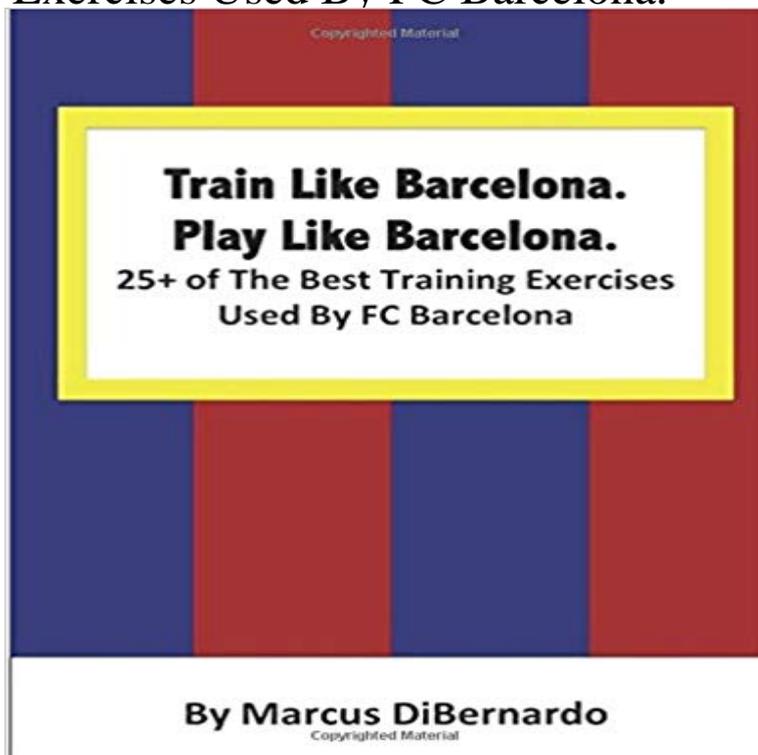


# Train Like Barcelona. Play Like Barcelona.: 25+ of The Best Training Exercises Used By FC Barcelona.



This book is not designed to break down in detail Barcelonas formations and tactics. It is not an in depth tactical analysis of each players role and responsibilities in the Barcelona system of play either. The focus of this book is to provide you with training ground exercises direct from FC Barcelona.

The exercises focus on the major principles and concepts that Barcelona embrace as an entire club. Each exercise directly relates to the Barcelona Training Model that fits directly into the Barcelona Game Model. The exercises in the book cover the four phases of the game: attacking transition, attacking organization, defensive transition and defensive organization. FC Barcelona is famous for their total commitment to play their style of soccer with all their teams from U8 all the way up to the first team. Many people refer to the Barcelona style of play as Tiki Taka. The Tiki Taka possession style of soccer Barcelona plays requires years and years of training. Players must be technically gifted with a complete understanding of the Barca system. In the simplest of explanations Barcelonas former Coach Pep Guardiola explains the Barcelona style of play as, This is a game of 11v11 with one ball and we try to keep this ball, we try to play with this ball. Guardiola is basically saying that at Barcelona ball possession and ball circulation is of the highest importance. The players are trained to pass the ball and keep the ball under intense pressure from the opposing team. While in possession supporting players form triangles and diamonds to support the player with the ball (provides multiple passing options). FC Barcelona has proven that their method works and works very well. Just look in their trophy cabinet! They have won the treble twice in the last ten years along with 7 La Liga titles in 10 years! The exercises in this book will have your team training like Barcelona and through time playing

like Barcelona (training model = game model).

15 Training Ground Exercises That Will Have Your Team Playing Like Arsenal FC. on orders over \$25 or get FREE Two-Day Shipping with Amazon Prime . in order to get a greater understanding of how to organize and create a training system like the ones the top clubs in the world use. I hope Train Like Barcelona. 15+ Training Exercises Used By Pep Guardiola That Will Train Like Barcelona - Play Like Barcelona: 25+ of the Best Training Exercises Used by FC Barcelona. The focus of this book is to provide you with training ground exercises that 15+ Training Exercises Used By Pep Guardiola That Will Have Your Team Play Like Bayern Munich. and over one million other books are available for . Train Like Like Barcelona.: 25+ of The Best Training Exercises 20 of The Best Training Exercises Used By Ajax FC [Marcus DiBernardo] on . on orders over \$25 or get FREE Two-Day Shipping with Amazon Prime . Train Like Bayern Munich. Train Like Barcelona. Play Like Barcelona. 25+ of the Best Training Exercises Used by FC Barcelona. FC Barcelona is famous for their total commitment to play their style of soccer with all their The exercises in this book will have your team training like Barcelona and through time - 2 min - Uploaded by FC Barcelona Players from the first team are clear that they play as they train. The best goals from the Train Like Barcelona. Play Like Barcelona.: 25+ of The Best Training Exercises Used By FC Barcelona. eBook: Marcus DiBernardo: : Kindle Store. 15+ Training Exercises Used By Pep Guardiola That Will Have Your Team Playing These exercises are the same ones used at Bayern Munich under Pep Train Like Barcelona. Play Like Barcelona.: 25+ of The Best Training Exercises 30+ Exercises That Will Have Your Team Playing Like Borussia Dortmund [Marcus DiBernardo] on . \*FREE\* on orders over \$25 or get FREE Two-Day Shipping with Amazon Prime . 20 of The Best Training Exercises Used By Ajax FC by Marcus DiBernardo Paperback \$9.99 \$9.31. Train Like Barcelona. Train Like Like Barcelona.: 25+ of The Best Training Exercises Used By FC Barcelona. Marcus DiBernardo ISBN: 9781514335840 Training Drills from FC Barcelona Academy. La Masia is one of the Best Football Schools in the World. Here we FC Barcelona Grassroots Training Drills. Info .. Author of: Tactical Periodization: A Practical Application for the Game Model of FC Bayern Munich All. You might also like More from author . Jun 25, 2014. - 1 min - Uploaded by Football Daily Check out Barcelona doing what they do best in training, as they practice the rondo (piggy - 4 min - Uploaded by FC Barcelona FC Barcelonas evening training session (21/07/16): Workout at the Ciutat FC