

## A Success Story

I am a convert. For much of my coaching career I believed that a methodical possession game was what should be taught to players and that the beautiful game was only beautiful when played in this way. My teams would make several successive passes and be in no danger of turning over the ball to the other team. Perfection! Right? Wrong. We were also in no danger of scoring a goal at the end of most passing successions.

I have had the privilege of implementing the program that is laid out in this book and enjoying the benefits that came from it. Through my first hand experience, I was able to identify many of the reasons why I now endorse this program so heavily.

This is the most well thought out and complete training program that I have seen. Everything from the overall team philosophy to the sequence of each practice is designed to give your team the skills and abilities to perform at their highest level. It not only improves the skill level of players, but it engages them and holds their interest and focus. Building on the essential building blocks of fitness, technical skills, and tactical skills, this program brings players through a series of practices that ask them to develop their mental game and their approach to the game at the same time.

For those coaches needing to refine all areas of their team, this program does it meticulously, methodically, and efficiently.

Fast Break Soccer teaches the players how to analyze, think, react, perceive, move, and anticipate. For a player, there is no better system than one that allows them to make the decisions in the game and at game speed. My experience with this program is that it unlocks the creativity that many of these players have rather than placing limits on their actions.

Fast break soccer successfully changed my philosophy and convinced me of a better, more beautiful way to play soccer. It also happened to result in an increase in goals for, a decrease in goals against, and our first Championship team in 10 years of coaching.

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