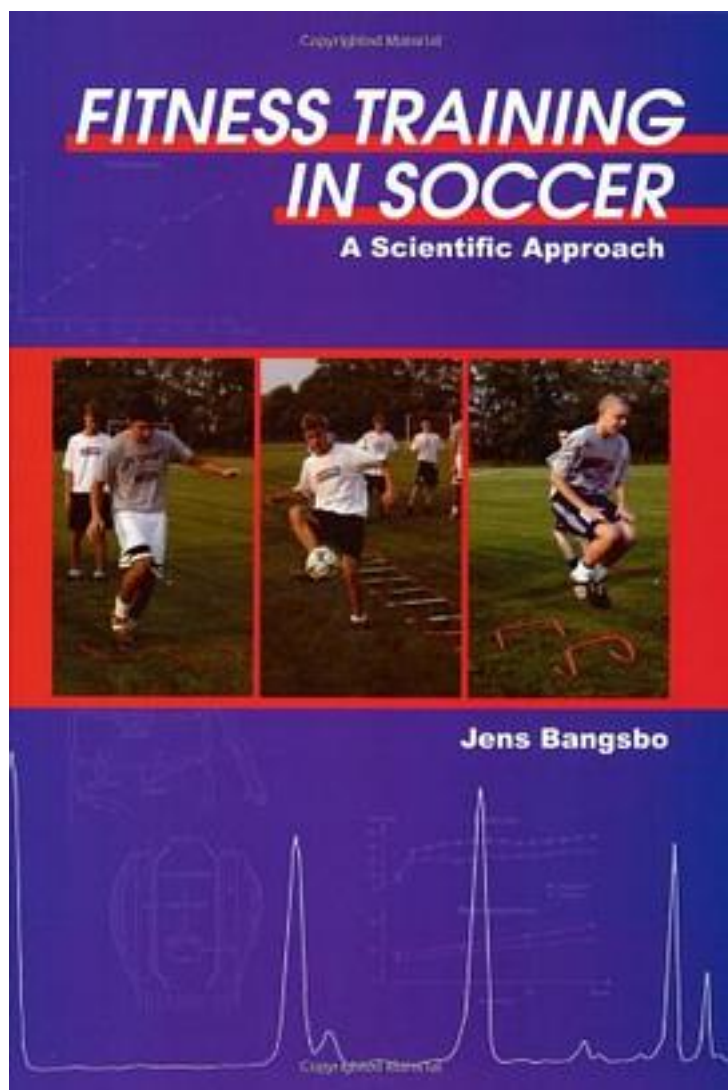


Fitness Training in Soccer



[Fitness Training in Soccer 下载链接1](#)

著者:Bangsbo, Jens

出版者:Cardinal Pub Group

出版时间:2004-3

装帧:Pap

isbn:9781591640622

What happens in the body when playing soccer? How much does a player work during a match? How do players cope with the physical requirements? How should players train and prepare for a match? This book provides answers to questions like these based on scientific results combined with practical experience. In a simple way it gives the reader an understanding of the principles of fitness training in soccer and how to perform the training in practice.

作者介绍:

目录:

[Fitness Training in Soccer_下载链接1_](#)

标签

评论

[Fitness Training in Soccer_下载链接1_](#)

书评

[Fitness Training in Soccer_下载链接1_](#)