



Mistrzowskie Wydajności w Piłce Nożnej: Kompendium Treningu i Coaching-u

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Opis

Peak Performance for Soccer: The Elite Coaching and Training Manual

Producent: Routledge

- **temat:** HEALTH & FITNESS / General, Health & Fitness/General, SPORTS & RECREATION / Coaching / General, SPORTS & RECREATION / General, SPORTS & RECREATION / Soccer, Sports & Recreation/Coaching - General, Sports & Recreation/Soccer, Sports training and coaching, Association football (Soccer), Sports training & coaching, Football (Soccer, Association football), SPORTS & RECREATION / Soccer, SPORTS & RECREATION, Soccer, SPORTS & RECREATION / Coaching / General, Coaching, General, HEALTH & FITNESS / General, HEALTH & FITNESS, SPORTS & RECREATION / General, Elite Soccer;Training Load;High Speed Running;External Training Load;Soccer Players;Training Prescriptions;Cod;English Premier League;Large Sided Games;Injury Risk;Small Sided Games;Re-injury Rate;Muscle Protein Synthesis;Hamstring Injuries;ACL Injury;Ventilatory Threshold;Force Velocity Curve;Prp Injection;Late Swing Phase;Hr Zone;Gym Sessions;Gps Device;Ligament Injuries;Gps Manufacturer;Plyometric Exercises, Association football (Soccer), Sports training and coaching, Football (Soccer, Association football), Sports training & coaching, Sports training & coaching
- **wiążący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 680 grams
- **strony:** 354
- **słowo kluczowe tematu:** Elite Soccer; Training Load; High Speed Running; External Training Load; Soccer Players; Training Prescriptions; Cod; English Premier League; Large Sided Games; Injury Risk; Small Sided Games; Re-injury Rate; Muscle Protein Synthesis; Hamstring Injuries; ACL Injury; Ventilatory Threshold; Force Velocity Curve; Prp Injection; Late Swing Phase; Hr Zone; Gym Sessions; Gps Device; Ligament Injuries; Gps Manufacturer; Plyometric Exercises, Elite Soccer;Training Load;High Speed Running;External Training Load;Soccer Players;Training Prescriptions;Cod;English Premier League;Large Sided Games;Injury Risk;Small Sided Games;Re-injury Rate;Muscle Protein Synthesis;Hamstring Injuries;ACL Injury;Ventilatory Threshold;Force Velocity Curve;Prp Injection;Late Swing Phase;Hr Zone;Gym Sessions;Gps Device;Ligament Injuries;Gps Manufacturer;Plyometric Exercises
- **kod podmiotu:** SFBC, SCG, HEA000000, HEA000000, SPO061000, SPO000000, SPO040000, SPO061000, SPO040000, WSJA, WSD, WSD
- **grupa docelowa:** General/trade, Tertiary education, Professional and scholarly
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