wants to quit. Filled with stories about the Olympic and World Cup championship teams, this useful handbook is infused throughout with DiCicco's philosophy that at every level playing soccer (or any sport) is about "playing hard, playing fair, playing to win, and having fun."

Challenger's Top 100 Soccer Practices

Format: Book

Author: Challenger Sports

Year: 2004

The practices in this book have been selected from hundreds of practices that the British Soccer coaching staff has used with youth players of all ages and abilities. Each chapter begins with fundamental unopposed technical drills, which are then followed by practices that become increasing more opposed and more tactical throughout the chapter. Whether you need a couple of variations to fill out your next session, or whether you are looking for material for a whole team practice, I am sure that you will not only be able to quickly locate the appropriate material, but will also see the logical order in which the skill should be taught.

Challenger's Competitive Team Training Guide

Format: Book

Author: Challenger Sports

Year: 2004

This book contains a collection of training sessions from some of the most successful teams from around the world such as Ajax, Liverpool, Chelsea, Manchester United, Feyenord, The US Women's team, the Italian National Team and many more. The practices have been grouped into sections that will help



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coaches plan and select the appropriate material for their sessions. The sections covered in this book are: Defending; Shooting; Crossing & Finishing; Passing & Possession; Technical Training Sessions and Combination Play. Each training session has detailed explanations and is accompanied by easy to read diagrams.

The Champion Within – Training Excellence

Format: Book Author: Lauren Gregg with Tim Nash Year: 1999

Lauren Gregg has been the assistant coach of the US Women's National team for more than a decade. She is considered one of the top women coaches in the world. In *The Champion Within*, Gregg draws on her years of experience in developing players to teach the process of becoming a champion. The most comprehensive book on women's soccer ever compiled. Contributions come from every member of the World Cup Champion U.S. Women's National Team, including Michelle Akers, Brandi Chastain, Briana Scurry and a foreword by Mia Hamm.

Coaching Soccer the Progressive Way

Format: Book Author: Mike Ditchfield Year: 1988

Former professional soccer coach Mike Ditchfield and one-time college Coach-of-the-Year Walter Bahr now team up to bring you all the ready-to-use help you need to build a winning soccer program from the ground up. You can use this sequentially arranged coaching system to teach the most advanced and powerful plays and patterns even to inexperienced players... increase each player's ball-control skills, accuracy, reaction time, and confidence... and keep practice sessions both enjoyable and productive while laying the groundwork for a successful, winning program!

The Education of a Coach

Format: Book Author: David Halberstam Year: 2005

Now in paperback, Pulitzer Prize-winner David Halberstam's bestseller takes you inside the football genius of Bill Belichick for an insightful profile in leadership. Bill Belichick's thirty-one years in the NFL have been marked by amazing success -- most recently with the New England Patriots. In this groundbreaking new book, David Halberstam explores the nuances of both the game and the man behind it. He uncovers what makes Bill Belichick tick both on and off the field.

FUNino – The Beautiful Game for Kids

Format: Book Author: Horst Wein Year: 2012

Horst Wein's unique training programme for 7-9 year olds, **FUNiño** is a proven component of the Spanish Football Development Model **Futbol a la medida del Niño** or football designed for children since 1993. Today it is an expanded and updated game programme used by thousands of coaches around the world. This breakthrough approach to inducting young children into the game of football obviously has an emphasis on **FUN** so that children come to fall in love with the game from the earliest ages. It has been called the **Revival of Street Football**. Having **four goals out wide** immediately introduces width and helps to prevent the familiar swarming at the younger age groups. Also having two goals to attack with three defenders means that one goal is usually less-defended, which means there is always a better option available. Both of these factors encourage young players to look before they act and to think before they execute – so game intelligence is introduced naturally from the earliest ages.



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The Game and the Glory – Michelle Akers Autobiography

Format: Book Author: Michelle Akers with Gregg Lewis Year: 2000

Akers, a member of the U.S. Women's National Soccer Team since its inception in 1985, was at 33 the oldest player when the team won the magical World Cup Final at the Rose Bowl in 1999. Along the way, she suffers her parents' divorce, 12 knee operations, and, most remarkably for an elite athlete, a diagnosis of CFIDS (chronic fatigue immune dysfunction syndrome). Sapping her energy and requiring post-game intravenous injections, this illness made it impossible for her to train and play at her usual "all-out" level. Much of the book deals with how she overcame CFIDS by combining her innate competitive focus and perseverance with Christian faith. She has founded a ministry to spread the Christian message through soccer. We see Akers the incredible athlete but also the ordinary person kidding around with teammates and afraid of public speaking.

Go for the Goal – A Champion's Guide to Winning in Soccer and Life

Format: Book Author: Mia Hamm and Aaron Heifetz Year: 1999

For the more than seven million girls—from knobby-kneed tykes to high school and college stars—who are tearing across the country chasing a soccer ball and dreams of glory, there is one name that eclipses all others, male or female: Mia Hamm. With her cheetahlike acceleration and lightning-bolt shot, Hamm broke nearly every record in her sport, while galvanizing a whole generation of fans and players. *Go for the Goal* is not only the inspiring story of how a tiny suburban sprite became a global terror with a ball (and the world) at her feet—it's also a step-by-step or dribble-by-dribble guide for any kid with the all-American dream of making the team and becoming a champion. Filled with personal anecdotes and fully illustrated with both action and instructional photographs, *Go for the Goal* shows readers exactly how to master the silky skills and techniques that made Hamm and her teammates the finest women's soccer team in the world.

Inverting the Pyramid – A History of Football Tactics

Format: Book Author: Jonathan Wilson Year: 2008

For soccer fans, following, discussing, and arguing about the tactics a manager puts into play are part of what makes the sport so appealing. This fascinating study traces the history of soccer tactics back from such modern pioneers as Rinus Michels, Valeriy Lobanovskiy, Catenaccio, and Herbert Chapman. Along the way, author Jonathan Wilson, an erudite and detailed writer who never loses a sense of the grand narrative sweep, takes a look at the lives of the great players and thinkers who shaped the game, and discovers why the English in particular have proved themselves so "unwilling to grapple with the abstract."

Keane – The Autobiography

Format: Book Author: Roy Keane with Eamon Dunphy Year: 2002

The most talked about, written about and argued over sports autobiography of 2002, *Keane: the Autobiography* does not disappoint. This story of Manchester United and Ireland captain Roy Keane's brilliant and controversial career, written in collaboration with Irish journalist and former professional footballer Eamon Dunphy, crackles with score-settling vigor. It presents a revisionist view of a life in football that has had tabloid editors rubbing their hands with glee almost from the moment the fiery, confrontational midfielder made his British debut for Nottingham Forest under arch eccentric Brian Clough right through to his sensational bust-up with international boss Mick McCarthy and subsequent departure from the 2002 Irish World Cup squad on the eve of the finals. Amid all the wrangling and point-scoring Dunphy and Keane have written a rags-to-riches review of Keane's journey from a poor, battling background in Cork to the £50k a week highlife at Old Trafford. It's very entertaining, although



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an independent biographer would doubtless have put a less heroic spin on proceedings. The two key headline-grabbing stories--the war with McCarthy and the allegedly deliberate injuring of Alfie Haaland--read somewhat differently in the book from the way they did in the papers. Make no mistake about it, Keane is frank about his own failings, franker about the failings of others and prepared to spill the beans to some extent about being the odd-man-out in the Old Trafford glam-fest. But this is very much his side of the story.

Leading with the Heart – Coach K’s Successful Strategies for Basketball, Business and Life

Format: Book Author: Mike Krzyzewski with Donald Phillips Year: 2000

In his more than twenty years coaching the Blue Devils, Coach Mike Krzyzewski has made his program the most admired in the nation, with back-to-back national championships in '91, '92, and again in 2001, and ten Final Four appearances since 1986. Now, in *Leading with the Heart*, Coach K talks about leadership-how you earn it, how you practice it, and how you use it to move your organization to the top. From the importance of trust, communication, and pride, to the commitment a leader must make to his team, this inspiring book is a must-read for anyone who loves college basketball-or who simply wants to win in any competitive environment today

Mindset: The New Psychology of Success

Format: Book Author: Carol Dweck Year: 2006

Mindset is "an established set of attitudes held by someone," says the Oxford American Dictionary. It turns out, however, that a set of attitudes needn't be so set, according to Dweck, professor of psychology at Stanford. Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your talents and abilities as... well, fixed. In other words, you are who you are, your intelligence and talents are fixed, and your fate is to go through life avoiding challenge and failure. A growth mindset, on the other hand, is one in which you see yourself as fluid, a work in progress. Your fate is one of growth and opportunity. Which mindset do you possess? Dweck provides a checklist to assess yourself and shows how a particular mindset can affect all areas of your life, from business to sports and love. The good news, says Dweck, is that mindsets are not set: at any time, you can learn to use a growth mindset to achieve success and happiness. This is a serious, practical book. Dweck's overall assertion that rigid thinking benefits no one, least of all yourself, and that a change of mind is always possible, is welcome.

Outliers - The Story of Success

Format: Book Author: Malcolm Gladwell Year: 2008

SignatureReviewed by Leslie ChangIn *Outliers*, Gladwell (*The Tipping Point*) once again proves masterful in a genre he essentially pioneered—the book that illuminates secret patterns behind everyday phenomena. His gift for spotting an intriguing mystery, luring the reader in, then gradually revealing his lessons in lucid prose, is on vivid display. *Outliers* begins with a provocative look at why certain five-year-old boys enjoy an advantage in ice hockey, and how these advantages accumulate over time. We learn what Bill Gates, the Beatles and Mozart had in common: along with talent and ambition, each enjoyed an unusual opportunity to intensively cultivate a skill that allowed them to rise above their peers. A detailed investigation of the unique culture and skills of Eastern European Jewish immigrants persuasively explains their rise in 20th-century New York, first in the garment trade and then in the legal profession. Through case studies ranging from Canadian junior hockey champions to the robber barons of the Gilded Age, from Asian math whizzes to software entrepreneurs to the rise of his own family in Jamaica, Gladwell tears down the myth of individual merit to explore how culture, circumstance, timing, birth and luck account for success—and how historical legacies can hold others back despite ample



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individual gifts. Even as we know how many of these stories end, Gladwell restores the suspense and serendipity to these narratives that make them fresh and surprising. One hazard of this genre is glibness. In seeking to understand why Asian children score higher on math tests, Gladwell explores the persistence and painstaking labor required to cultivate rice as it has been done in East Asia for thousands of years; though fascinating in its details, the study does not prove that a rice-growing heritage explains math prowess, as Gladwell asserts. Another pitfall is the urge to state the obvious: No one, Gladwell concludes in a chapter comparing a high-IQ failure named Chris Langan with the brilliantly successful J. Robert Oppenheimer, not rock stars, not professional athletes, not software billionaires and not even geniuses—ever makes it alone. But who in this day and age believes that a high intelligence quotient in itself promises success? In structuring his book against that assumption, Gladwell has set up a decidedly flimsy straw man. In the end it is the seemingly airtight nature of Gladwell's arguments that works against him. His conclusions are built almost exclusively on the findings of others—sociologists, psychologists, economists, historians—yet he rarely delves into the methodology behind those studies. And he is free to cherry-pick those cases that best illustrate his points; one is always left wondering about the data he evaluated and rejected because it did not support his argument, or perhaps contradicted it altogether. Real life is seldom as neat as it appears in a Malcolm Gladwell book.

Play the Brazilian Way

Format: Book

Author: Simon Clifford

Year: 1999

An explanation of the training methods through which Brazilian footballers develop their renowned skill and athleticism. The book includes a guide to Brazil's version of the five-a-side game, played with a special ball, which the author has introduced to young English players via regional schools.

The Power of Habit - Why We Do What We Do In Life and Business

Format: Book

Author: Charles Duhigg

Year: 2012

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

Practice Planner – Youth U16-U18 – #1

Format: Book

Author: Success in Soccer, Norbert Vieth

Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this age level. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions



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- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

Practice Planner – Level 1 Amateur Adult – #2

Format: Book Author: Success in Soccer, Norbert Vieth Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What are lower-level amateur players looking for?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- Help your self to our catalog of exercises!
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact

Practice Planner – Level 2 Amateur Adult – #3

Format: Book Author: Success in Soccer, Norbert Vieth Year: 2008

A handy and efficient tool that will help you quickly plan practice sessions that are individualized, practical and systematically structured. Using our conceptual building blocks, you can put together an unlimited supply of fresh and motivational training programs that are sure to cover all the most important concepts for this level of play. And the Success in Soccer Practice Planner simplifies planning in another way too: All of the more than 70 games and exercises shown share the same basic set up, so the tiring, complicated, time consuming and disruptive process of rearranging the field becomes unnecessary. Contents:

- What do mid-level amateurs expect of their club?
- Optimize your planning with conceptual building blocks
- The easy way to plan and organize practice sessions
- The right solution for any situation
- The right training for any time of the season
- Minor variations can have a major impact
- Finding the right mix of practice games

Principles of Modern Soccer

Format: Book Author: George Beim Year: 1977

Covers the development of systems, principles of attack and defense, training games, restarts, fitness, general coaching principles, coaching soccer technique and tactics.



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Psyching for Sport – Mental Training for Athletes

Format: Book

Author: Terry Orlick

Year: 1986

This complete psychological training program will help athletes perform consistently closer to their full potential. Includes step-by-step directions for improving athletic performance through relaxation and imagery training, centering techniques, and goal setting.

Psyching for Sport – Coaches Training Manual

Format: Book

Author: Terry Orlick

Year: 1986

Put your athlete one step ahead of the competition. Help them to play to their full potential and enjoy competition more. Show them how to compete in their "right minds." In this manual, Terry Orlick presents a step-by-step approach to help you help your athletes develop psychological skills for sport competition. Designed to be used with *Psyching for Sport – Mental Training for Athletes*, this manual contains detailed instructions on how to implement and evaluate a mental training program with your team.

Sacred Hoops – Spiritual Lessons of a Hardwood Warrior

Format: Book

Author: Phil Jackson and Hugh Delehanty

Year: 1995

One of the most successful coaches in NBA history, Chicago Bulls head coach Phil Jackson provides an inside look at the higher wisdom of teamwork with *Sacred Hoops* -- Jackson's philosophy of mindful basketball and his lifelong quest to bring enlightenment to the competitive world of professional sports. A new paradigm of leadership based on Eastern and Native American principles, Jackson's approach flies in the face of the egoistic, winner-take-all attitude that has changed the face of American sports. Rather than winning through intimidation, Jackson -- who describes himself as a Zen Christian -- stresses awareness, compassion and most of all selfless team play. Filled with stories about Michael Jordan, Scottie Pippen, Toni Kukoc and other members of the Bulls, *Sacred Hoops* reveals how Jackson directs his players to act with a clear mind; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos, so that the "me" becomes the servant of the "we." In *Sacred Hoops*, Jackson takes us inside the mind of the thinking man's coach as he builds one of the greatest teams of all time. Not just for sports fans, this inspiring memoir is for anyone interested in the potential of the human spirit.

Sir Bobby Robson – Living the Game

Format: Book

Author: Bob Harris

Year: 2003

The first illustrated celebration of the life and times of Sir Bobby Robson, one of the most successful managers ever. For over fifty years he has been involved in soccer at the highest level, as a player, coach, and international coach. He was sacked from his first management position at Fulham, he was hounded by the press while England's coach, and has twice recovered from cancer. Bob Harris, a close acquaintance of Sir Bobby's, tells the football manager's own story, which is interlaced with stories and anecdotes from many of the most famous names in football.

Soccer Skills and Drills

Format: Book

Author: Gary Rosenthal

Year: 1984

A concise, complete guide on the skills & drills that every soccer player needs to be successful. Book addresses the needs of every age, every level of proficiency with the kind of information that will noticeably improve their game. The book details the basic skills - kicking, passing, dribbling, ball control, throwing in, and tackling as well as drills for advanced players. A former All-Star Goalkeeper, Gary



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Rosenthal knows what it takes to develop a competitive edge and shows the player how to fine-tune their game and create a winning strategy. An excellent resource guide with invaluable information.

Soccer Strategies

Format: Book

Author: Jerry Yeagley

Year: 1992

Indiana University's Jerry Yeagley was one of the most successful and respected coaches in the country, and is a member of the National Soccer Hall of Fame. In this edition of the Spaulding soccer series, he explains the strategies that can make your team a winner too. Includes: offensive tactics, defensive tactics, motivation and conditioning.

The Sports Gene - Inside the Science of Extraordinary Athletic Performance

Format: Book

Author: David Epstein

Year: 2012

In this controversial and engaging exploration of athletic success, *Sports Illustrated* senior writer David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving this great riddle. He investigates the so-called 10,000-hour rule to uncover whether rigorous and consistent practice from a young age is the only route to athletic excellence. Along the way, Epstein dispels many of our perceptions about why top athletes excel. He shows why some skills that we assume are innate, like the bullet-fast reactions of a baseball or cricket batter, are not, and why other characteristics that we assume are entirely voluntary, like an athlete's will to train, might in fact have important genetic components. This subject necessarily involves digging deep into sensitive topics like race and gender. Epstein explores controversial questions such as:

- Are black athletes genetically predetermined to dominate both sprinting and distance running, and are their abilities influenced by Africa's geography?
- Are there genetic reasons to separate male and female athletes in competition?
- Should we test the genes of young children to determine if they are destined for stardom?
- Can genetic testing determine who is at risk of injury, brain damage, or even death on the field?

Through on-the-ground reporting from below the equator and above the Arctic Circle, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

The Talent Code

Format: Book

Author: Daniel Coyle

Year: 2009

A New York Times bestselling author explores cutting-edge brain science to learn where talent comes from, how it grows—and how we can make ourselves smarter. How does a penniless Russian tennis club with one indoor court create more top 20 women players than the entire United States? How did a small town in rural Italy produce the dozens of painters and sculptors who ignited the Italian Renaissance? Why are so many great soccer players from Brazil? Where does talent come from, and how does it grow? New research has revealed that myelin, once considered an inert form of insulation for brain cells, may be the holy grail of acquiring skill. Journalist Daniel Coyle spent years investigating talent hotbeds, interviewing world-class practitioners (top soccer players, violinists, fighter, pilots, artists, and bank robbers) and neuroscientists. In clear, accessible language, he presents a solid strategy for skill acquisition—in athletics, fine arts, languages, science or math—that can be successfully applied through a person's entire lifespan.



Rio Rapids Soccer Club Coaching Education Library



US Youth Soccer Coaching Manual

Format: Book

Author: US Youth Soccer

Year: 2002

An indispensable tool for anyone coaching youth players. This manual contains a gold mine of information for novice as well as experienced youth coaches. Using an educational and sport science foundation rather than a simple collection of drills allows the youth coach a better understanding of the player. A few of the topics covered include: The Art of Coaching, Learning Through Game Activities, Characteristics of Effective Coaching, Successful Player Development, Tactical Awareness and Team Concepts, Correcting Technique, Competition and Player Development.

Warm Ups for Soccer – A Dynamic Approach

Format: Book

Author: Mike Critchell

Year: 2002

In this long overdue book, Critchell addresses the issue of stretching and warm up practices for soccer. The main focus of the book is to discourage the use of static stretching, and instead offer a variety of dynamic exercises which more closely resemble the movements made in the game, giving the players the preparation they need either pre-game or pre-practice.

Wooden on Leadership

Format: Book

Author: John Wooden and Steve Jamison

Year: 2005

A Wall Street Journal Bestseller A compelling look inside the mind and powerful leadership methods of America's coaching legend, John Wooden. "Team spirit, loyalty, enthusiasm, determination. . . . Acquire and keep these traits and success should follow." Coach John Wooden John Wooden's goal in 41 years of coaching never changed; namely, to get maximum effort and peak performance from each of his players in the manner that best served the team. Wooden on Leadership explains step-by-step how he pursued and accomplished this goal. Focusing on Wooden's "12 Lessons in Leadership" and his acclaimed "Pyramid of Success", it outlines the mental, emotional, and physical qualities essential to building a winning organization, and shows you how to develop the skill, confidence, and competitive fire to be at your best when your best is needed and teach your organization to do the same.

Zonal Defending

Format: Book/VHS

Author: Jack Detchon

Year: 1996

The success of Brazil with a zonal system in the 1994 World Cup - where they were the best defenders as well as the best attackers - has focused attention on this method of defending. No single system of play - zone or man marking - is best for everyone. But the best coaches and players will know about both and will be able to play in them and against them. If players understand how to play effectively in a man-marking/ sweeper system AND understand how to play in a zonal system, they will be better players. All teaching points are illustrated with footage from world class players and teams.

1-2-3 Goal – Disc 1 – The Foundation

Format: DVD

Author: Wiel Coerver

Year: 2008

Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. Includes: Ball feeling, fast footwork, shielding and changing directions.



Rio Rapids Soccer Club Coaching Education Library



1-2-3 Goal – Disc 2 – One vs One

Format: DVD

Author: Wiel Coerver

Year: 2008

Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. Includes: Moves to beat opponents, fakes, moves to get past opponents.

1-2-3 Goal – Disc 3 – Putting it All Together

Format: DVD

Author: Wiel Coerver

Year: 2008

Legendary Dutch soccer coach Wiel Coerver has created this ever-popular video coaching series. 1-2-3 Goal teaches the ball control skills and attacking techniques that will create goal scoring chances. Players of all ages, under the personal direction of Wiel Coerver, show you how it's done. Recommended by F.I.F.A. and U.E.F.A. Includes: 1-2 combinations, overlapping, crosses, through passes, heading, shooting.

Modern Defending, Part 1 - Individual Tactics

Format: DVD

Author: Success in Soccer, Ralf Peter, DFBa

Year: 2008

Whether your formation includes a sweeper, a back three or a back four, 1 v. 1 play is the foundation for all forms of defending. That's why individual defensive training is the first step toward ball-oriented defense. DVD includes:

- 1 v. 1 defense (defender facing attacker)
- The role of individual tactics in the playing system
- 1 v. 1 defense (attackers back to defender)
- 1 v. 2 defense

Modern Defending, Part 3 - Team Tactics

Format: DVD

Author: Success in Soccer, Ralf Peter, DFBa

Year: 2008

This DVD shows you how to teach a ball-oriented defensive concept on the basis of comprehensive individual and group defensive tactics training. While the method shown here uses a playing system with a back four, it can be applied to other systems as well. DVD includes:

- Introducing the back four system
- Playing with a 4-3-3 system
- Playing with a 3-5-2 system

Positive Parenting for Youth Soccer

Format: DVD

Author: US Youth Soccer

Year: 2009

The US Youth Soccer Coaching Education Department, in cooperation with the Coaching and Recreational Committees, has created this 'view from the sidelines' in an effort to create a positive learning environment for those involved in the lives of young soccer players. The Department is proud to provide a teaching tool designed for administrators, coaches, parents and anyone who cares about children to assist them in providing positive learning atmosphere for our children. The DVD will assist adults in helping young players play and keeping the fun in youth sports.



Rio Rapids Soccer Club Coaching Education Library



Skills School – Developing Essential Soccer Techniques

Format: DVD

Author: US Youth Soccer

Year: 2008

Focusing on technique, Skills School teaches the fundamental elements of dribbling, passing, receiving, shooting, tackling and heading for field players as well as basic goal keeping skills. Each skill is shown in full and shown in motion and broken down into stages to enable coaches to better instruct their young players. In an easy to follow layout, Skills School provides first-time coaches and those who have little experience in coaching young players the basics of all ball skills.

The Novice Coach – An Introduction to Coaching Youth Soccer – Volume I – U6-U8

Format: DVD

Author: US Youth Soccer

Year: 2007

US Youth Soccer's Coaching Staff shows you how to get started teaching soccer to young players. Learn how to organize and conduct training sessions for Under-6 and Under-8 boys and girls. US Youth Soccer's Introduction to Coaching Youth Soccer features live training sessions for each age group, plus a downloadable companion booklet. Includes: Introduction, U6 Activities, U8 Activities, Setting Up the Field, Ball Skills, PDF for PC.

The Novice Coach – An Introduction to Coaching Youth Soccer – Volume 2 – U10-U12

Format: DVD

Author: US Youth Soccer

Year: 2007

US Youth Soccer's staff shows you how to get started teaching soccer to young players. Learn how to organize and conduct training session for U-10 and U-12 boys and girls. This DVD features live training session for each age group, plus a downloadable companion booklet in PDF form.

Performance Conditioning Soccer

Format: Journal

Author: Performance Conditioning

Year: 8 Issues

Our mission: Improve soccer performance through the conditioning process. This process includes providing soccer-specific educational information for the 14 areas of conditioning including: developing power, strength/stability, speed, agility, endurance, proper nutrition and recovery methods, testing, injury prevention and more. This mission is primarily achieved through the publication of this newsletter an official licensed publication of the National Soccer Coaches Association of America with over 650 articles from 261 authors published for over 16 years.

Soccer Journal

Format: Journal

Author: National Soccer Coaches Association (NSCAA) Year: 1991-Current

Soccer Journal is the Official Publication of the NSCAA and is one of the few magazines in the world produced exclusively for soccer coaches. Each issue contains technical and tactical articles, news and updates on important events, thoughts from opinion leaders in the sport and features on the interesting people and issues of the game. Soccer Journal is a benefit of membership in the NSCAA and delivered seven times per year to all member coaches.

Success in Soccer

Format: Journal

Author: German Soccer Federation

Year: 2000-Current

The mission of Success in Soccer is to provide top quality information for coaches at all levels of the game. For the last sixteen years we have been publishing content on technical and tactical training, conditioning and psychology from Germany and around the world. If your job is to develop soccer players to their full potential, Success in Soccer is your twelfth man. Subscribers receive six issues a year, available in print and/or digital format, loaded with superior training tips and comprehensive information, plus much more.



Rio Rapids Soccer Club Coaching Education Library



World Class Coaching

Format: Journal

Author: World Class Coaching

Year: 1998-2003 & 2006-2011

Since 1998, WORLD CLASS COACHING has become a household name in the worldwide soccer coaching community. Our digital magazine is the publication of choice for soccer coaches in over 70 countries ranging from coaches of professional and national teams to coaches of young recreational teams. What makes WORLD CLASS COACHING different is that the drills, tactics and complete training sessions of the world's top teams and their academies like, Juventus, Real Madrid, Inter Milan, Ajax, PSV Eindhoven, Manchester United, Liverpool, Arsenal, Chelsea, Tottenham, Cruzeiro, Atletico Mineiro and many others.

