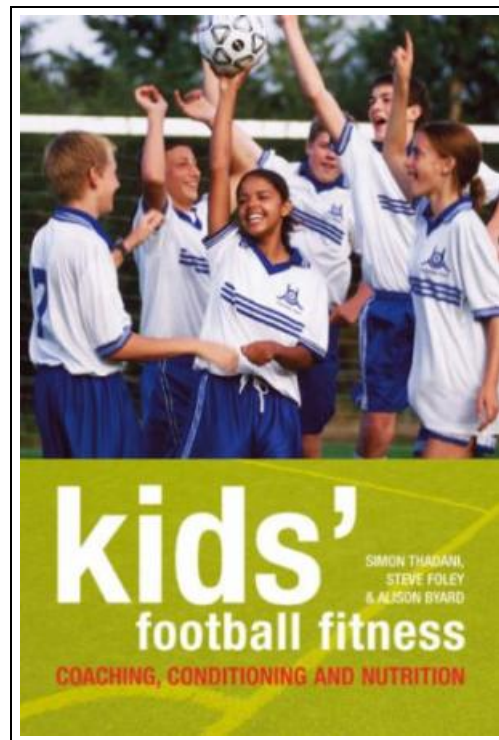


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KIDS FOOTBALL FITNESS: COACHING, CONDITIONING AND NUTRITION (PAPERBACK)



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Bloomsbury Publishing PLC, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Kids Football Fitness introduces a brand-new concept for children s football training, providing building blocks for a carefully structured, target-based programme of coaching, conditioning and nutrition for kids aged 7 to 16, with the aim of improving young players fitness for football. Programmes and drills are especially designed for specific age groups, taking into account young players differing stages of growth and development. Basic skills, strength work, speed work, stamina work and nutrition are all covered, with advice on developing a coherent programme to get the best results over a season. With tips and case studies from a range of professional players, coaches and nutritionists to back up the relevant information, and with clear and concise illustrations for all of the drills, Kids Football Fitness is the kids football training bible, whether you coach professional academy trainees or an after-school kids club.



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