



Strength Training for Soccer

Bram Swinnen

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Strength Training for Soccer Bram Swinnen

Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. *Strength Training for Soccer* introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines modern periodization strategies that keep players closer to their peak over an extended period.

Dealing with themes of injury prevention, rehabilitation and interventions, as well as performance, the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context. Fully referenced, and full of practical drills, detailed exercise descriptions, training schedules and year plans, *Strength Training for Soccer* is essential reading for all strength and conditioning students and any coach or trainer working in football.



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