

Title:

Improve Your Soccer Stamina

Word Count:

551

Summary:

A fitter player and, more importantly, a fitter team can play at a faster pace for a longer pe

Keywords:

soccer stamina, soccer training, fitness training

Article Body:

A fitter player and, more importantly, a fitter team can play at a faster pace for a longer pe

The warm-up is an essential part of injury prevention, vital when your star player is earning pe

You can start by jogging for five minutes, then sprint for 20 yards, slow jog for 100 yards, c

Soccer demands a high level of stamina, thus endurance training is an essential part of any pr

Stamina fitness training for soccer players include activities like jogging, hill running, cyc

You can easily perform some of the activities for improving your overall stamina:

- A full squat with bodyweight
- Clean and press seven-tenths of their weight overhead
- Curl six-tenths of their weights
- Hop 25km distance in 10 hops on each leg (if you are feeling especially masochistic!)
- 40 press-ups in one minute
- 40 bent-knee abdominals in one minute
- 40 squat thrusts in one minute
- Eight chins (male) and three chins (female).

Stamina is developed by completing rounds of continuous activity at moderate intensities, perf

Stamina training also includes a distance events where you have to to try a cool run of 3000-5

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>