



# Strength Training for Soccer

By Bram Swinnen

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## Strength Training for Soccer By Bram Swinnen

Strength and power are key elements of soccer performance. A stronger player can sprint faster, jump higher, change direction more quickly and kick the ball harder. *Strength Training for Soccer* introduces the science of strength training for soccer. Working from a sound evidence-base, it explains how to develop a training routine that integrates the different components of soccer performance, including strength, speed, coordination and flexibility, and outlines modern periodization strategies that keep players closer to their peak over an extended period.

Dealing with themes of injury prevention, rehabilitation and interventions, as well as performance, the book offers a uniquely focused guide to the principles of strength and conditioning in a footballing context. Fully referenced, and full of practical drills, detailed exercise descriptions, training schedules and year plans, *Strength Training for Soccer* is essential reading for all strength and conditioning students and any coach or trainer working in football.

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## Strength Training for Soccer By Bram Swinnen Bibliography

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### Editorial Review

#### Review

"I've experienced Bram's work in the field of strength and conditioning first hand whilst working with him at Anzhi Makhachkala. His methods are innovative, football-related and based on expertise and experience. Anyone who reads this book will gain a lot of new insights into this important aspect of football training." - *Rene Meulensteen, former Manchester United First Team Coach*

"Swinnen, a high-performance specialist at the Move to Cure rehabilitation center in Antwerp, Belgium, provides scientific research specifically targeting the strength and conditioning of soccer players from both an individual and a team perspective. He does an excellent job providing an overall background for coaches and rehab specialists dealing with these athletes ... This work is an excellent resource for soccer coaches and a good starting point for those working with other team sport athletes. Summing Up: Recommended. Professionals and practitioners; general readers." - *R. L. Jensen, CHOICE*

#### About the Author

**Bram Swinnen** is a high performance specialist at the *Move to Cure* rehabilitation center, Antwerp, Belgium, where he is responsible for the rehabilitation programs of several elite soccer players from across European football's top teams. He has more than 15 years' experience as a physical trainer and physical therapist in professional sport.

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