

FCA/WCCYSL Coach/Parent Lending Library

FCA maintains a Lending Library for all FCA /WCCYSL Coaches and Parents. It is not enough anymore to simply have played the game. It is important to constantly keep educating ourselves, with new philosophies & science and to keep improving our coaching skills. If you have items to donate, please contact DOC. Items may be checked out for two weeks at a time. Contact DOC at doc@wccysl.com.

note: DVD Material is marked in red.

Conditioning

Complete Conditioning for Soccer, Sigi Schmid/Bob Alejo

Agility Ladder, Exercises for Soccer, Reeds wain, **DVD**

Yo-Yo Tests, Fitness Testing, Video

Jumping Into Plyometrics, 100 Exercise for Power & Strength, Donald Chu

Coaching Drills and Concepts

Coaching Soccer (The Official Coaching Book of the Dutch Soccer Assoc.), Bert van Lingen

Dutch Soccer Drills #5, Henny Kormelink

The Soccer Coaching Bible, NSCAA *****

Street Soccer, An Intro to Small Sided Games, CNSF, **DVD**

How to Play Against and Beat the 4-4-2, (World Class Coaching), David Platt

The Brazilian Box Midfield, Vinicius Dos Santos & Luciano Reis

DEFENDING, Coaching the English Premier Lg. 4-4-2, David Williams, **DVD**

ATTACKING, Coaching the English Premier Lg. 4-4-2, David Williams, **DVD**

World Class Coaching NSCAA Convention Clinics #1 **DVD**

- Anson Dorrance on North Carolina Techniques
- Curt Onalfo on MLS Training-maintaining defensive shape
- Lauren Gregg on Teaching Zonal Defending
- Dave Tenney on MLS Soccer Specific Conditioning
- Mauricio Marques on Brazilian Small Sided Games

World Class Coaching NSCAA Convention Clinics #2 **DVD**

- Principles of Defending, 1v1 thru 11v11

World Class Coaching NSCAA Convention Clinics #3 **DVD**

- Anson Dorrance on Teaching German Combinations and SSGs

English Premier Lg. Training Sessions Vol 1, World Class Coaching ****

Pressing, Small Sided Games and Drills for Applying Pressure, Reeds wain, **DVD**

It's Not About the Bra, Brandi Chastain

Successful Coaching, Official Text National Federation of High School Sports, ****
ASEP
Coaching Principles, Classroom Study Guide, American Sports Education Program
Coaching Young Children

Soccer Coaches Guide #1, For Young Players 5-7 years old, NSCAA, DVD
Let'em Play!, Coaching Tips for U6 to U12, AYSO, DVD
Coaching Players: A New Approach, FA Learning, DVD
Micro Soccer, The Secret of Coaching 6-8 year olds, Tony Waiters, Video
Coaching Youth Soccer Ages 6 to 9, U.S. Youth Soccer, Video
Fair Play, Making Organized Sports A Great Experience for Your Kids, Scott Lancaster

Sports Medicine/Phsycology

Exactly As I Am, Candid Advice for Today's Girls From Famous Women, Shaun Robinson
Warrior Girls, Protecting Our Daughters Against the Injury Epidemic In Women's Sports, Michael Sokolove ****
Catch Them Being Good, Everything You Need To Know To Coach Girls, Tony DiCicco & Colleen Hacker ****
Spark!, The Revolutionary New Science of Excercise and Brain, John J. Ratey, MD *****
Talent is Never Enough, John C. Maxwell
The Winners Mind, Allen Fox PH.D.
The Essential Wooden, John Wooden & Steve Jamison ****
A Game Plan For Life, The Power of Mentoring, John Wooden ****
Wooden, John Wooden & Steve Jamison
In Pursuit of Excellence, Terry Orlick, PH.D.
How to be Like Mike, Pat Williams
Talent is Overrated, Geoff Colvin
Light Up Your Child's Mind, Joseph Renzulli & Sally Reis
Body Mind Mastery, Creating Success In Sport and Life, Dan Millman

Soccer Publications

Soccer Journal, NSCAA, Wide Range of Soccer Topics
Success In Soccer, Wide Range of Topics with lots of great drills
World Class Coaching, Wide Range of Soccer Topics with great drills from around the World
Soccer International, Wide Range of Soccer Topics
Soccer America, Wide Range of Soccer Topics

General Topics

Outcasts United, A Refugee Team, An American Dream, Warren St. John
Kick the Balls, Alan Black
The Miracle of Castel Di Sangro, Joe McGinnis
Inverting the Pyramid, A History of Football Tactics, Johnathan Wilson

Stanley Matthews , (Famous English Footballer Bio), David Miller
Brilliant Orange, The Neurotic Genius of Dutch Football, David Winner
2011 Parents Guide, WCCYSL
The Beautiful Game, 16 Girls & the Soccer Season That Changed Everything,
Johnathan Littman ****
How Soccer Explains The World, Franklin Foer ****