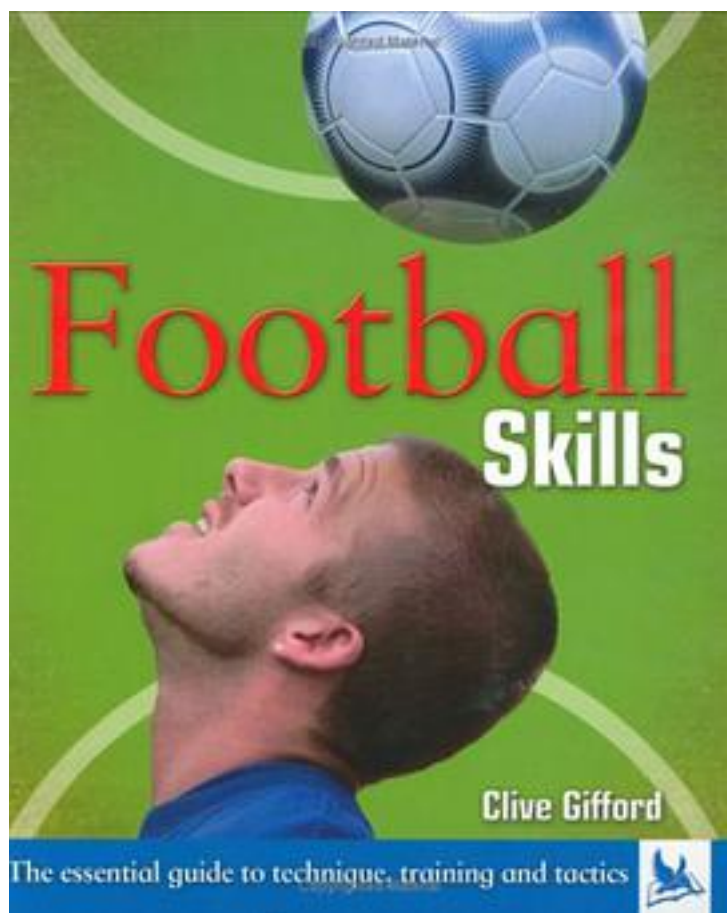


Football Skills



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出版者:

出版时间:2005-10

装帧:

isbn:9780753412442

Football is the world's greatest game, played by billions of people around the globe. From the secrets of Pele's sublime skills to beating an offside trap, Football Skills is an inspirational and accessible guide that will help young footballers of all levels reach their full potential. The book covers four comprehensive areas. The introduction

explains the details a budding player needs to understand before play starts, including stretching and kit, basic rules and codes of conduct. Stunning, computer-generated artworks and clear instructions then reveal the best way to control the ball, pass, tackle, cross, volley and shoot. A look at positioning and play shows how to open up a defence and how to achieve the best place in goal. Finally, the focus turns to set pieces and sheds light on how to sharpen up penalty-taking technique, bend free kicks and take corners with pace and accuracy. Engaging and exciting, this is an essential companion for anyone interested in becoming a formidable player of 'the beautiful game'.

作者介绍:

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