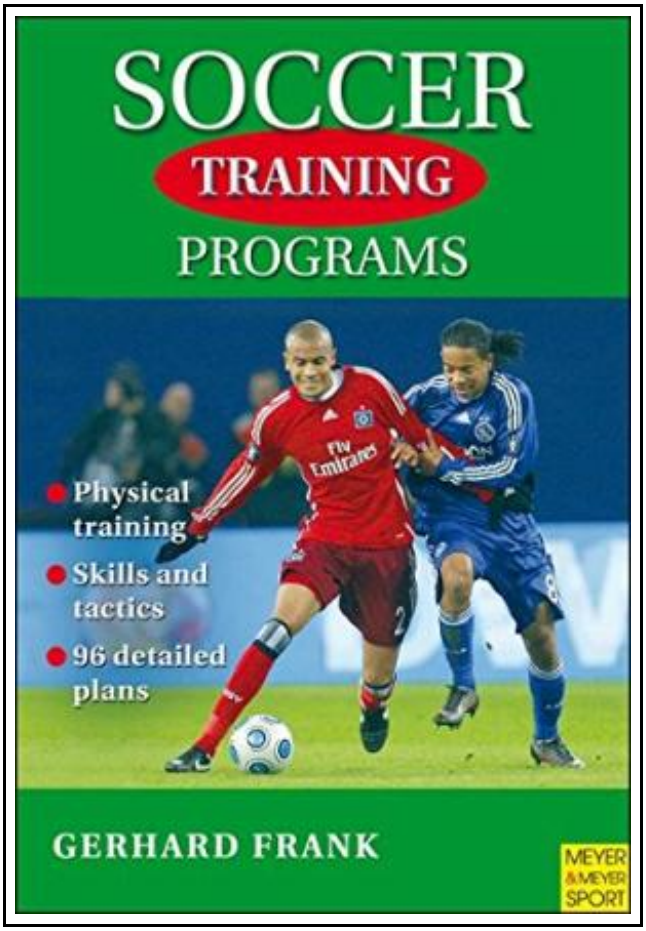
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Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Soccer Training Programs, Gerhard Frank, "Soccer Training Programs" contains a collection of 96 detailed plans designed to be used by amateur coaches. Success on the soccer field demands a high degree of fitness, technical skills and tactical ability from players. The challenge for coaches is to devise training programs which meet these requirements while remaining safe, interesting and fun. Each program is based on knowledge and techniques developed in professional soccer and other sports which have been adapted to the specific conditions and needs of the amateur game. In clear and concise chapters "Soccer Training Programs" also provides an overview of the key aspects of a coach's work, including physical training, skill development, tactics and psychological preparation. Other features of the book include a valuable discussion of periodisation for soccer, a special section on supplementary indoor training activities and an appendix of stretching exercises.

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