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| 1. Record Nr. | UNINA9910450999503321 |
| Titolo | Youth soccer : from science to performance // Gareth Stratton. [et al.] |
| Pubbl/distr/stampa | London ; ; New York : , : Routledge, , 2004 |
| ISBN | 0-203-68761-2 1-134-44762-0 1-280-05167-1 0-203-64413-1 |
| Descrizione fisica | 1 online resource (229 p.) |
| Altri autori (Persone) | StrattonGareth <1960-> |
| Disciplina | 796.334/083 |
| Soggetti | Soccer for children - Training Soccer for children - Coaching Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Book Cover; Title; Contents; List of illustrations; AN INTRODUCTION TO THE SCIENCE OF YOUTH SOCCER; THE GROWTH OF THE PHYSIOLOGICAL SYSTEMS; ENVIRONMENTAL FACTORS IN SOCCER; INJURY PREVENTION; THE YOUNG FEMALE SOCCER PLAYER; DEVELOPING FITNESS IN THE YOUNG SOCCER PLAYER; NUTRITION FOR YOUNG SOCCER PLAYERS; ACQUIRING SOCCER SKILLS: EFFECTIVE PRACTICE AND INSTRUCTION; PERCEPTUAL AND COGNITIVE EXPERTISE: DEVELOPING GAME INTELLIGENCE; PEDAGOGY APPLIED TO YOUTH SOCCER COACHING; SOCIAL-PSYCHOLOGICAL CONSIDERATIONS OF ELITE YOUTH PLAYER DEVELOPMENT; THE ROLE OF THE SOCCER ACADEMY; Index; |
| Sommario/riassunto | This book blends contemporary child-focused sports science theory with youth specific coaching practice to help create evidence soccer development strategies for children. |