



Tiki Taka Passing Patterns & Exercises: Improving Players' Passing Speed & First Touch

By Marcus DiBernardo

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The use of passing patterns is a critical component in developing a team's ability to possess the ball under pressure. "Tiki-Taka Passing Patterns" contains 20 passing exercises & patterns that will increase player's one-touch passing ability. The exercises develop coordinated player movement, help establish a high tempo passing rhythm and provide hundreds of meaningful touches to players.

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Tiki Taka Passing Patterns & Exercises: Improving Players' Passing Speed & First Touch By Marcus DiBernardo Bibliography

- Sales Rank: #357583 in Books
- Published on: 2014-05-31
- Original language: English
- Dimensions: 11.00" h x .8" w x 8.50" l, .28 pounds
- Binding: Paperback
- 32 pages

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