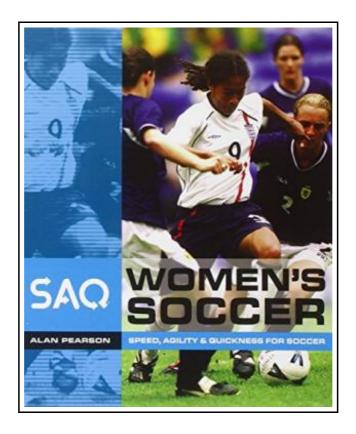
Women's Soccer: Speed, Agility and Quickness for Soccer



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Reviews

An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).

(Nannie Lindgren Jr.)

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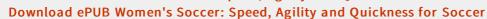
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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Women's Soccer: Speed, Agility and Quickness for Soccer, Alan Pearson, This guide carries a complete training and conditioning programme for female soccer players. Featuring the development of foundation SAQ Training skills such as multi-directional, agility and quickness, it incorporates core training, an essential conditioning element for sportswomen and seemlessly 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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