

Complete Conditioning for Soccer



[Complete Conditioning for Soccer_下载链接1](#)

著者:Gatz, Greg

出版者:

出版时间:2009-5

装帧:

isbn:9780736077132

Increase strength to dribble through traffic. Pack more power into shots on goal. Improve quickness and agility to find open passing lanes and evade opponents. "Complete Conditioning for Soccer" shows reader's how to achieve all of these performance goals and more. In this special book and DVD package, renowned soccer strength and conditioning coach Greg Gatz provides a comprehensive training approach that builds players' physical abilities as well as the soccer-specific skills required for dribbling, tackling, passing, heading, shooting and goalkeeping. Complete with assessment tests for determining a players' fitness status and specific programmes that improve balance, quickness, agility, speed and strength, this book will help the reader dominate their position. The DVD puts the training into action by demonstrating key tests, exercises and drills from the book. With nutritional guidelines as well as seasonal workouts, this book provides a multi-dimensional training approach that will show readers how to get the most from their time in the gym and on the pitch.

作者介绍:

目录:

[Complete Conditioning for Soccer_下载链接1](#)

标签

评论

[Complete Conditioning for Soccer_下载链接1](#)

书评

[Complete Conditioning for Soccer_下载链接1](#)