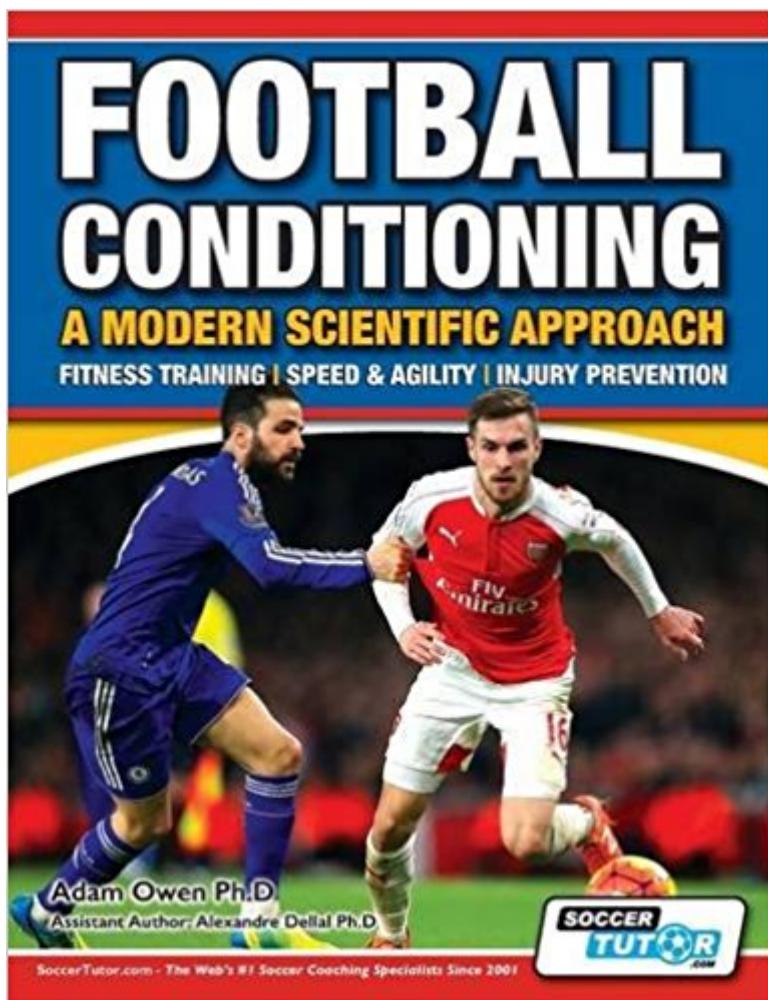


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# Football Conditioning A Modern Scientific Approach: Fitness Training - Speed & Agility - Injury Prevention



## Synopsis

Adam Owen (UEFA Professional Coaching Licence / Ph.D in Sport & Exercise Science) is the Sport Science & Fitness Coach for the Wales National Team and a Research Science Consultant at SL Benfica. Previously he was Head of Sport Science at Rangers FC and has held senior roles at many other European professional clubs. Assistant author Dr. Alexandre Dellal is the Head of Physical Preparation at OGC Nice and a leading researcher in the world of football science. The primary aim of this book set is to make use of modern coaching methods and football science principles to educate coaches working with players of all ages and levels. This book will help increase the efficiency of all training sessions and ensure that key components of the game (technical, tactical, physical and physiological) are being developed in conjunction with each other, rather than in isolation, which is fundamental to the development of football players. In this book (Part 1) we analyse the Distance and Intensity of Running, Physiological Demands of Football and Injuries and Prevention Techniques. We then present Speed & Agility Training Drills, Warm Up Drills and Injury Prevention, Strength and Conditioning Exercises. The second book in this set focuses on Periodization, Seasonal Training and Small Sided Games. Walter Smith OBE (Former Rangers FC Manager): "Coaches, at a range of levels, will enjoy the content of this book and be able to integrate the key findings into their training. Maximising the link between the technical, tactical and physical aspect of the game has seen an increased use of technology, analysis and specific personnel to ensure performance levels are maximised, and player injury is minimised. As a result, this book encapsulates these topics and highlights the fact that Adam is one of the most innovative performance coaches, underpinning sound football specific practice with scientific knowledge."

Aaron Ramsey (Arsenal FC and Wales): "Having known and worked with Adam for many years at International level, he is someone I enjoy working with and I have benefited in many areas of my game due to his methods and knowledge. I look forward to working with him for many years to come."

Steven Davis (Southampton FC and Northern Ireland Captain): "Adam and I worked together for many years during a significant and successful part of my career. His knowledge in his specialised area, and the philosophy he implemented from a science and performance aspect within the club (Rangers FC) was excellent. As a result, it led to an improvement in me as a professional."

Prof. Del P. Wong (Football Science Researcher): "Adam's main strength is the ability to link cutting edge science to the on-field performance to stimulate a different thought process as highlighted throughout this book. Attaining the UEFA Pro Coaching Licence and a Ph.D degree, is a rare but very impressive combination which make him very unique in our field. The information provided within this book highlights the link between the science and on-pitch coaching."

## Book Information

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