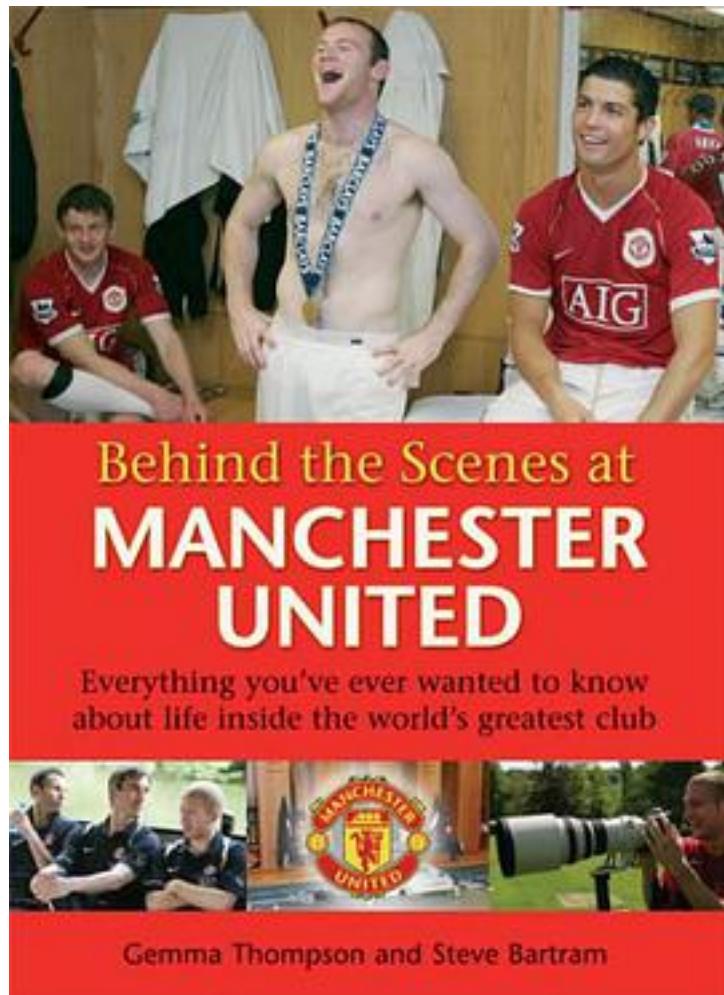


Behind the Scenes at Manchester United



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Every week, millions around the world tune in to watch United play, and crowds of 76,000 regularly make their way to Old Trafford to see their heroes in action - but how

much does anyone really know what goes on behind the scenes? This fascinating book sets out to show just what goes on to keep the show on the road. Writers Gemma Thompson and Steve Bartram take the reader through life at United, from training at Carrington and the work that goes on there to provide the players with the best facilities, diet and fitness regime, through to the build-up to the game, where match-day programme writers are hard at work, and on to the match itself, when a huge number of people is required to ensure everything goes smoothly. The book also follows the team on a trip abroad for a major European match, showing how the players choose to relax and how they build up for the big game. It also takes the reader into the changing room for the title celebrations and to Wembley for the FA Cup final. Football has always been about so much more than the eleven men on the field, and this book shows exactly what that means.

作者介绍:

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