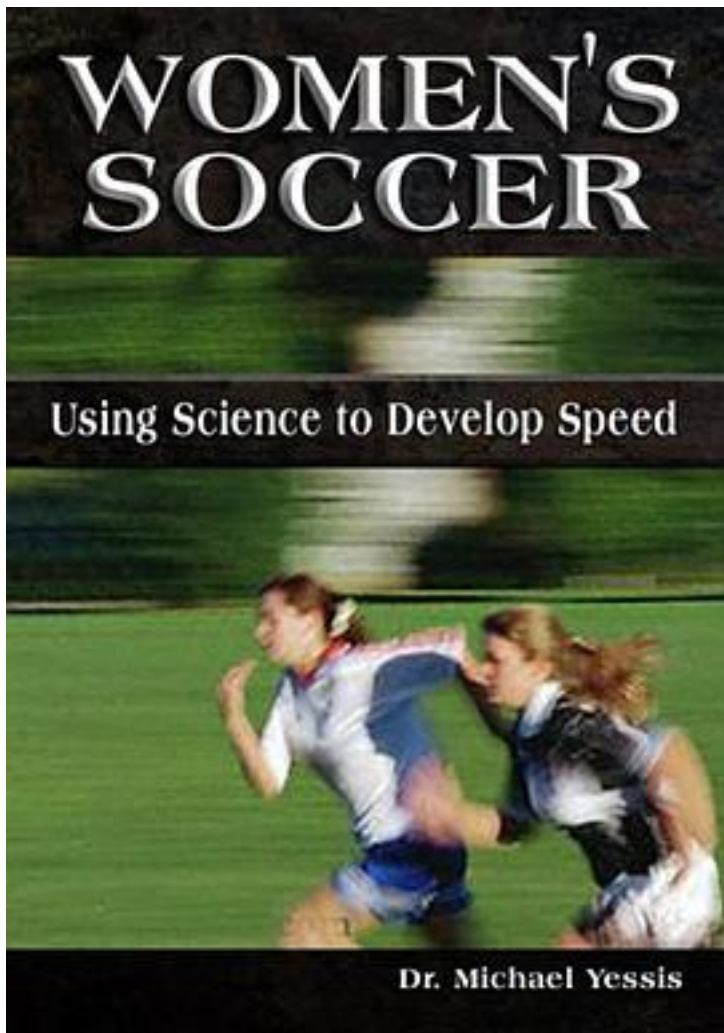


Women's Soccer



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The only book that shows an analysis of a variety of women soccer players' running

and cutting actions and then goes on to explain how they can most effectively be learned and improved. After detailing how the body works in specific skills used in soccer, the book then explains specific technique and strength exercises that duplicate the joint actions. It teaches players how specificity of strength and flexibility exercises can improve a soccer player's running and cutting actions. The exercises detailed within these pages make it possible to learn and correct technique so that a player can improve her performance very quickly.

作者介绍:

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