



## Training for Soccer Players

*Marc Briggs*

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# Training for Soccer Players

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## **Training for Soccer Players Marc Briggs**

Training for Soccer Players blends a sports science approach to training with practical advice for coaches, enabling them to deliver effective training for players of all abilities. The book covers: An overview of anatomy, the mechanics of the human body and movement, and how this directly relates to the physical demands of soccer; Specific training methodologies in relation to aerobic and anaerobic training; Principles of programme design, and guidelines on how to design a training programme for all abilities; Means of fitness testing, ensuring practitioners can monitor and evaluate the effectiveness of soccer training programmes; Nutrition and nutritional strategies for optimizing a player's training and performance. Essential reading for soccer coaches wishing to provide structured and progressive training for their players. Includes expert contributions from coaches and sports science professionals. Superbly illustrated with 120 colour illustrations. Marc Briggs is a Graduate Tutor at Northumbria University Dept of Sport Development, soccer coach and has played football at professional clubs.

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