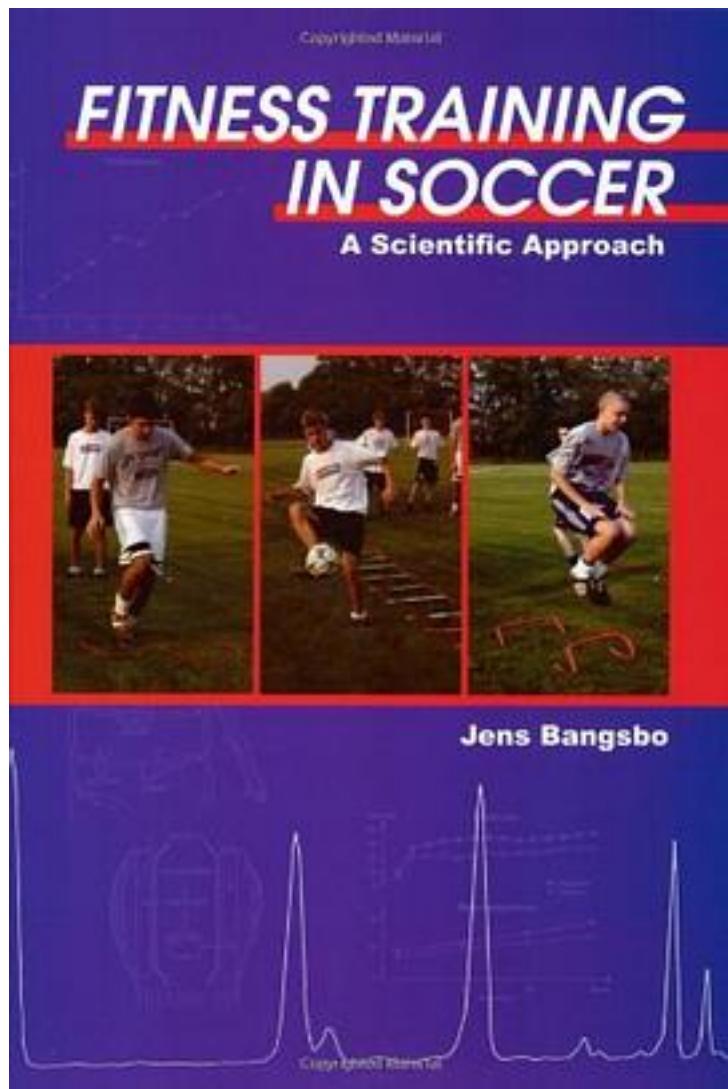


Fitness Training in Soccer



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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:

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