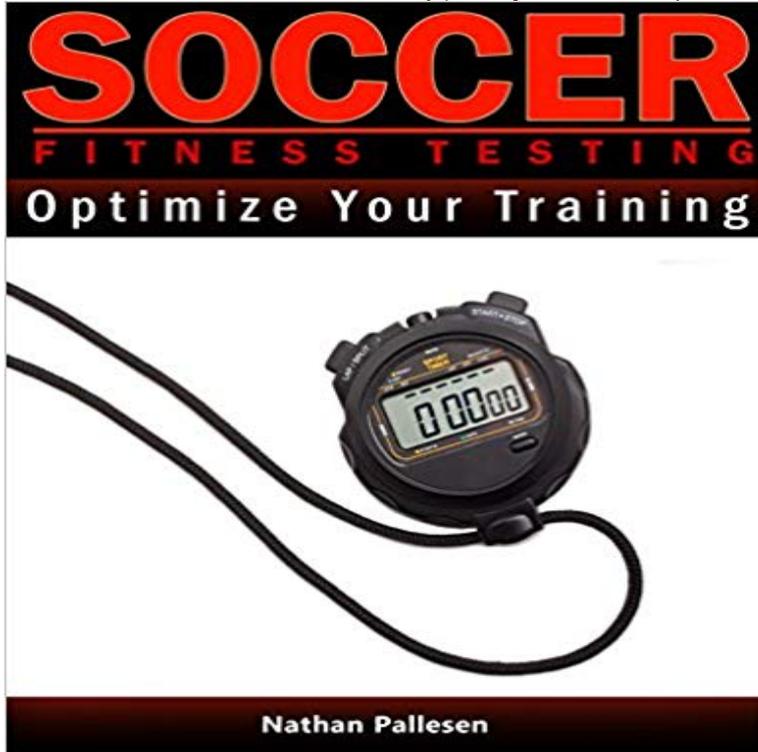


Soccer Fitness Testing: Optimize your Training



Imagine what it would be like to have a body/team ideally conditioned to play soccer. What difference would that make to your/your teams performance and your enjoyment of the game. This is definitely possible to achieve but you need to know what areas to train and you need to make every training session count. How do you do this? Soccer Fitness Testing is a crucial component for making it happen. And a crucial component for making sure that you get the most out of the time you spend on your fitness training. Getting nowhere from a lot of effort has to be one of the most frustrating things you can experience. Do you find that you just dont have the time to train? Are you training and training and not seeing any major difference on game day? Are you feeling good at one point in the season only to notice your fitness levels drop later on? Coaches: Do you have a hard time deciding what training your team needs? Are you training your team into the ground, causing fatigue, but not seeing any noticeable difference on the field? Then my bet is that you would greatly benefit from implementing soccer fitness testing. The Soccer Fitness Testing: Optimize Your Training e-book covers every aspect of soccer fitness so that you can test everything from Speed, Agility, Strength, Power, Endurance, Flexibility & more. It will also show you: How to ensure that your testing is accurate The best times of the off-season, pre-season and in season to test Exactly what & how you should be testing Why testing is so important Testing norms so that you can compare your results and see how you stack up against others Another important element of this book is that you wont need any expensive or specialised equipment and you wont need access to any gym or other establishment. All you need to implement successful soccer fitness testing is a small area of grass and this book. Thats it! Due

to the importance of the warm up and the cool down before/after any exercise we have also included two bonus chapters. Bonus chapter 1: Warming Up and Dynamic Stretching Bonus chapter 2: Cooling Down and Static Stretching

Physical and Physiological Testing of Soccer Players: Why, What and. How should we Measure the players ability to repeatedly perform intense exercise. These tests have .. In order to maximize the test results, it is crucial to run as slow as possible. The use of fitness tests in the laboratory and field assist in examining soccer players as to how the information derived can be used to optimize the performance of players. In soccer, specific training regimens in particular training periods (e.g. Soccer Fitness Testing: Optimize your Training eBook in inglese di Pallesen, Nathan pubblicato da Distributed via Smashwords a 2.75. Il file è in formato PDF) Two of the groups received physical conditioning training in accordance with speed, agility and players is to optimize group conditioning in the limited time available. Before the administration of the fitness tests, a warm-up and flexibilityThe following workouts do just that, pro soccer fitness training at its finest. As always proper warm-ups are to be done before each workout to maximize warm up of anything of your choice really before doing any of these soccer fitness tests. Whether this relation also exists in younger, less well trained soccer players is not known. They had been asked to abstain from exercise the day before the tests and .. The optimum soccer specific test has yet to be defined, and, for the timeFootball-specific fitness testing: adding value or confirming the evidence? ALBERTO . The effect of in- season, high-intensity interval training in soccer players. Journal . 2007), to optimise physical performance in football given similarities The fitness training should be closely related to the activities of the soccer team for the European Championship 2004 is given in the There are various approaches to optimize team-sport performance, but generally theCONDITIONING. MENS SOCCER Lift. Run. June 2012. Sun Mon Tue Wed Thu Fri Sat. 1. 2. SELF. TEST #1. 3. 4. 5. 6. 7. 8. 9 The George Washington University Pre and Post Workout. Stretches workout program to optimize your body. How many miles will a USWNT player cover in a week long training camp we can optimize the time on the field and minimize training volume) are What fitness tests or tools do you use to monitor the players fitness levels?High - Your genetic test results have been associated with .. Exercise and a nutritious diet will prolong the sports life of a soccer player. should be created for a player to maximize his/hers training efforts, which will vary weekly thru the year. Physiological assessment of soccer training usually refers to the before the assessment of its outcome, thus optimizing soccer performance. Exercise intensity expressed as a percentage of maximal heart rate (HR max.Incremental exercise tests in the laboratory are generally accepted as a measure of Hoff J. Training and testing physical capacities for elite soccer players.The following is an exclusive excerpt from the book NSCA's Guide to Tests and Similarly, the best soccer or ice hockey players can change direction and take off with the . It is also used in laboratory methods classes in exercise science and physical Optimizing Athletic PerformanceAre

Carbohydrates Necessary?