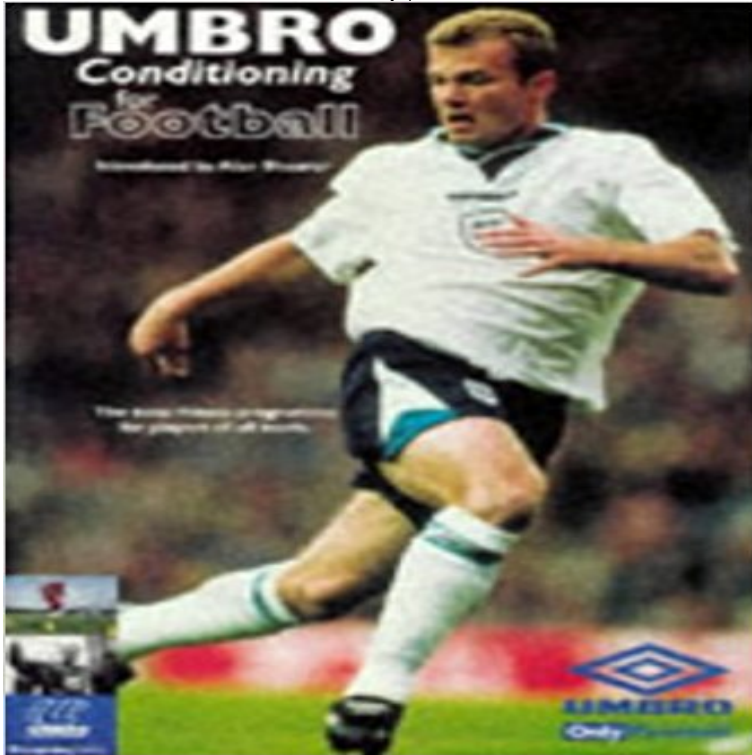


Umbro Conditioning for Football



Providing a range of customized football training methods, this book covers aerobic power and flexibility through to injury prevention, nutritional advice and motivational techniques. It also draws on the experience of some of the top names in the game, such as Alan Shearer and Steve McManaman.

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