



## Strength and Conditioning: The United Speed Clinic Way (Paperback)

By Billy Elias

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. FULLY ILLUSTRATED WITH WORKOUT GRIDS AND PHASES. All aspects of soccer specific conditioning, strength training, and skill, technical, and tactical development is based on achieving a state of maximum physical development. Not only developing the body to work at its most optimum output during a match, but to train the body, its muscle, groups as well as individual, to be match ready during off season, and pre season workouts. This discipline not only strengthens and disciplines the body to create muscle memory alongside of speed and agility training, but it develops a strong psyche, which helps to develop a mental toughness which is critical for developing and implanting a speed of play system whose primary foundation is decision making, and mental quickness. The purpose of this strength and conditioning manual is to achieve optimum performance for in season injury prevention, durability, and to achieve maximum physical output during a 90+ minute match. It is designed to achieve muscle development which will improve performance making you a better soccer player on the training ground and the pitch!.



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