

Burlington Junior Soccer Association



Coaching Videos Available at:

Connecticut Junior Soccer Association (CJSA)

11 Executive Drive (2nd floor at FSA)

Farmington, CT 06032

860-676-1161

Attn: Nancy Zoll

Video #	Video Title	Description
1-4	Soccer Club Coach	Anyone who is coaching soccer for the first time. Provides clear practice schedules for a wide variety of age groups. It is also a useful resource in developing training programs for young children.
2-4	Soccer Tactics: On The Attack	Features six attacking tactical training sessions led by NSCAA National Staff Coaches. Has instruction and Coaching Cues, giving you valuable insight on the various topics.
3-4	Soccer Tactics: Defending	The NSCAA presents this two-DVD collection featuring six defending tactical training sessions. Has instruction and Coaching Cues giving you valuable insight on various topics.
4-4	Espanol Coaching	Futbol Moderno - techniques in Spanish. DVD es el primero de un programa en el cual el espanol es el lenguaje utilizado por instructores y jugadores. Dividido en cuatro secciones, los temas cubiertos por este programa.
5-1	Soccer Speed	Works through progressive training including foot speed, running technique, quickness, acceleration, reaction, agility,
6-5	Tactical Development: Progressive Coaching	A coaching tool designed to help clubs and teams go beyond just participation. It creates a coaching connection that is stronger than just the team name and uniform. There should be technical and tactical connections between what happens when one age group progresses to the next age group. Teaches the player the responsibilities and possibilities of the positions in the diamond formation that will remain the same regardless of the # of players on the team.
7-4	Player Development for Individual/Team Training	A variety of creative activities to help players improve their attacking and defending skills. These activities will improve individual skills and team awareness for developing players and experienced players.
8-1	International Tactics	Attacking - focuses on the roles played by supporting attackers in all phases of attacking play. Defending - focuses on the roles played by supporting defenders in all phases of defending.
9-1	Group Tactics Attacking & Defending	Disc 1 focuses on decisions and choices of the player in possession of the ball. Covers shooting, passing to penetrate, dribbling and passing to relieve pressure to name a few. Disc 2 focuses on the decisions and choices of the defender closest to the ball. Covers tackling, interception, defending in the vital areas and decisions in the three thirds of the field to name a few.
10-8	Soccer Games 1 - 5 to 9 year olds	Twenty fun games to teach dribbling, passing, shooting, ball control and more.
11-8	Soccer Games 2 - 10 and older	Twenty fun games to teach dribbling, passing, shooting, ball control and more.
12-4	How To Coach Very Young Soccer Players	Ideal DVD for coach/parent of very young soccer players. On-field practice sessions clearly explain

		and demonstrate how the coach can teach basic soccer skills to young children in a "learn and have fun" system.
13-4	All The Right Moves	Twenty different moves and variations that will leave your opponents standing. Each move is carefully detailed and shown at match speed and in slow motion. The complex is made easy - for players of all ages and abilities.
14-4	1-2-3 Goal #1	Principal idea is that players of all ages should learn as many attacking techniques as possible in order to create goal scoring chances. Starts with 5 & 6 year old players and is designed to help improve their skills.
15-4	1-2-3 Goal #2	Principal idea is that players of all ages should learn as many attacking techniques as possible in order to create goal scoring chances. Starts with 5 & 6 year old players and is designed to help improve their skills.
16-4	1-2-3 Goal #3	Principal idea is that players of all ages should learn as many attacking techniques as possible in order to create goal scoring chances. Starts with 5 & 6 year old players and is designed to help improve their skills.
17-1	Striker School - The Finishing Touch	The role of the striker is basic - to score goals. This two-DVD set is full of coaching tips and drills with examples of world-class goal scorers doing what they are supposed to do - scoring goals!
18-1	Coaching Set Plays (2 Disc Set)	Disc 1 features the 12 principles of set play success, penalties, attacking corners, defending corners and practice methods. Disc 2 features kick-off, attacking free kicks, defending free kicks, attacking throw-ins, attacking goal kicks and defending goal kicks.
19-1	Training Girls & Women To Win #1	Three part series featuring April Heinrichs as a player/coach. Skills for both youth and advanced players. Includes technical, tactical, physical and psychological aspects of soccer
20-1	Training Girls & Women to Win #2	Three part series featuring April Heinrichs as a player/coach. Skills for both youth and advanced players. Includes technical, tactical, physical and psychological aspects of soccer
21-1	Training Girls & Women to Win #3	Three part series featuring April Heinrichs as a player/coach. Skills for both youth and advanced players. Includes technical, tactical, physical and psychological aspects of soccer
22-3	Soccer Champions Video Series #1	Soccer Techniques & Basic Tactics - passing and receiving - dribbling to keep the ball and beat your opponent one on one - heading safely and effectively - shooting and scoring - individual defending and tackling - fun games you can play to improve your skills - role of the coach.
23-3	Soccer Champions Video Series #2	Techniques and Small Group Tactics - attacking and defensive options in 2 V 1 situations - identifying and learning different types of attacking runs - offensive and defensive options in 2 V 2 situations - principles of attack and defense demonstrated in short sided games - developing speed of play and rhythm of play - proper warm up and cool down - mental skills of a champion.
24-3	Soccer Champions Video Series #3	Coaching the Big Game: Large Group Tactics - Speed and Fitness Training. Functional training by position and the role of each player - developing a zonal defense in the back and middle third - attacking coordination between the mid- field and the forwards - how to attack and beat a flat back defense - changing the point of attack - playing from different defensive restraining lines - trapping and counterattacking.
25-3	Soccer Fun Video	Tony DiCicco - the best way to learn winning soccer techniques and have fun at the same time! Designed for boys and girls, this soccer guide will unlock your hidden abilities and make you a better player.
26-1	A Decade of Great Goals	Spectacular goals including David Beckham's 50 yard strike for Manchester United against Wimbledon and many more.
27-4	Goalkeeping The DiCicco Method –	Three DVD set jam-packed with the most comprehensive drills and expert training tips you can get.

	Intro to Goalkeeping #1	Designed for all levels - beginner to advanced.
28-4	Goalkeeping The DiCicco Method – Goalkeeper Training and Coaches #2	Detailed and organized presentation for keepers and coaches. Three DVD set has comprehensive drills and expert training tips and is designed for all levels, beginner to advanced.
29-4	Goalkeeping The DiCicco Method – The Goalkeeper as a Team Player #3	You get pre game warm-up and practice warm-up. Quick footwork, plyometric training, agility, abdominals, ball gymnastics and much more. It's like training in person – with the best!
30-8	Soccer Coaches Guide for Youth Players 8-12 years old	Sessions and activities to use to coach your young players. Demonstrations of many different activities coaches can use to teach young players the skills they need to learn to play the game of soccer and have fun at the same time.
31-4	Tactical Training	Basic techniques in soccer - foundation of every player's performance. Helps identify the player's technical ability and develop their knowledge of technical training, which is helpful to the player's development.
32-8	Tactical Games	Small sided games that introduce coaches and players to soccer tactics. Helps to understand the basic principles of width, depth, mobility and penetration to create scoring opportunities. Also how to create scoring chances, and stop your opposition from doing the same.

*\$10 per person plus copy of license. If you lose or destroy DVD, you forfeit your money