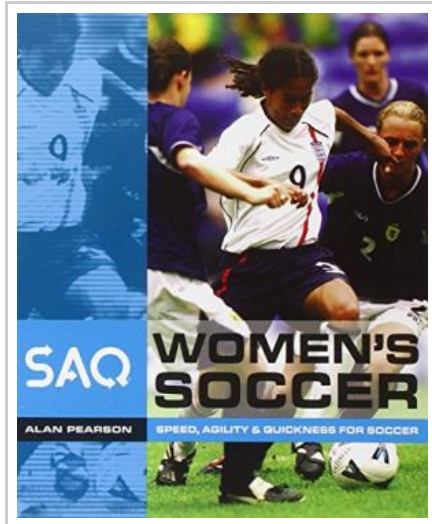




Women's Soccer: Speed, Agility and Quickness for Soccer

By Alan Pearson

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Women's Soccer: Speed, Agility and Quickness for Soccer, Alan Pearson, This guide carries a complete training and conditioning programme for female soccer players. Featuring the development of foundation SAQ Training skills such as multi-directional, agility and quickness, it incorporates core training, an essential conditioning element for sportswomen and seamlessly brings them together in a full soccer programme. Position specific drills and combination work (including goalkeeping) aim to make this an inspirational resource.

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