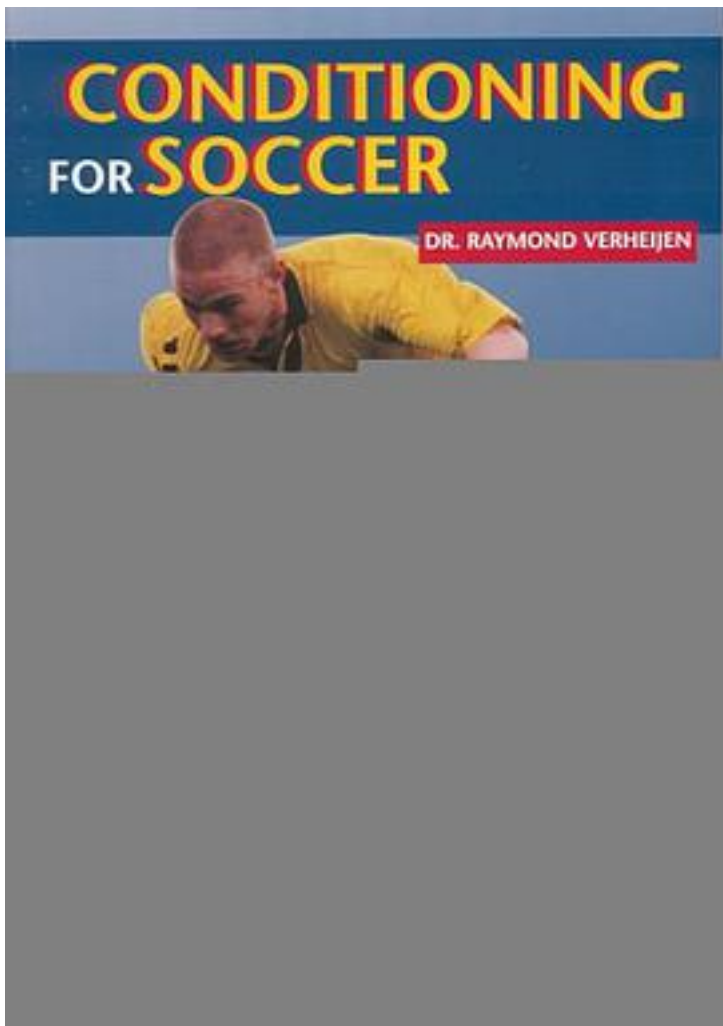


# Conditioning for Soccer



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Great soccer players train year-round to improve and maintain their physical and

mental abilities. "Conditioning for Soccer" is the final word in soccer training. Author Joseph A. Luxbacher, two-time Big East Conference Coach of the Year, has set up a complete fitness program geared toward soccer players that can be done all year long. Containing simple yet challenging drills and exercises, "Conditioning for Soccer" is beneficial, and more importantly fun, for any player, whether just starting out or seasoned professional. "Conditioning for Soccer" is a must-have for any dedicated soccer player

作者介绍:

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