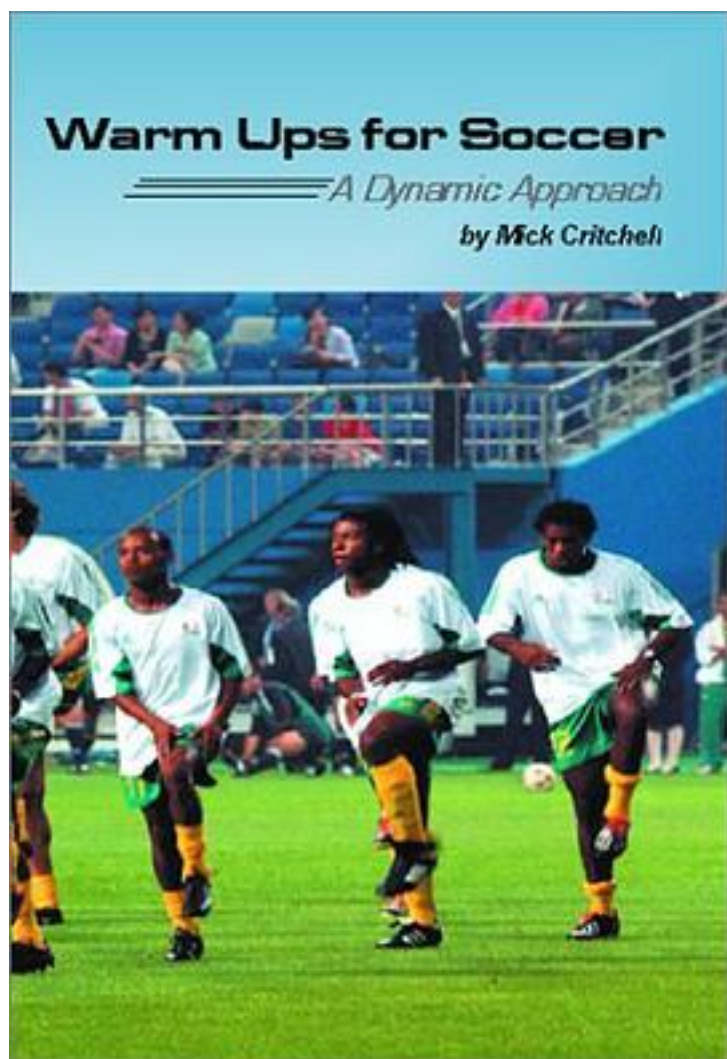


Warm Ups for Soccer



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著者:Mick Critchell

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In this long overdue book, Critchell addresses the issue of stretching and warm up practices for soccer. The main focus of the book is to discourage the use of static stretching, and instead offer a variety of dynamic exercises which more closely resemble the movements made in the game, giving the players the preparation they need either pre-game or pre-practice.

作者介绍:

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