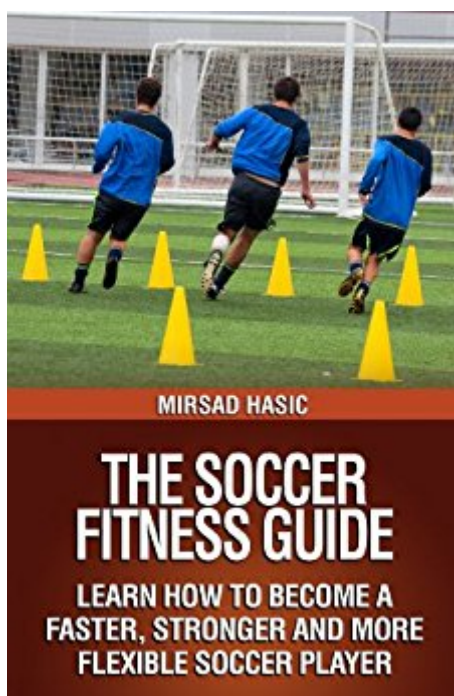




The book was found

The Soccer Fitness Guide - Learn How To Become A Faster, Stronger And More Flexible Soccer Player



Synopsis

Become a Dynamo on The Soccer Field With our Comprehensive Step-by-Step Soccer Fitness Guide.....Featuring Tips on all Aspects of Soccer Fitness Training, Including:Improve Your StaminaDo you suffer from fatigue late on in games? By following my personal regimes you will never again miss that late-shooting opportunity or fail to perform that last-minute sliding challenge because of a lack of energy. I will help you to improve your stamina so that you can maintain your performance right through to the final whistle.Become an Indestructible Soccer ForceUsing my personal regimes you will gain improved power and pace and add punch to your game, so that the next time you chase that 50/50 ball, leap into that heading duel, or take aim for a powerful shot, you can be confident of success.Turbocharge Your SpeedNot blessed with natural pace? Always getting left behind by quicker opponents on the pitch? Contrary to popular belief, I believe that speed can be taught. My insight can help you to improve your running style and maximize your speed-fitness with some secret tips and specialized activities.Enhance Your Physical DexterityGain that extra edge on the pitch by enhancing your physical dexterity with my expertly-devised agility regimes. I will show you how to add dynamism and athleticism to your game, and how to maximize your technical skill by fine-tuning your flexibility.Never Miss a GameOften suffer from niggles and injuries that cause you to miss games and subsequently stifle your development as a player? My expert advice and specially-designed programs will help you to avoid such occurrences and become an indestructible and ever-present physical force. Start improving your soccer fitness immediately by ordering your copy today!

Book Information

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Customer Reviews

A simple, informative read. Not simple as in easy or trivial. Simple as in easy to understand.

Recommended for anyone looking to improve their performance on the field by wisely investing time off the field.

I only give this four stars because most books on Soccer, including other my Mirsad Hasic layout practice regimens that relate to the same question. The good part of the book is that "You don't play sports to get in shape, You get in shape to play sports..."

As a coach, I know how hard it can be to motivate my players to work hard during the fitness sessions. This book gave me several great tips on how to make the fitness sessions fun and enjoyable, thus making my players stronger, faster and more fit.

Another good book in a great easy to read series

awesome!

Don't buy this. It's ridiculously basic and obvious.

Easy to understand explanations of the varying ideas on stretching and warming up. Good thoughts to put into practice quickly.

Mirsad's guide is an excellent primer on the dynamics of preparing for a competitive soccer match. This sport is prone to injuries in cases where the player does not warm up sufficiently and attend to such boring activities as sprints, running and jumping. The guide explains the importance of muscle resistance training, strength training, endurance and cardio training. In addition, the author explains the importance of having a good diet with no sugar, drinking or smoking. Smoking definitely slows

down performancesignificantly in some cases. In addition, smokers are always worseoff when trying to recover from things like pneumonia or severebronchial conditions-especially in colder climates.The author explains the importance of static and dynamic stretcheswhich are important in activities like the martial arts and yoga.Lastly, Mirsad explains the equation: Fitness= Less InjuryThe Soccer Fitness Guide is a must have for soccer playerseverywhere. At this price, it's a virtual giveaway.

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