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Titolo	Youth soccer : from science to performance // Gareth Stratton ... [et al.]
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Edizione	[1st ed.]
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
Lingua di pubblicazione	Inglese
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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.