



## Soccer Conditioning

*Simon Thadani*

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# Soccer Conditioning

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## **Soccer Conditioning** Simon Thadani

*Soccer conditioning* is aimed at managers and coaches of soccer teams from semi-professional through to Sunday League, including youth and children's teams. It gives detailed and accessible guidance on how to introduce fitness and conditioning routines into training to support and improve soccer performance.

Including:

principles of conditioning, speed and strength development  
fitness requirements for specific positions and formations  
planning the season  
developing individual and team programmes  
conditioning drills  
how to train young players

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