



# **Soccer Training Developing the 360 Degree Player: Coaching the Ability to Use Both Feet in Every Direction**

*Martin Bidzinski*

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A soccer match is an ever-changing environment. With every movement of teammates, opponents or the ball a new playing "problem" is created, demanding each player on and off the ball to formulate and carry out appropriate playing "solutions". Because most players rely almost exclusively on their dominant foot, their repertoire of solutions is obviously limited. Unfortunately, in many cases players are presented with training sessions that cater to their dominant side and their coaches rarely, if ever, train or even encourage the use of the weaker foot. In this book, Martin Bidzinski presents a training method that focuses on developing physically balanced players who are comfortable playing the ball with either foot to any direction of play, thus giving them the full 360 degree range of playing options.

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