



Soccer Technique for Winning

Derek Smethurst

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Former NASL star Derek Smethurst takes you step by step through the skills of soccer in a fun and easy to read style. Through clear diagrams and photographs, he covers the following topics:

Striking (the mechanics of kicking)

Heading

Controlling/Turning

Faking

Dribbling

Shielding

Goalscoring

Goalkeeping

Tackling

Defense

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