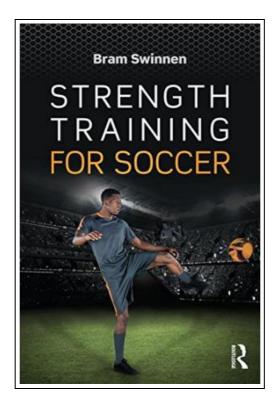
## Strength Training for Soccer



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### Reviews

The ideal publication i at any time go through. It is actually fascinating through reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time. (Alexandre Cruickshank)

#### STRENGTH TRAINING FOR SOCCER



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Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Strength Training for Soccer, Bram Swinnen, Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. Strength Training for Soccer introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines modern periodization strategies that keep players closer to their peak over an extended period. Dealing with themes of injury prevention, rehabilitation and interventions, as well as performance, the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context. Fully referenced, and full of practical drills, detailed exercise descriptions, training schedules and year plans, Strength Training for Soccer is essential reading for all strength and conditioning students and any coach or trainer working in football.









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