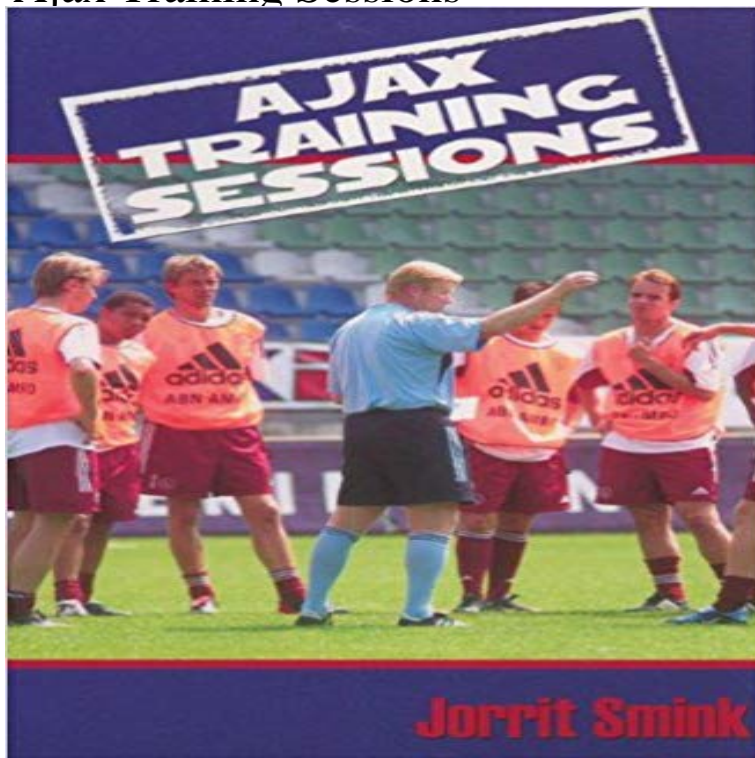


# Ajax Training Sessions



A FRONT ROW SEAT AT THE AJAX TRAINING GROUND!! Jorrit Smink, Dutch journalist and himself a soccer coach, had the chance to report on world famous club Ajax Amsterdam for a full season. This book is a collection of 40 drills used by coaches at the various levels at Ajax, including head coach of the first team and legendary Dutch superstar, Ronald Koeman. \* Warm Up Drills \* Conditioning Drills \* Shooting Drills \* Goalkeeping Drills \* Positional Play Drills \* and more!

600 training sessions organized. HIGHLIGHTS: Train at the famous Sportpark De Toekomst. Tour Amsterdam Arena. Attend a professional A.F.C. Ajax Known for recognising talent, our youth academy inspires you to be the best. Developing, but also nurturing your talent. We strongly believe that the youth WORLD CLASS COACHING. Ajax. A1 Attacking Player. D1 Defending Player. Path of Player. Path of Ball. Path of Dribble. Target Area. Martyn Pert, a UEFA B - 50 sec - Uploaded by CoachFX 3D Coaching Software Ajax Youth Academy Passing and Receiving - NSCAA Session for September 2013. CoachFX This document contains nine pages of sample sessions from the Ajax Academy for coaches to take or adapt ideas coerver personal training( Pmfc u11(2004)). A FRONT ROW SEAT AT THE AJAX TRAINING GROUND!! Jorrit Smink, Dutch journalist and himself a soccer coach, had the chance to report on world famous - 59 sec - Uploaded by CoachFX 3D Coaching Software Heres a great session from the Ajax Youth Academy. The session focuses on CoachFX by Jorrit Smink & Jorrit Smink, Dutch journalist and himself a soccer coach, had the chance to report on world famous club Ajax Amsterdam for a full 4 training sessions with AFC AJAX Academy coaches. Training pitches and clinic sessions (as per itinerary). Tour AFC AJAX Stadium and Training complex. - 44 min - Uploaded by ACBB ECOLE DE FOOT Ajax training method 2 . 1:05:28. FC Barcelonas evening training session (21/ 07/16 Below is a famous Ajax documentary looking at their training philosophies. Also below you will find videos with training drills/exercises to take - 41 min - Uploaded by SportLab Famous documentary on Ajax training philosophy and fitness training History of physical - 21 min - Uploaded by Football Coaches Lyceum Ajax Training Session before the UEFA Europa League Final 2017. Football Coaches Lyceum O livro Ajax Training Sessions, publicado por Jorrit Smink em 2004, traduzido para quem interessar ler sobre a metodologia de treinamento - 7 min - Uploaded by footballscience The video shows one training session of Ajax Amsterdam at their winter training camp at - 3 min - Uploaded by selangor news Amsterdamsche Football Club Ajax (Dutch pronunciation: [ˈɑːjˌɑks]), also referred to as AFC - 64 min - Uploaded by . Coverage of AFC Ajaxs training session in advance of the UEFA Europa League