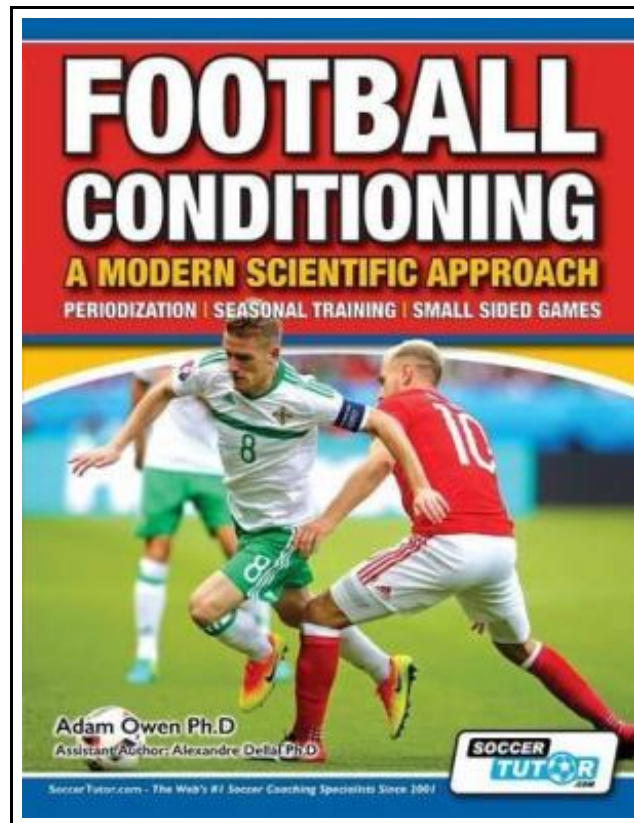


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*(Pasquale Larkin I)*

## FOOTBALL CONDITIONING A MODERN SCIENTIFIC APPROACH: PERIODIZATION - SEASONAL TRAINING - SMALL SIDED GAMES (PAPERBACK)



SoccerTutor.com, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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 2) we focus on Periodization, Football Training and Practices and the benefits of Small Sided Games. We then present Small Sided Games Training Drills and Transition Games (30 Practices) for coaches to implement into their training sessions. The first book in this set focuses on Fitness Training, Speed Agility and Injury Prevention. 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...



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