



Soccer Conditioning

Simon Thadani

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Soccer conditioning is aimed at managers and coaches of soccer teams from semi-professional through to Sunday League, including youth and children's teams. It gives detailed and accessible guidance on how to introduce fitness and conditioning routines into training to support and improve soccer performance.

Including:

principles of conditioning, speed and strength development
fitness requirements for specific positions and formations
planning the season
developing individual and team programmes
conditioning drills
how to train young players

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