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COACHING SOCCER LIKE GUARDIOLA AND MOURINHO: THE CONCEPT OF TACTICAL PERIODIZATION



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 1st edition. 236 x 140 mm. Language: English . Brand New Book. Soccer player are more than the sum of their parts: endurance, speed, shooting technique, passing technique, skills, and intelligence on the pitch. The soccer coach has to take all of these factors into one system that will create good players. The concept of Tactical Periodization has become the preferred training theory for many of the current...

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- Authored by Timo Jankowski
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