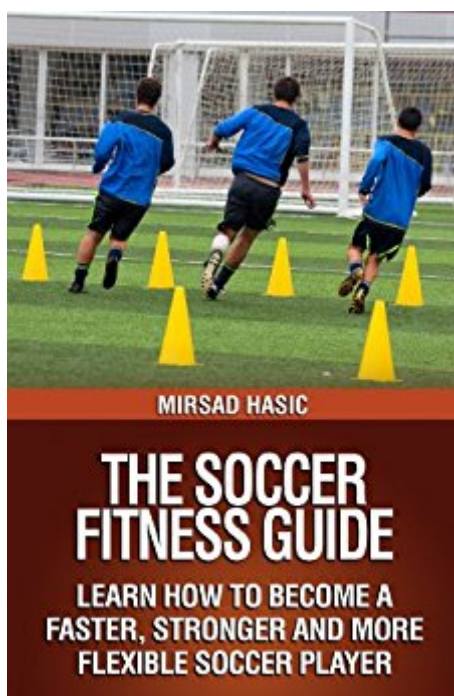




Ebook Directory
the best source of ebook

The book was found

The Soccer Fitness Guide - Learn How To Become A Faster, Stronger And More Flexible Soccer Player



Synopsis

Become a Dynamo on The Soccer Field With our Comprehensive Step-by-Step Soccer Fitness Guide.....Featuring Tips on all Aspects of Soccer Fitness Training, Including:Improve Your StaminaDo you suffer from fatigue late on in games? By following my personal regimes you will never again miss that late-shooting opportunity or fail to perform that last-minute sliding challenge because of a lack of energy. I will help you to improve your stamina so that you can maintain your performance right through to the final whistle.Become an Indestructible Soccer ForceUsing my personal regimes you will gain improved power and pace and add punch to your game, so that the next time you chase that 50/50 ball, leap into that heading duel, or take aim for a powerful shot, you can be confident of success.Turbocharge Your SpeedNot blessed with natural pace? Always getting left behind by quicker opponents on the pitch? Contrary to popular belief, I believe that speed can be taught. My insight can help you to improve your running style and maximize your speed-fitness with some secret tips and specialized activities.Enhance Your Physical DexterityGain that extra edge on the pitch by enhancing your physical dexterity with my expertly-devised agility regimes. I will show you how to add dynamism and athleticism to your game, and how to maximize your technical skill by fine-tuning your flexibility.Never Miss a GameOften suffer from niggles and injuries that cause you to miss games and subsequently stifle your development as a player? My expert advice and specially-designed programs will help you to avoid such occurrences and become an indestructible and ever-present physical force. Start improving your soccer fitness immediately by ordering your copy today!

Book Information

File Size: 4529 KB

Print Length: 146 pages

Publication Date: December 26, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00HBPBQQO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #97,687 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #14 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Soccer #27 in Books > Sports & Outdoors > Coaching > Soccer

Customer Reviews

A simple, informative read. Not simple as in easy or trivial. Simple as in easy to understand.

Recommended for anyone looking to improve their performance on the field by wisely investing time off the field.

I only give this four stars because most books on Soccer, including other my Mirsad Hasic layout practice regimens that relate to the same question. The good part of the book is that "You don't play sports to get in shape, You get in shape to play sports..."

As a coach, I know how hard it can be to motivate my players to work hard during the fitness sessions. This book gave me several great tips on how to make the fitness sessions fun and enjoyable, thus making my players stronger, faster and more fit.

Another good book in a great easy to read series

awesome!

Don't buy this. It's ridiculously basic and obvious.

Easy to understand explanations of the varying ideas on stretching and warming up. Good thoughts to put into practice quickly.

Mirsad's guide is an excellent primer on the dynamics of preparing for a competitive soccer match. This sport is prone to injuries in cases where the player does not warm up sufficiently and attend to such boring activities as sprints, running and jumping. The guide explains the importance of muscle resistance training, strength training, endurance and cardio training. In addition, the author explains the importance of having a good diet with no sugar, drinking or smoking. Smoking definitely slows down performance significantly in some cases. In addition, smokers are always worse off when trying

to recover from things like pneumonia or severe bronchial conditions-especially in colder climates. The author explains the importance of static and dynamic stretches which are important in activities like the martial arts and yoga. Lastly, Mirsad explains the equation: Fitness = Less Injury. The Soccer Fitness Guide is a must have for soccer players everywhere. At this price, it's a virtual giveaway.

[Download to continue reading...](#)

The Soccer Fitness Guide - Learn How to Become a Faster, Stronger and More Flexible Soccer Player
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program
Five Things I Like Almost As Much As Playing Soccer. 1. Watching Soccer. 2. Talking About Soccer. 3. Books About Soccer. 4. Websites About Soccer. 5. ... Pages
College Ruled (Composition Notebook) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)
How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle
Learning: How To Become a Genius & Expert In Any Subject With Accelerated Learning (Accelerated Learning - Learn Faster -How To Learn - Make It Stick - Brain Training)
Learn Like Einstein: Memorize More, Read Faster, Focus Better, and Master Anything With Ease | Become An Expert in Record Time (Accelerated Learning)
Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus
Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle
Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ...
Workout Nutrition, Nutrition For Athletes) Speak English Faster: Speak Confident Fluent English in 6 Months & Learn English Faster
Level 1: Basic Conversation: Book Bundle: 2 Books for 1 Bicycling Complete Book of Road Cycling Skills: Your Guide to Riding Faster, Stronger, Longer, and Safer
Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster
80/20 Running: Run Stronger and Race Faster By Training Slower Double Your Accounting Firm: Lessons Learned on How Top Firms Grow Faster, Build Stronger Teams, and Increase Profit
Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and

Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More Productive The Triathlete's Training Diary: Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)