



## The Five-a-Side Bible (Hardback)

By Chris Bruce

Freight Books, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. In terms of participation, five-a-side football is now much bigger game than league football - with 1.5m people in the UK playing regularly. Here, British Sports Book of the Year winners Back Page Press and Freight Books collaborate on a definitive and wry guide to the highs and lows of the great British five-a-side game. Magazine style and full of the humour, anecdotes and practical information that made Back Page Press's Football Manager Stole My Life a bestseller, The Five-a-side Bible will cover sports science, tactics, nutrition, fitness warm-ups and warm-downs, but with an emphasis on fun. It will reflect the shared experiences of participants and cover everything from the crazy team names - The Neville Wears Prada, Murder on Zidane's Floor - to wacky stories of ill-discipline and injuries, outlandish excuses for not playing, kit disasters, the five-a-side archetypes and tips from pros like former England international Matt Le Tissier and current Everton winger Aiden McGeady. Fully illustrated in colour, The Five-a-side Bible will profile the best five-a-side players in the UK and provide a bucket list - including a pitch on top of...



**READ ONLINE**

[ 3.41 MB ]

### Reviews

*This book is definitely not effortless to begin on reading through but extremely fun to read. Sure, it can be enjoyed, continue to an amazing and interesting literature. I realized this book from my dad and I recommended this pdf to understand.*

-- **Ezequiel Schuster**

*A brand new eBook with a brand new standpoint. It can be really fascinating through reading through time. I am happy to let you know that this is the greatest eBook I have gone through within my very own daily life and can be the best book for at any time.*

-- **Leanne Cremin**