



101 ejercicios de entrenamiento de futbol para jóvenes

By Rook, Stuart; Charles, Tony

Ediciones Tutor, S.A., 2018. soft. Condition: New. Todo lo necesario para desarrollar las destrezas de los jóvenes Un manual imprescindible para los entrenadores de fútbol juvenil. Este utilísimo segundo volumen de '101 ejercicios de entrenamiento de fútbol para jóvenes', contiene: calentamientos, ejercicios para el entrenamiento de destrezas específicas, juegos divertidos y partidillos de finalización de entrenamientos. Todos los ejercicios son divertidos, formativos y con cierto grado de exigencia. En cada uno se detalla información clara sobre el equipamiento y el espacio necesarios, sobre la disposición de los jugadores y sobre cómo adaptar los ejercicios a su habilidad. En ellos también hay consejos claros sobre los puntos relevantes para el entrenamiento. Cada ejercicio está diseñado en conexión con otros que aparecen en el libro con el fin de ofrecer una combinación de más de 80 sesiones de entrenamiento completas, dinámicas y efectivas. *** Nota: EL COSTE DE ENVÍO A CANARIAS ES 9.99 EUROS. Si ha realizado un pedido con destino a CANARIAS no podemos hacer el envío con el coste actual. Nos pondremos en contacto con usted para comunicar el coste total del envío a Canarias y si está de acuerdo, Abebooks le efectuará el cargo adicional.



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