



Strength Training for Soccer

By Ralf Meier



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One false step and a grimace of pain gives the game away. Muscle tears, tendon and joint injuries belong to soccer like studs to soccer shoes. Many of these injuries are preventable, in particular by better preparation of the leg muscles. A soccer player's muscles must be strong enough to withstand a game that includes short sprints, sudden stops and scissor movements, which push the knees and surrounding areas to the limit. Functional strength training prepares the muscles specifically for these demands. Match-fit muscles not only make you a better player, they are also the best way of protecting tendons and joints.

Strength Training for Soccer shows exercises to train the soccer player's most important muscles presented in an easily understandable form. There are also exercises to improve flexibility and joint mobility.

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Editorial Review

About the Author

Ralf Meier, from Oberhausen in Germany, has worked in the field of fitness and strength sports for nearly 25 years. As editor-in-chief of the magazine SPORT & FITNESS, he has witnessed the rapid development in this area at first hand. Many athletes of all abilities have benefited from his experience. Ralf can still regularly be found in the weights room.

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From reader reviews:

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