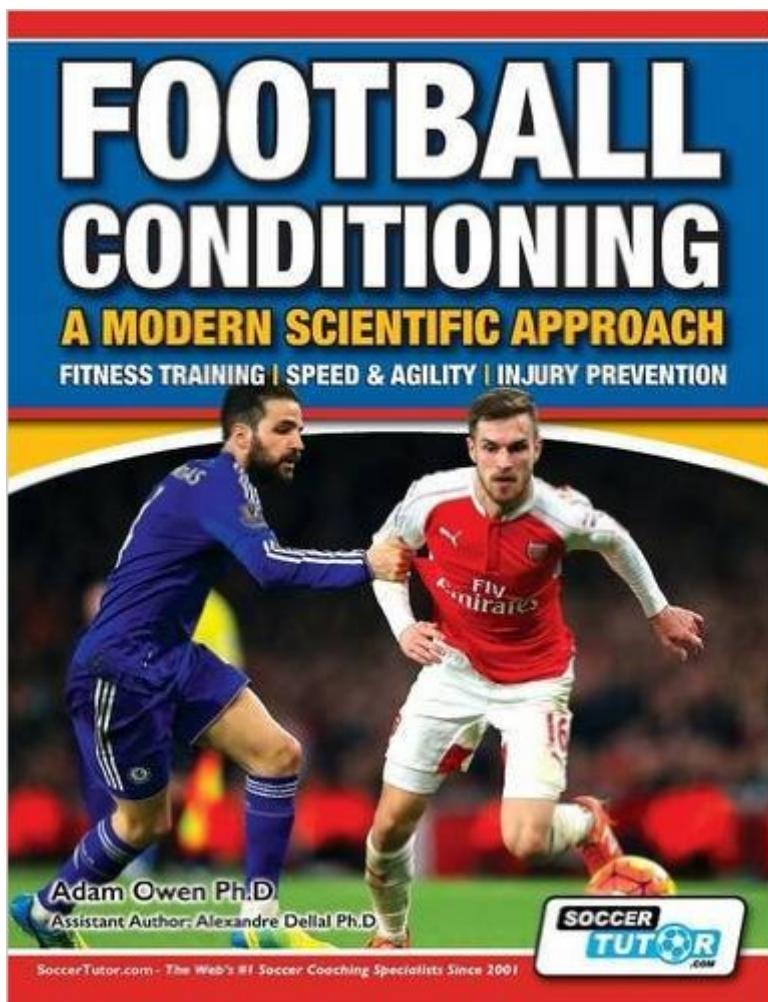


The book was found

Football Conditioning A Modern Scientific Approach: Fitness Training - Speed & Agility - Injury Prevention



Synopsis

Adam Owen (UEFA Professional Coaching Licence / Ph.D in Sport & Exercise Science) is the Sport Science & Fitness Coach for the Wales National Team and a Research Science Consultant at SL Benfica. Previously he was Head of Sport Science at Rangers FC and has held senior roles at many other European professional clubs. Assistant author Dr. Alexandre Dellal is the Head of Physical Preparation at OGC Nice and a leading researcher in the world of football science. The primary aim of this book set is to make use of modern coaching methods and football science principles to educate coaches working with players of all ages and levels. This book will help increase the efficiency of all training sessions and ensure that key components of the game (technical, tactical, physical and physiological) are being developed in conjunction with each other, rather than in isolation, which is fundamental to the development of football players. In this book (Part 1) we analyse the Distance and Intensity of Running, Physiological Demands of Football and Injuries and Prevention Techniques. We then present Speed & Agility Training Drills, Warm Up Drills and Injury Prevention, Strength and Conditioning Exercises. The second book in this set focuses on Periodization, Seasonal Training and Small Sided Games. Walter Smith OBE (Former Rangers FC Manager): "Coaches, at a range of levels, will enjoy the content of this book and be able to integrate the key findings into their training. Maximising the link between the technical, tactical and physical aspect of the game has seen an increased use of technology, analysis and specific personnel to ensure performance levels are maximised, and player injury is minimised. As a result, this book encapsulates these topics and highlights the fact that Adam is one of the most innovative performance coaches, underpinning sound football specific practice with scientific knowledge."

Aaron Ramsey (Arsenal FC and Wales): "Having known and worked with Adam for many years at International level, he is someone I enjoy working with and I have benefited in many areas of my game due to his methods and knowledge. I look forward to working with him for many years to come."

Steven Davis (Southampton FC and Northern Ireland Captain): "Adam and I worked together for many years during a significant and successful part of my career. His knowledge in his specialised area, and the philosophy he implemented from a science and performance aspect within the club (Rangers FC) was excellent. As a result, it led to an improvement in me as a professional."

Prof. Del P. Wong (Football Science Researcher): "Adam's main strength is the ability to link cutting edge science to the on-field performance to stimulate a different thought process as highlighted throughout this book. Attaining the UEFA Pro Coaching Licence and a Ph.D degree, is a rare but very impressive combination which make him very unique in our field. The information provided within this book highlights the link between the science and on-pitch coaching."

Book Information

Series: Football Conditioning a Modern Scientific Approach (Book 1)

Paperback: 196 pages

Publisher: Soccertutor.com Ltd. (August 10, 2016)

Language: English

ISBN-10: 1910491098

ISBN-13: 978-1910491096

Product Dimensions: 7.4 x 0.5 x 9.7 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #204,640 in Books (See Top 100 in Books) #57 in Books > Sports & Outdoors > Coaching > Soccer #96 in Books > Sports & Outdoors > Coaching > Football (American) #419 in Books > Sports & Outdoors > Football (American)

[Download to continue reading...](#)

Football Conditioning a Modern Scientific Approach: Fitness Training - Speed & Agility - Injury

Prevention Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your

Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed

Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) Speed

Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits

(Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) The

Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and

resistance through strength training and proper nutrition The Complete Strength Training Workout

Program for Squash: Add more power, speed, agility, and stamina through strength training and

proper nutrition Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy

Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy

training books Book 3) Training for Speed, Agility, and Quickness-3rd Edition (Enhanced Edition

with Video) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy

training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy

training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide

to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Speed

Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your

Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve

Productivity) Speed Reading: The Comprehensive Guide To Speed Reading - Increase Your Reading Speed By 300% In Less Than 24 Hours Ultimate Conditioning for Tennis: 130 Exercises for Power, Agility and Quickness Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Football: What You Need to Know to Have Skill, Smarts, Focus & Confidence (Fantasy Football, Strength Training, Rugby, Mindset, Mental Toughness, Self-Discipline, Grit) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness)

[Dmca](#)