



Soccer Athlete s Handbook (Paperback)

By My Sports Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Coaches from youth to college are finding out that when their players journal, they reach their goals faster and more completely. This handy little journal/handbook will give the player a place to record what they eat, how they train, and how they did in the game. Plus, there are information pages on what to eat before the game, other nutritional information and some drills for personal training. There s even a place at the end for a thoughtful season wrap-up.



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Reviews

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.

-- Adrien Robel

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

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