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STRENGTH TRAINING FOR SOCCER



Taylor & Francis Ltd. Paperback. Book Condition: new. BRAND NEW, Strength Training for Soccer, Bram Swinnen, Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. Strength Training for Soccer introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and...

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- Authored by Bram Swinnen
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