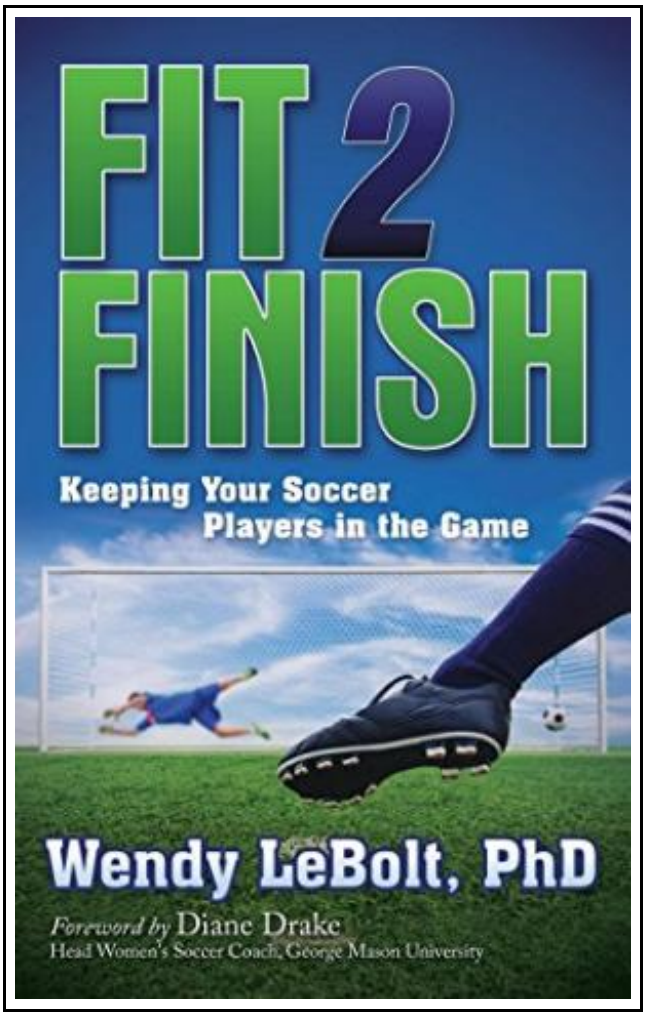
Fit 2 Finish: Keeping Your Soccer Players in the Game (Hardback)



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(Paula Gutkowski)

FIT 2 FINISH: KEEPING YOUR SOCCER PLAYERS IN THE GAME (HARDBACK)

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Morgan James Publishing, United States, 2015. Hardback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The number of kids who love to play soccer has exploded in the last decade. Unfortunately, so has the number of sports injuries. Why? More games, more competitions, and early specialization have all contributed, but so have our methods of training them. High pressure to perform along with an increased volume and intensity of training has combined to hamper young soccer athletes. They favor one side, overuse one muscle group, and do it over and over again. This is a recipe for injury. In Fit 2 Finish, Dr. LeBolt takes a sport scientist s eye to the training of our soccer-loving kids. She distills the gems of two decades of coaching and injury prevention training to display the methods that have worked to make her athletes safer, healthier and more effective, all while never losing the fun. Coaches at all levels can apply the Fit2Finish principles to every facet of their coaching: warm up, skills and drills, game play, post game routines, recovery, rest and preparing for the next game. Fit 2 Finish is the training manual and the game plan for the coach who s first objective is to keep kids healthy and in the game. Yes, we must address the too much, too early in today s youth sports, but while we go about changing the culture, the kids who are currently in it need saving. Today s coaches can start now by taking the Fit2Finish method straight to their practice field. If strong, balanced, healthy, high-performing athletes are what we re after, then Fit 2 Finish will get us there.

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