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Small-sided games in youth soccer

Olthof, Sigrid

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Stellingen

Behorende bij het proefschrift

Small-sided games in youth soccer: Performance and behavior compared to the official match

Sigrid Olthof, 9 oktober 2019

1. Small-sided games are the holy grail of Dutch soccer (dit proefschrift)
2. Soccer requires a holistic approach because of the interplay of physical, technical and tactical performance (dit proefschrift)
3. Soccer is too complex to only play in small spaces (dit proefschrift)
4. Soccer players benefit from playing small-sided games on a match-derived relative pitch area in which they can explore the boundaries of the game (dit proefschrift)
5. Small-sided games should be carefully designed by taking the player's age into account (dit proefschrift)
6. The match is the only training context where players experience (match) pressure (dit proefschrift)
7. Voetballen leer je door te spelen met (de) ruimte
8. Kalm aan en rap een beetje (Herman Finkers)
9. Everybody complains about the weather, but nobody does anything about it (Charles Dudley Warner)
10. Het meeste in het leven kun je met een korrel zout nemen, behalve een goede tequila
11. De doorzetter wint

