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EFFECT OF WARM-UP ON SELECTED SOCCER SKILL PERFORMANCE



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LAP Lambert Academic Publishing Sep 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x4 mm. Neuware - The term warming-up is applied to the preliminary activities and exercises that the players carry out for physical and mental preparation prior to training Session or a match. Warming-up has got both physiological and Psychological advantage on the sportsmen. Prior to any physical activity or a match it helps the Sportsmen to reach the point where he says - it's time to begin, I am...

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