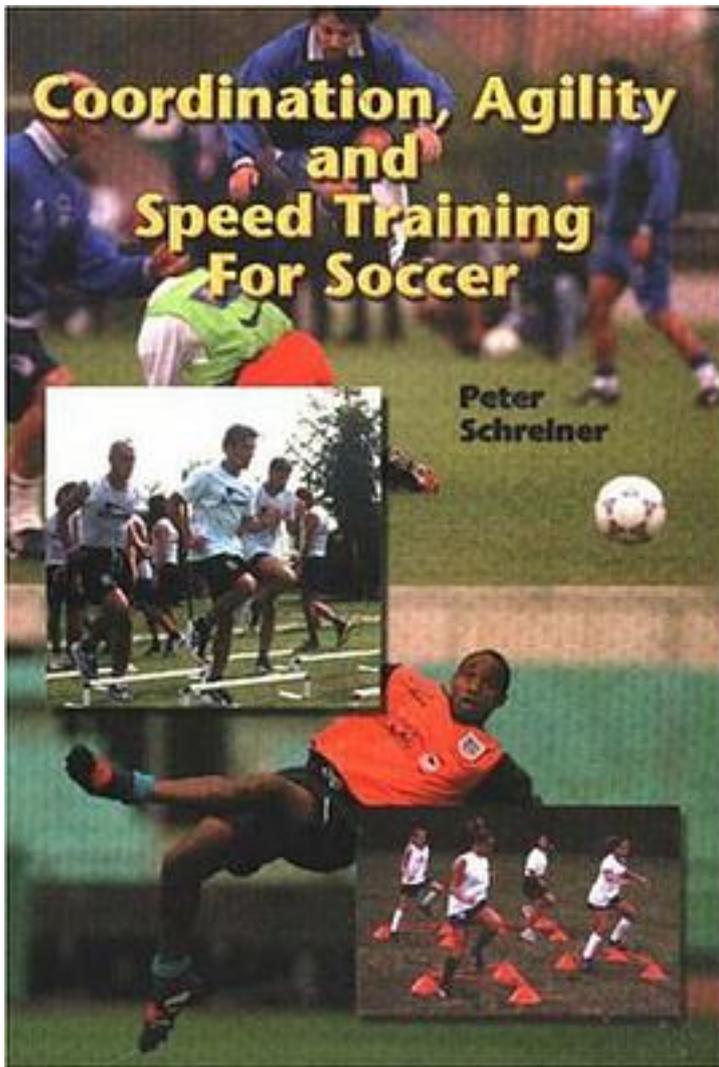


Coordination, Agility and Speed Training for Soccer



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This book provides drills accompanied by useful tips and understandable instructions with easy to follow diagrams. Sections include: Practical Warm Ups, Drills with the Ball, Drills with Rods and Cones, Running Technique, Plyometric Exercises and more.

作者介绍:

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