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Complete Conditioning For Soccer, Enhanced Edition (Complete Conditioning For Sports)



Synopsis

Increase strength to dribble through traffic. Pack more power into shots on goal. Improve quickness and agility to find open passing lanes and evade opponents. Complete Conditioning for Soccer, Enhanced Edition shows you how to achieve all of these performance goals and more. Soccer players are faster and stronger than ever before. In this special enhanced edition, renowned soccer strength and conditioning coach Greg Gatz provides a comprehensive training approach that builds players' physical abilities as well as the soccer-specific skills required for dribbling, tackling, passing, heading, shooting, and goalkeeping. Complete with assessments for determining a player's fitness status and specific programs that improve balance, quickness, agility, speed, and strength, this book will help you dominate your position. The video clips put the training into action by demonstrating the key tests, exercises, and drills. With nutrition guidelines as well as seasonal workouts, Complete Conditioning for Soccer, Enhanced Edition provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the pitch.

Book Information

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Training

Customer Reviews

Greg Gatz is the director of strength and conditioning programs for Olympic sports at the University of North Carolina-Chapel Hill, the home of the women's soccer program that's far and away won more Division I championships than any other women's soccer team. It's the place where Hamm and many other notable women players went to school. In other words, the school's record is a tribute to Greg's work. He develops a summer conditioning program for the players, evaluates them in pre-season and post-season and, of course, runs their strength training. This book is useful, in particular, for the high school athlete and coach, or older (collegiate) players and coaches. As one other reviewer noted, there's a lot of reading. Yep. But understanding the "why" of the exercises and the conditioning program are important, too. For younger players, time with the ball is a better way to spend time than conditioning. For those simply looking for a conditioning checklist and don't care to understand the physiology involved, just Google "UNC Summer Conditioning Program." Again, for younger players, and many older ones, playing UNC's 1v1 to cones game will work wonders. For the coach or evaluator, or self-motivated older players, this is a great resource, along with Jens Bangsbo's book on soccer fitness.

Not for coaching. Only for personal training. Video is very dated. Book is very wordy without many diagrams.

This book is lots of reading and not very practical to take to the park and workout. Would prefer less reading and more practical sheets or cards to take with you for guidance. All the workouts are great, but little overwhelming for mom to take and train her kids, memorizing it all. What I would prefer planner like style book, with takeaway pages and plan for the whole year, so the progress could be recorded as well.

ok

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