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# KIDS' FOOTBALL FITNESS: COACHING, CONDITIONING AND NUTRITION



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Kids' Football Fitness: Coaching, Conditioning and Nutrition, Simon Thadani, Steve Foley, Alison Byard, Kids' Football Fitness introduces a brand-new concept for children's football training, providing building blocks for a carefully structured, target-based programme of coaching, conditioning and nutrition for kids aged 7 to 16, with the aim of improving young players' fitness for football. Programmes and drills are especially designed for specific age groups, taking into account young players' differing stages...

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- Authored by Simon Thadani, Steve Foley, Alison Byard
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