

SAUL ISAKSSON-HURST



YOU TUBE

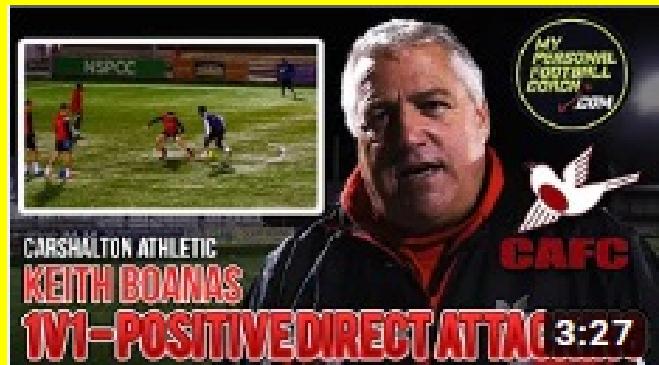


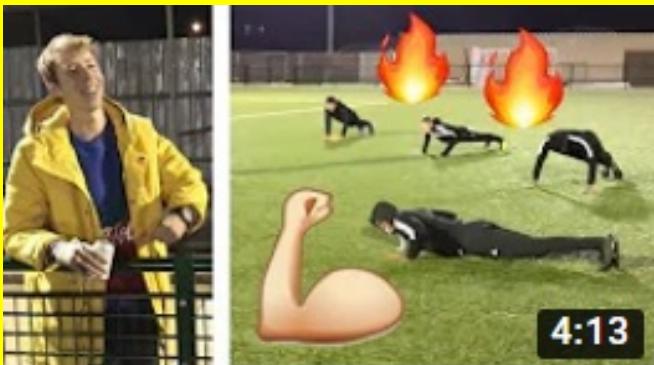
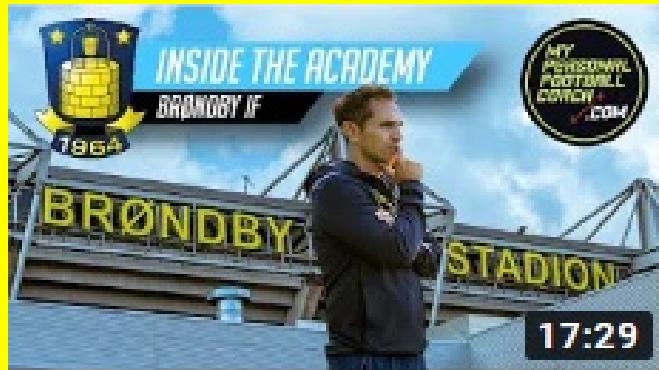
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TWITTER

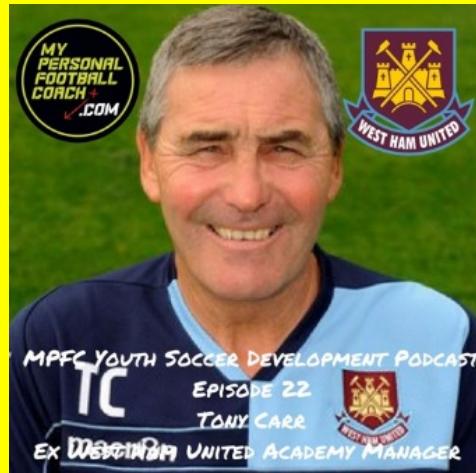
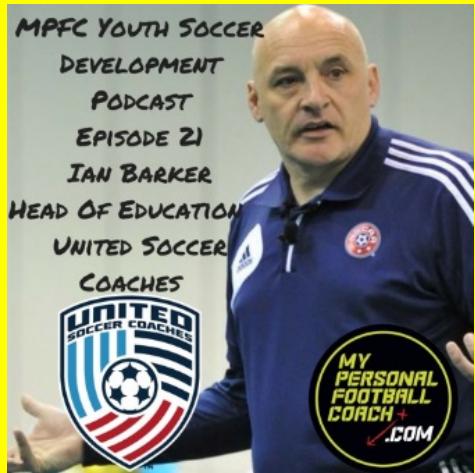
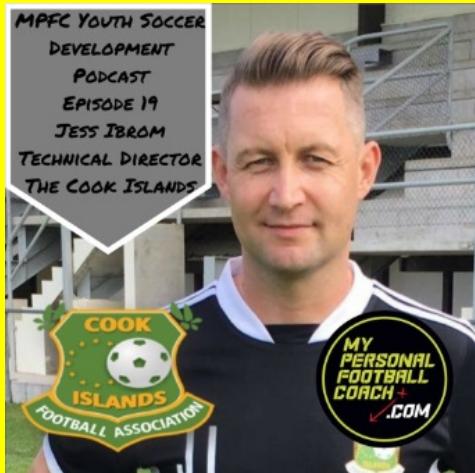




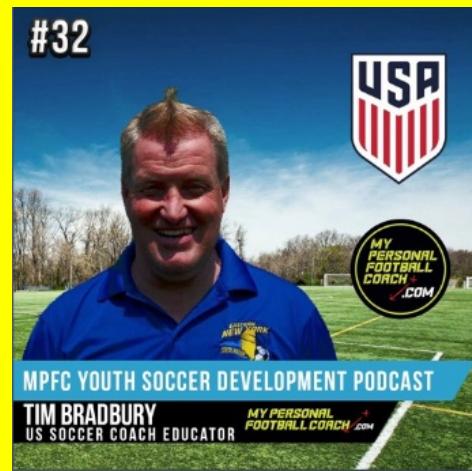
























#63

MPFC YOUTH SOCCER DEVELOPMENT PODCAST

PAUL MCGUINNESS | EX MANCHESTER UNITED ACADEMY

1:05:22

MY PERSONAL FOOTBALL COACH .COM

SOCER
SPECIFIC
MOVEMENTS

INDIVIDUAL SOCCER TRAINING FOR ALL

MY PERSONAL FOOTBALL COACH .COM

AERIAL
CONTROL
CHALLENGE

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

SPEED
AGILITY
QUICKNESS
TRAINING

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

SOCER
AERIAL
CONTROL
CHALLENGE
PART 3

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

4 EXPLOSIVE
TURNS TO
PLAY LIKE
RONALDO

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

**3 STAGE
COMPLETE
BALL MASTERY**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**TOP 5
SKILLS TO
BEAT THE
DEFENDER**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**V WORK
ZIG ZAG
COMBO**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**WING WIZARDRY
LIKE DRAXLER
& ROBBEN**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**ADIDAS CENTENARIO TOP 5
BALL
MASTERY
SKILLS**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**TOP 5
TIPS FOR 1v1
DEFENDING**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL
FOOTBALL
COACH.COM

**5 STAGE
FOOTWORK
PRACTICE**
GET FAST FEET!

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

**TOP 5
TIPS TO PLAY
CDM LIKE
N'GOLO KANTE**

INDIVIDUAL SOCCER TRAINING

MY PERSONAL FOOTBALL COACH .COM

**TRAIN LIKE THE PRO'S
MARCUS
McGUANE**

ARSENAL & ENGLAND
SOCCER PLAYER

INDIVIDUAL SOCCER TRAINING

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**TOP 5
TIPS TO PLAY
AS A WINGER**

INDIVIDUAL SOCCER TRAINING

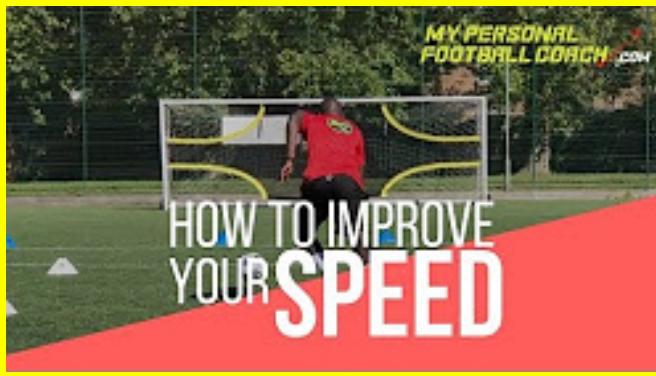
MY PERSONAL FOOTBALL COACH .COM

**TRAIN LIKE A PRO
TODAY**

MY PERSONAL
FOOTBALL COACH .COM

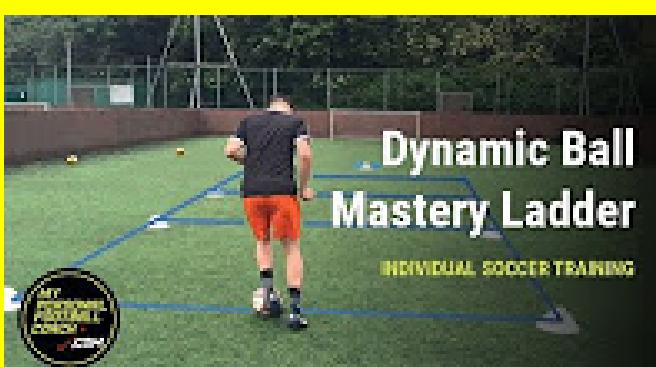
**TOP 5 ATTRIBUTES
NEEDED TO BE A
PRO PLAYER**

MY PERSONAL
FOOTBALL COACH .COM





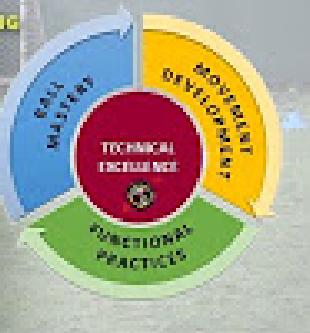




INDIVIDUAL SOCCER TRAINING

TECHNICAL EXCELLENCE CYCLE EXPLAINED

MY PERSONAL FOOTBALL COACH .COM



BALL STRIKING

MASTER THE PERFECT SHOT 3 PARTS



WEAK FOOT TRAINING IS IT IMPORTANT?

INDIVIDUAL SOCCER TRAINING



FAKE TO RECEIVE WITH OUTSIDE CUTS

INDIVIDUAL SOCCER TRAINING TECHNIQUES



BALL MASTERY SIDE TO SIDE 4 STAGES

PRACTICE SOCCER SKILLS AT HOME



MASTER THE CRYUFF TURN 3 STAGES





JUGGLE CHALLENGE
**INSIDE JUGGLE
LIKE A PRO**



**EXPLOSIVE
DRIBBLE
& TURN**

INDIVIDUAL SOCCER
DRIBBLING PRACTICE



**WONDERWALL
SKILL COMBOS
PART 2**

INDIVIDUAL SOCCER PASSING DRILL
**MYPERSONAL
FOOTBALLCOACH.COM**



**AGUERO
SHOOTING
CHALLENGE**



**AROUND THE BODY
3 SURFACES
BOTH SIDES**



**INDIVIDUAL
SOCCER
DRIBBLING
DRILLS
4 IN 1**



