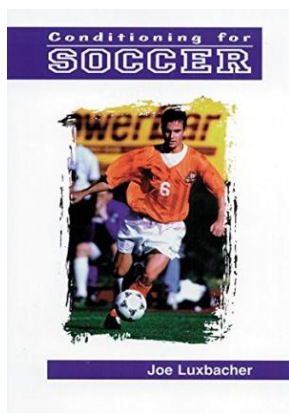


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## CONDITIONING FOR SOCCER



McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Conditioning for Soccer, Joe Luxbacher, Great soccer players train year-round to improve and maintain their physical and mental abilities. "Conditioning for Soccer" is the final word in soccer training. Author Joseph A. Luxbacher, two-time Big East Conference Coach of the Year, has set up a complete fitness program geared toward soccer players that can be done all year long. Containing simple yet challenging drills and exercises, "Conditioning for Soccer" is...

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- Authored by Joe Luxbacher
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