



# Coaching High Performance Soccer

*Giovanni Trapattoni*

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## **Coaching High Performance Soccer** Giovanni Trapattoni

Trapattoni has coached 6 teams: AC Milan, Juventus, Inter Milan, Cagliari, Bayern Munich and Fiorentina. In this book, he shares his philosophy of coaching soccer and offers invaluable tactical insight, drawing on years of success at the highest level of the game.

He also provides an example of a complete pre-season conditioning and annual work plan for a high performance team.

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