

1. Record Nr.	UNISA996200968903316
Titolo	The journal of peptide research
Pubbl/distr/stampa	[Oxford], : [Blackwell], -2005
ISSN	1399-3011
Descrizione fisica	1 online resource
Disciplina	572.65
Soggetti	Peptides Proteins Protéine Peptide Biochimie Computer network resources. Periodicals. Ressource Internet (Descripteur de forme) Périodique électronique (Descripteur de forme)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed

2. Record Nr.	UNINA9911022460303321
Autore	Schwab Sebastian
Titolo	Soccer – The Practical Guide for Athletes and Coaches from Weekend Warriors to Elite Competitors // by Sebastian Schwab, Joscha Balle
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2025
ISBN	3-662-70726-8
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (112 pages)
Collana	Biomedical and Life Sciences Series
Altri autori (Persone)	BalleJoscha
Disciplina	796.015
Soggetti	Sports sciences Physical education and training Sport Science Sport Training Sport Education and Didactics Sports Biomechanics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	I Soccer for Beginners and Advanced Players – A Classification of the Sport of Soccer -- Introduction to the Sport of Soccer -- Game Philosophy vs. Strategy vs. Tactics vs. Principles -- Basics for Acquiring Tactics and Technique -- Performance Determining Factors in Soccer -- II Game and Competition Formats -- Classic Formats -- Alternative Formats -- III Game and Exercise Formats -- Introduction to Game and Exercise Formats in Soccer -- I have the ball -- We have the ball -- I win the ball -- We win the ball.
Sommario/riassunto	In soccer training, it can be extremely challenging to find suitable games and exercises that serve up to the diverse age groups and skill levels encountered in clubs, schools, or recreational settings. This hands-on guide includes 49 games and exercises that can be significantly expanded using the adaptation strategies included. Each activity is demonstrated by an illustration, a detailed description of the procedure, possible variations, helpful coaching tips, and a difficulty assessment. Additionally, 15 selected games and exercises are available as online videos to offer a better understanding and practical

support for each training format. Beyond these practical aspects of soccer training, the authors go through foundational concepts, such as the distinction between tactics and techniques or games and drills. They also incorporate scientific insights, especially those related to youth soccer, to provide a well-rounded educational resource. This comprehensive knowledge aims to inspire a broad group of readers, such as university educators with ideas for teaching soccer, provide coaches with actionable solutions for effective practice sessions, assist teachers in managing diverse groups in physical education, and help recreational players expand their repertoire of soccer activities. The Authors Dr. Sebastian Schwab is a soccer lecturer at the Institute for Training Science and Sports Informatics at the German Sport University in Cologne. He also coordinates the Cologne Ball School and serves as a coach at the DFB Talent Project in Cologne. Joscha Balle is a sports scientist, soccer coach, lecturer, and co-founder of ADVANCE. FOOTBALL, a company specializing in the development of youth soccer.
