



# **Advanced Spanish Academy Coaching - 120 Technical, Tactical and Conditioning Practices from Top Spanish Coaches**

*David Aznar, Fernando Gaspar, Manu Dorado*

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The Advanced Spanish Academy Coaching book provides an extensive range of practices from professional coaches from Villarreal CF, Real Madrid, a Spanish Football Federation Youth Development Coach and the China National Team Fitness Coach. This book contains 120 practices as used in the academies of La Liga. There are technical, tactical and conditioning practices ideal for coaches at youth level to develop their team to world leading, Spanish academy standards. David Aznar (Spanish Football Federation Youth Development Coach and former Atlético Madrid & Real Madrid Academy Coach) details his methods for long term planning, the importance of decision making and how to teach/learn through drills. His practices work on improving vision & spatial awareness, possession play and finishing. Rafa Juanes (Villarreal CF Technical Academy Coordinator and former Atlético Madrid Coach) outlines a special program designed for technical improvement in tactical positioning, working with centre backs, wide players, centre midfielders and forwards. Manu Dorado (Real Madrid Academy Coach) details the concepts for training and learning to deal with specific situations. The practices focus on creating intelligent players in game related drills and progressing your sessions through guided discovery. Fernando Gaspar (China National Team Fitness Coach and former Real Madrid & Benfica Coach) focuses on the physical preparation for ages 14-18, focusing on combining strength, speed, agility, stamina and flexibility with cognitive and coordinated football specific training.

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