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Autore	MacKay Jenny <1978->
Titolo	Soccer / / by Jenny MacKay
Pubbl/distr/stampa	Detroit : , : Lucent Books, , 2011
ISBN	1-4205-0768-0
Descrizione fisica	1 online resource (104 pages) : illustrations (some color)
Collana	Science behind sports
Disciplina	796.334
Soggetti	Soccer Sports sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The people?s game -- Goal setting : the physics of a soccer match -- Look! no hands! the biomechanics of playing soccer -- The right condition : physical training for soccer players -- Sideline : common soccer injuries -- Think fast : the psychology of soccer.
Sommario/riassunto	Explores the scientific principles behind some of the most popular team and individual sports. Covers origins, history and changes, the biomechanics and physiology of playing, related health and medical concerns, and the causes and treatment of sports-related injuries. This volume covers soccer.