



S.A.Q. Soccer Style: Possession Under Pressure (Paperback)

By Billy Elias

Createspace, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Is your team constantly being knocked off the ball? Do other players seem to have more command in close quarters and hip-to-hip play? Having a problem maintaining possession under pressure? How about winning the 50/50 ball? Here s your solution. S.A.Q. Soccer Style Possession Under Pressure is the cure to what ails you. In this fully illustrated and easy to read manual, Billy Elias outlines S.A.Q. exercises and drills with and without the ball, to help better balance, leverage, body mechanics, and the all-important Center of Gravity. Learn from one of only S.A.Q. Soccer Specific Trainers in the country, on how to teach your team to maintain possession under pressure, and win that 50/50 ball!.

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