

MEYER
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SPORT

SPRING 2019

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THE SPORTS
PUBLISHER





SPRING 2019

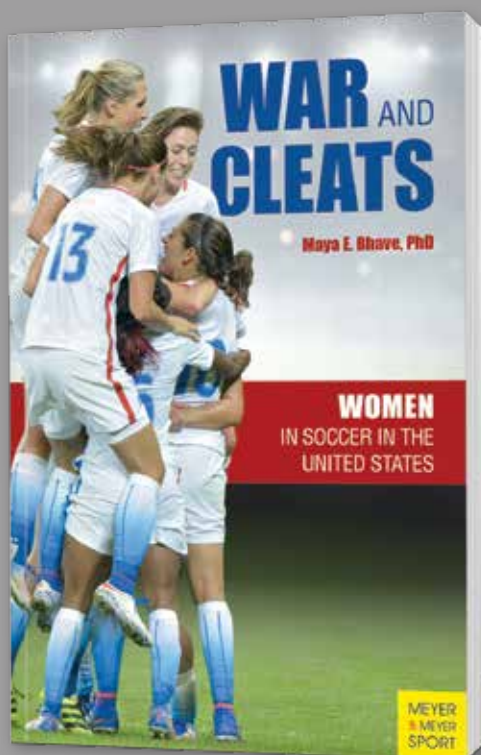
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WAR AND CLEATS

WOMEN IN SOCCER IN THE UNITED STATES

MAY 2019



A contemporary analysis of American women in soccer, this book reveals a contested terrain in which numbers of young athletes are growing rapidly. Female athletes and coaches are seen as positive cultural icons of gender progress with vast unlimited potential, yet little is known about their everyday experiences in these often male-dominated soccer environments, and despite the growing number of girls in youth sport, they are viewed by others as “genderless” athletes. This book shows the intimate, multilayered struggles and pressures they face as well as the gender battles of collegiate female players. It highlights their passions, complex social pressures, and ultimate determination to make this sport different—to make it their own. Also included are the remarkable life stories of 16 coaches, exposing their journeys of struggle and determination in career environments with few women. These female coaches see their profession as a calling—to make a cultural difference and change the historical trajectory of inequality for females in soccer. Their complex stories reveal the positive power of self-belief, the surprising reliance on male mentors, and their unique visions for breaking down walls to pave a path for younger women behind them.

DR. MAYA BHAVE is an adjunct professor of Sociology at St. Michael's College in Colchester, Vermont. Her expertise is in a wide range of topics: gender relations in the US; immigration patterns, particularly those of female African migrants; and contemporary race relations. She has published scholarly articles and book chapters on the struggle for work-life-family balance of working women, the qualitative gendered narratives of middle and high school soccer players, the silence of stillbirth research around the globe, as well as several book reviews on feminist books and poetry. Dr. Bhawe also co-founded GO NORDIC. She lives with her husband and two sons in New England.



200 p., B & W

3 photos + illus.,

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**\$ 19.95 US/
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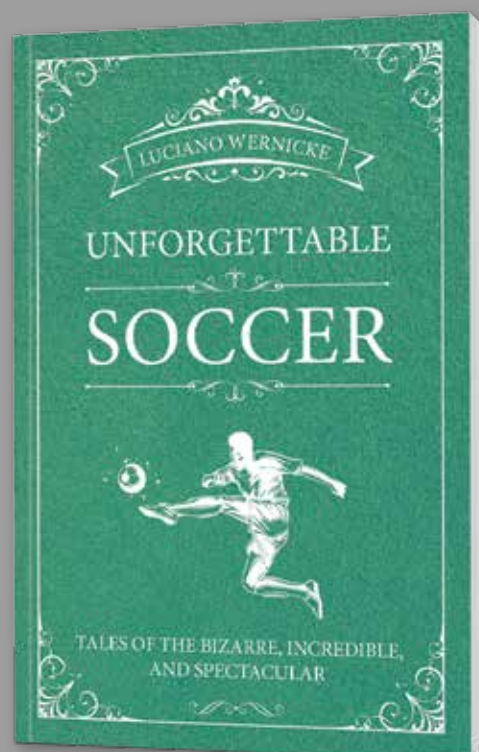
UNFORGETTABLE SOCCER

MARCH 2019

TALES OF THE BIZARRE, INCREDIBLE, AND SPECTACULAR

Unforgettable Soccer is a fun book about soccer. Rather than putting the magnifying glass on great champions and memorable matches, it instead examines the more obscure tales from soccer, rescuing incredible feats and masterful mistakes from oblivion—incredible feats such as the soccer player who scored all four goals in a game that ended 2-2. Or crazy stories about a Danish referee who stopped a match to look for the dentures he had lost. The reader will even find a story about a defender who was reprimanded even though he was already dead!

Within these pages are entertaining stories that will seem almost too unbelievable to be true. Written in a fun and lighthearted manner, *Unforgettable Soccer* tells the soccer stories that should be told, making it a must-have for every soccer fan.



LUCIANO WERNICKE was born in Buenos Aires, Argentina. He studied Journalism at the University of Salvador. For 22 years, Luciano worked at the news agency Diarios y Noticias (DyN) and for numerous Argentine media, such as *Humor* and *El Gráfico* magazines and the sport newspaper *Olé*. He has also published articles in Colombia, Norway, Chile, Ecuador, Japan, the United States, England, and Scotland. Luciano taught for almost 20 years at the Círculo de Periodistas Deportivos and the Universidad Argentina de la Empresa (UADE). He has published books in several languages, including Spanish, English, Italian, Czech, Finnish, and Arabic.



200 p., B & W
o photos + illus.
Paperback, 5.5" x 8.5"

ISBN: 9781782551621

**\$ 14.95 US/
£ 13.95 UK/€ 14.95 EUR**



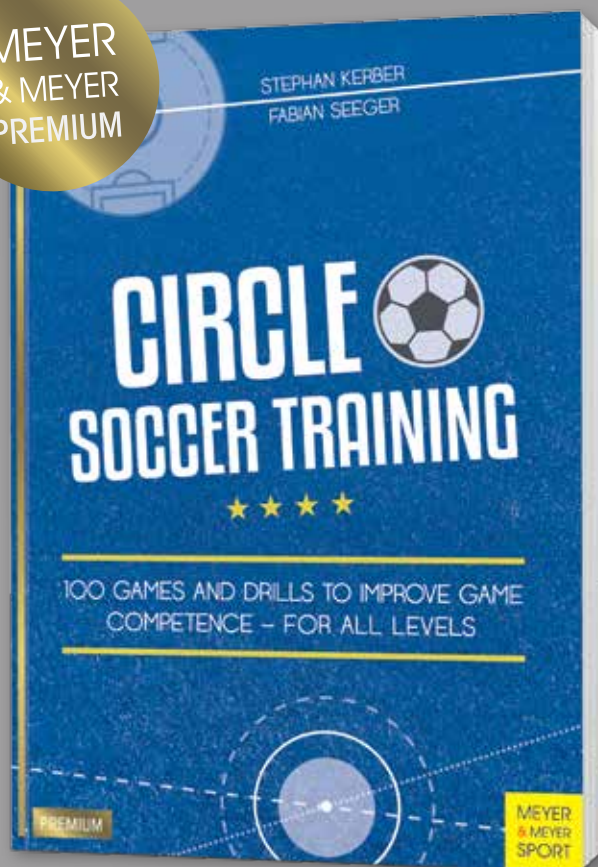
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CIRCLE SOCCER TRAINING

100 GAMES AND DRILLS TO IMPROVE GAME COMPETENCE – FOR ALL LEVELS

MAY 2019

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Meyer & Meyer Premium—At Meyer Meyer we make no compromises to present the best in sports content. Go for Gold!

Training players in circle playing fields develops and improves their game competence. *Circle Soccer Training* contains an integrated game concept and provides varied training exercises for fast implementation in training practice that will benefit all players at any level. The book explains the main technical and tactical principles of the circle training concept. It contains helpful information regarding the rules of the game, coaching points, how to organize each game or drill, and detailed illustrations. Beginning with an explanation on how to use this effective training for improving players' technical abilities, the practical application section presents 100 circle games and drills that will allow players to progress and develop their skills. Also presented in this book are innovative and cognitively demanding forms of play, which are an integral and complex part of modern soccer. The concepts of circle soccer and their application in training are important for all players—at any level—to develop their technical playing abilities. With *Circle Soccer Training*, players can create a competitive advantage over their opponents.



STEPHAN KERBER is an association sports instructor in the Hamburg Football Association e.V. As a DFB (German Soccer Association) soccer teacher, he is responsible for coaching education, talent development, and for the selection process in Germany.



FABIAN SEEGER received a master's degree in sports science from the Christian Albrechts University in Kiel, Germany, and an A license for coaching from the DFB (German Soccer Association). He is a basecamp coach for the DFB's talent development program, and he also serves as advisor to the Hamburger Soccer Association coach's training.



216 p., in color
208 photos + illus.,
Paperback, 8.27" x 11.69"

ISBN: 9781782551690

**\$ 24.95 US/
£ 22.50 UK/€ 24.95 EUR**



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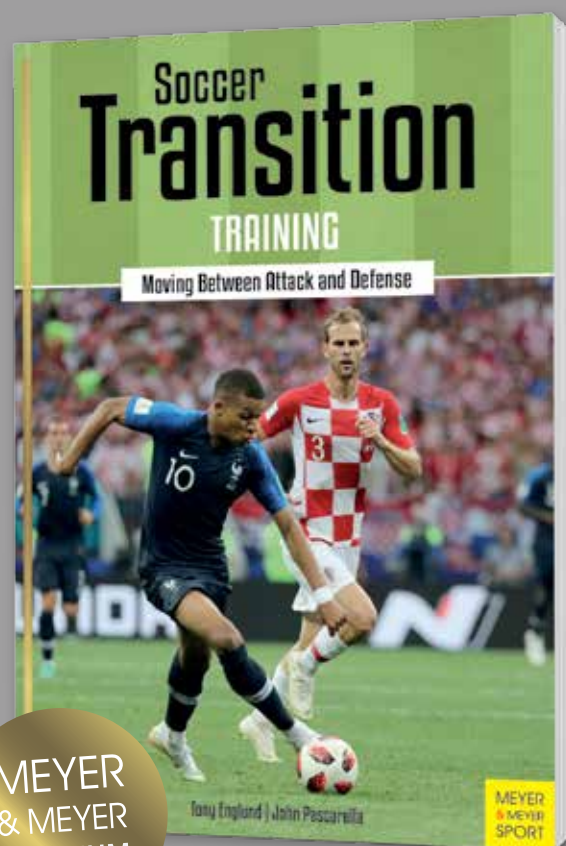
SOCCER TRANSITION TRAINING

MARCH 2019

MOVING BETWEEN ATTACK AND DEFENSE

Meyer & Meyer Premium—At Meyer Meyer we make no compromises to present the best in sports content. Go for Gold!

The 2018 soccer World Cup highlighted the increasing emphasis on transitional awareness and tactics. From elite domestic leagues worldwide to local youth coaching clinics, there is a pronounced effort to help coaches and players recognize and seize the advantages gleaned through controlling transitional moments during a match. *Soccer Transition Training* is the first complete study of critical transition moments. This book offers everything coaches at any level need to help their teams dominate in transition, including transition analysis, comprehensive examination of tactical opportunities, 100 exercises and variations to prepare coaches and players for every transitional situation, and coaching instruction. Written by two leading soccer educators, *Soccer Transition Training* is the book that soccer coaches have been waiting for, both as a discussion of the nature of transition in the ever-evolving game and as a teaching tool to help their teams dominate on both sides of the ball!



MEYER
& MEYER
PREMIUM

TONY ENGLUND, is a United Soccer Coaches Master Coach and the inaugural Jeff Tipping Award recipient. He is the assistant director of coaching and technical director at Sporting St. Croix Soccer Club in Minneapolis. Tony's teams have earned more than 500 wins, including multiple state cup and regional championships. He is the author of more than a dozen soccer coaching books, including best-seller *Style and Domination: A Tactical Analysis of FC Barcelona*.

JOHN PASCARELLA, is a first team assistant coach with Minnesota United FC of Major League Soccer (MLS). John was also assistant coach at Sporting Kansas City (MLS), and helped lead the club to an MLS Cup Championship (2013) and two Lamar Hunt U.S. Open Cup Championships (2012, 2015), as well as a record six consecutive play-off appearances. John has also served as a head coach for both the North Virginia Royals (PDL) and the Des Moines Menace (PDL). He holds the UEFA "A" License, U.S. Soccer "A" License, and the NSCAA Premier License.



296 p., in color

212 photos + illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782551515

\$ 24.95 US/

£ 22.50 UK/€ 24.95 EUR



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EUROPEAN SOCCER LEAGUES 2019

AUGUST 2019

EVERYTHING YOU NEED TO KNOW ABOUT THE 2019/20 SEASON



European Soccer Leagues 2019 gives every fan an all-access look into Europe's storied club teams, including the players, coaches, each team's style of play, their future direction, along with background on key stadiums and cities. For over a hundred years, the EPL, Serie A, La Liga, and Bundesliga have been the leaders in world club soccer, along with many other quality leagues, from Holland, France, Portugal, Switzerland, and Denmark. The European leagues have historically featured the world's best, going all the way back to George Best, Franz Beckenbauer, Johan Cruyff, Michel Platini, Bryan Robson, Diego Maradona, and into the modern era with a host of talent, including Roberto Baggio, Zinedine Zidane, David Beckham, Thierry Henry, Andres Iniesta, Wayne Rooney, Zlatan Ibrahimovic, Cristiano Ronaldo, Messi, and Neymar. All of these leagues, teams, and players are featured in this book. For generations, fans have established their place behind their team, based on a passionate love affair with their chosen jersey and the long history that it stands for. This book takes the fan through every aspect of the upcoming European club season, featuring the million-dollar talent from Real Madrid to Manchester United and illuminating the very best of European soccer.



SHANE STAY is the author of *Why American Soccer Isn't There Yet* and *THE World Cup 2018 Book*, whose stories have also appeared in various online and print publications in the genres of sport, humor, and modern culture. In 2008, he played professional soccer, co-authored a print book, published a magazine story, bottled Leaf Dressing, worked clubs as a comedian, was a restaurateur, and received a Master of Arts. He lives in Chicago, Illinois.



336 p., B&W

7 photos + illus.,

Paperback, 5.5" x 8.5"

ISBN: 9781782551751

**\$ 14.95 US/
£ 12.90 UK/€ 14.95 EUR**



MAJOR LEAGUE SOCCER 2019

EVERYTHING YOU NEED TO KNOW ABOUT THE TEAMS

FEBRUARY 2019

Major League Soccer (MLS) is on the fast track to becoming the world's next super league. *Major League Soccer 2019: Everything You Need to Know About the Teams* gives in-depth information on this amazing league, including the players, coaches, each team's style of play, and even background on each MLS city. As American soccer continues to explode in popularity, it's only a matter of time before the United States takes over the world's most popular sport. MLS had a late start, playing its first games in 1996, yet its goal is to surpass the EPL, Serie A, La Liga, and Bundesliga. This book explains the current focus of the MLS and its plans for the future. MLS is a league that has attracted the world's best, such as David Beckham, Wayne Rooney, Zlatan Ibrahimovic, World Cup champions Thierry Henry and Kaka, along with a host of talent from the United States men's national soccer team, including Landon Donovan and Clint Dempsey. All the players and current team rosters are discussed in this book. While players come and go, the fans are beginning to establish an unbreakable, lifelong bond with their teams, and this book will spur their enthusiasm.



336 p., B & W

7 photos + illus.

Paperback, 5.5" x 8.5"

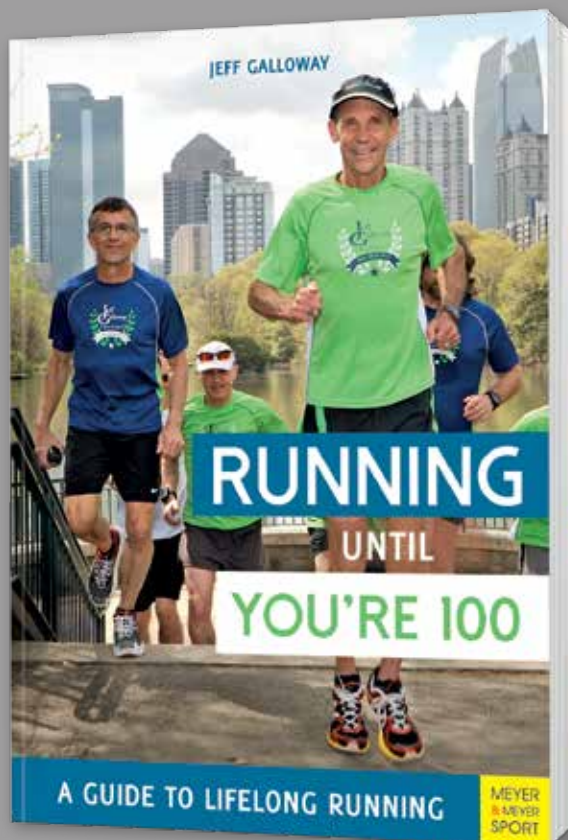
ISBN: 9781782551591

\$ 14.95 US/**£ 12.90 UK/€ 14.95 EUR**

RUNNING UNTIL YOU'RE 100

FEBRUARY 2019

A GUIDE TO LIFELONG RUNNING



Running Until You're 100 is the must-have guide that will keep runners fit as they age and help them run for life.

Using Jeff Galloway's proven Run Walk Run® method, this book offers step-by-step programs for runners in their 40s, 50s, 60s, and 70s. These programs make the needed adjustments for each decade, which means the runner can enjoy exercise and enhance life without injury.

Also included is advice on nutrition and fat burning as well as how to determine current fitness level, set appropriate goals, and stay injury free.

Using these run-walk, low-mileage programs will benefit the bones, joints, and heart, and most runners are able to enjoy running with fewer aches and pains.

With this book, anyone can run until they're 100!



JEFF GALLOWAY was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the best-selling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for over 20 years, as well as an inspirational speaker for more than 200 running and fitness sessions each year. He has worked with over 400,000 average people training for specific goals. Galloway is the designer of the walk-run, low-mileage marathon training program, Galloway Run Walk Run®, that has an over 98% success rate.



184 p., in color
69 photos + illus.,
Paperback, 6.5" x 9.5"

ISBN: 9781782551652

**\$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR**



HALF MARATHON

A COMPLETE TRAINING GUIDE FOR WOMEN

FEBRUARY 2019

Half Marathon: A Complete Guide for Women is a must-have for adult women of any age at any fitness level who want to train for a half marathon.

Using Jeff Galloway's proven Run Walk Run® method, this book offers a step-by-step program for women that will get them started with weekly training. The training plans follow the run-walk-run format, allowing the runner to increase her mileage while decreasing her time, safely and effectively. An added benefit of these training programs is that they can easily fit into any busy schedule because training needs to happen only three days a week. Along with the training programs, this book offers nutrition advice for women—what and when to eat and how to control weight while training. It offers advice on staying motivated and preventing injury while training as well. Also included is information on women-specific issues.

Any woman looking to complete a half marathon will find all the information she needs to run-walk-run fast and finish her race strong.



BARBARA GALLOWAY has been a serious runner for years and was on the Florida State women's track team. Barbara runs practically every day and has competed in over 30 marathons. Her best 10K time is 41:50, and her best marathon time is 3:18. She has a master's degree in physical education and conducts running clinics during running vacation retreats at Lake Tahoe and Athens, Greece.



2nd revised edition

216 p., in color

70 photos

Paperback, 6.5" x 9.5"

ISBN: 9781782551645



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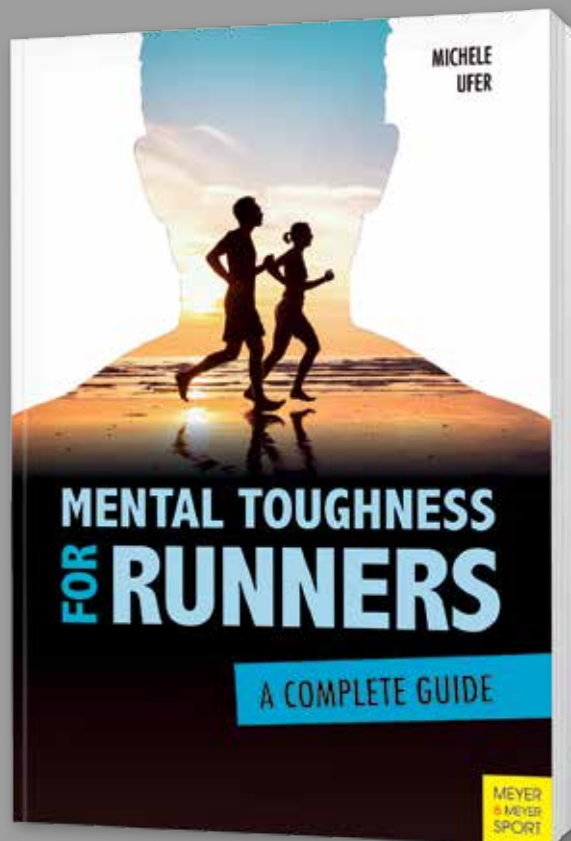


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MENTAL TOUGHNESS FOR RUNNERS

MARCH 2019

A COMPLETE GUIDE



Mental Toughness for Runners gives the reader highly effective methods for successful mental training, including self-coaching, well-founded training psychology, and thought-provoking strategies for self-reflection. The mental training presented in this book has been proven successful by numerous coaching sessions and by endurance athletes throughout the world who have achieved significant and often dramatic achievements after improving their motivation, performance, and well-being with this mental training. In addition, the exercises are supplemented with case studies from various coaching sessions. The book also delves into the science of mental training so that the reader may understand the reasons behind certain training concepts, but always the focus remains on practicing and directly applying the methods to the runner's training. This book will guide the reader through a personal assessment of his training so that he may develop an individually tailored mental training plan which can then be integrated into everyday sports life. Every runner who reads this book will improve his mental training and ultimately his running performance.



DR. MICHELE UFER is an expert in sports and management psychology and a successful ultrarunner. As a speaker, coach, and mental trainer, he motivates athletes, executives, and other high performers, promoting top performance. As a runner, he is attracted by challenges beyond the marathon distance or at great heights. Whether it's a desert, rainforest, Himalayas, or the polar circle, Michele Ufer is at home on the most extreme running tracks. He has regularly achieved top 10 ratings.



280 p., in color
46 photos + illus.
Paperback, 5.5" x 8.5"

ISBN: 9781782551614

**\$ 19.95 US/
£ 17.95 UK/€ 19.95 EUR**



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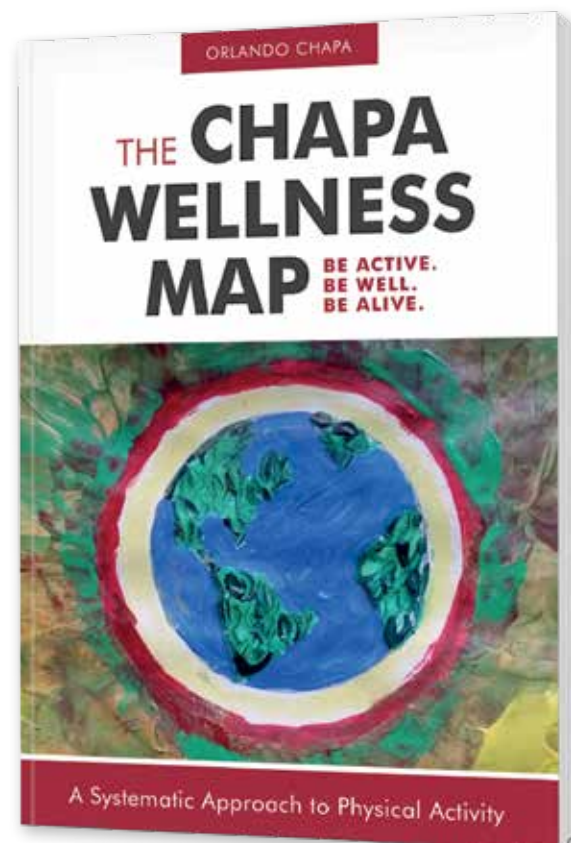
THE CHAPA WELLNESS MAP

A SYSTEMATIC APPROACH TO PHYSICAL ACTIVITY

MARCH 2019

The Chapa Wellness Map: A Systematic Approach to Physical Activity redefines the three terms that are indispensable for the future of physical activity and sports: wellness, fitness, and high performance. These are the three fundamental concepts for this new system that will bring inactive people out of their sedentary lifestyle, will be a model for the sports industry, and will be a basis for a world classification system of the different levels of physical activity.

The system presented in this book can be used by both active and inactive people, coaches and trainers, even corporations looking for ways to engage their employees and promote healthier lifestyles.



ORLANDO CHAPA is an entrepreneur and visionary for exercise, health, and environment. He has been involved in the sports industry for more than 35 years and has studied strategic management, economics, marketing, and hermeneutics in the United States, Germany, and Mexico. He founded the NGO "World Wellness Network" that aims to bring an end to the estimated 3 million deaths per year caused by physical inactivity. He currently resides in Mexico City, Mexico.



250 p., in color
29 photos + illus.
Paperback, 6.5" x 9.5"
ISBN: 9781782551584

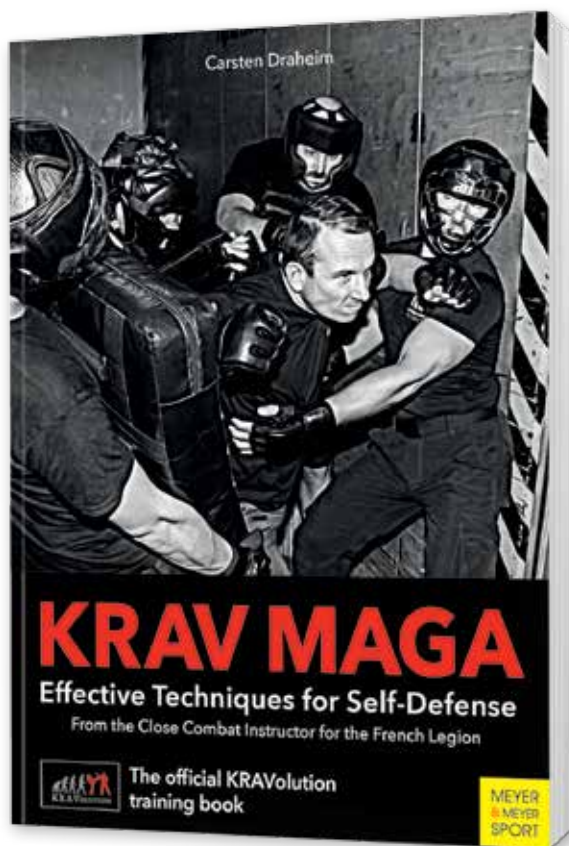
**\$ 29.95 US/
£ 26.50 UK/€ 29.95 EUR**



KRAV MAGA

EFFECTIVE TECHNIQUES FOR SELF-DEFENSE

APRIL 2019



Krav Maga is a modern and proven self-defense system with only one goal: to survive violent conflicts as unscathed as possible. Developed by the Israeli army and formerly an insider tip in military training, this close combat system is booming worldwide. Krav Maga is pure self-defense. It's all about survival. Its techniques are constantly developed and adapted to current threat situations.

In his book *Krav Maga: Combat Techniques for Self-Defense*, his second on this self-defense method, the author methodically explains more than 100 Krav Maga techniques—with more than 300 detailed photos—by using the principles that make this system so successful. It includes information on both well-founded basics as well as advanced techniques, depending on the distance to the attacker.

The effective techniques for self-defense in this book help to demonstrate what Krav Maga is all about, gives exercise tips for more successful and safe execution, and provides information to help the reader further develop the learned techniques, making this the best book on Krav Maga.



CARSTEN DRAHEIM is considered one of the most experienced and successful Krav Maga instructors. He is the owner of the Krav Maga Institute and is a founding member of the internationally active KRAVolution Krav Maga Association. KRAVolution comprises a team more than 150 trainers and schools worldwide and is the official trainer of the French Foreign Legion. Appointed by the German Ministry of Defense, Carsten and his team support police and military members in the field of professionally related close combat, arrest, and self-defense techniques. He also teaches men, women, and children in civil self-defense.



256 p., in color

323 photos + illus.

Paperback, 6.5" x 10.25"

ISBN: 9781782551676

\$ 24.95 US/**£ 22.50 UK/€ 24.95 EUR**

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ANATOMY & YOGA

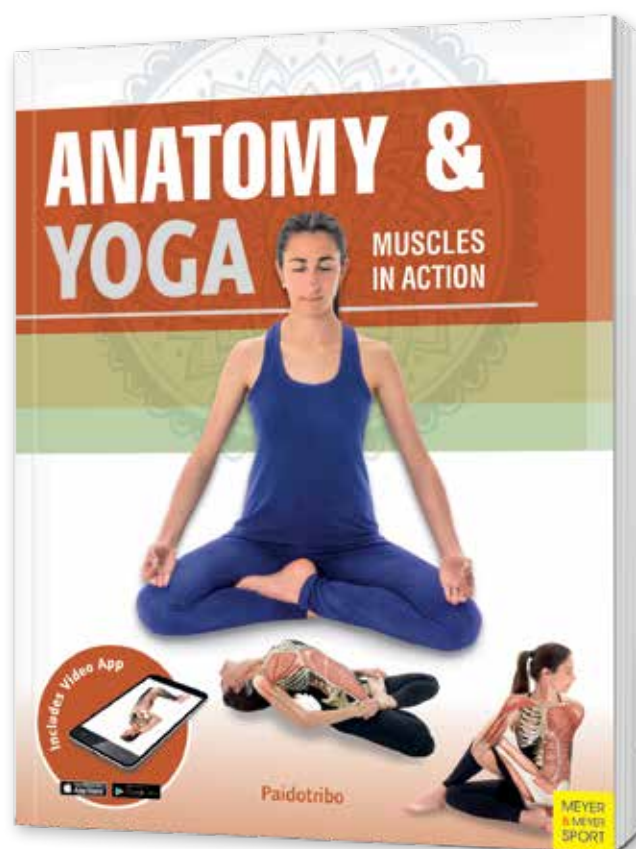
MUSCLES IN ACTION

JANUARY 2019

Anatomy & Yoga introduces the yoga tradition from a practical and scientific point of view. It is aimed at students, teachers, people who practice yoga, and those who want to familiarize themselves with this millennia-old practice.

Combining science and tradition, this book explains the history of yoga, 50 classical yoga postures (asanas) as well as variations and adaptations for safe practice; proper breathing, including basic breathing exercises (pranayama); and the important yoga aspect of inner development.

Along with clear and informative content, this book contains an anatomical and physiological description of the human body and relevant information about the energetic (chakras). For each asana, the precautions and the gained physical, psychological, and energetic benefits are listed. In addition, each asana is accompanied by images illustrating the exercise and anatomical drawings showing in detail the main muscles used in each posture. With information on relaxation practice, mudras, and meditation, *Anatomy & Yoga* allows you to penetrate a little deeper into yoga and helps you experience yoga as a physical and spiritual discipline.



MIREIA PATIÑO COLL is a certified yoga instructor. She has been a member of International Yoga Teachers Association (IYTA) since 2012, and she received a yoga instructor diploma from them in 2005. She specializes in postural reeducation for people with injuries.

ONLY AVAILABLE IN
THE UNITED STATES

144 p., in color

250 photos + illus.

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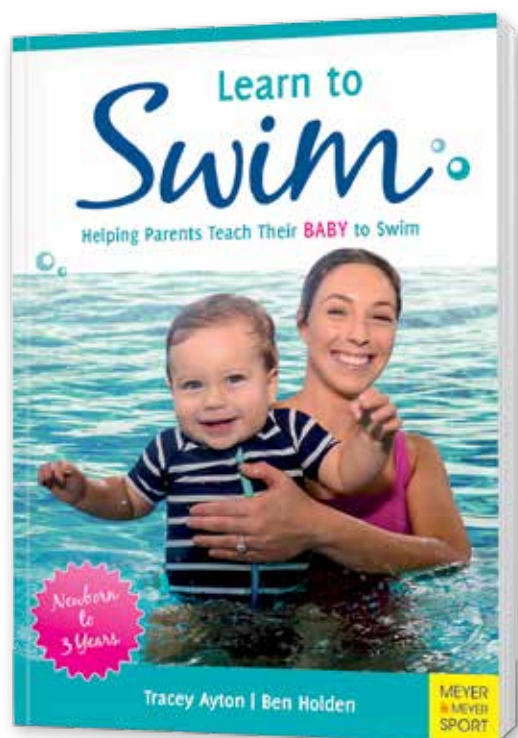
\$ 22.95 US



LEARN TO SWIM

HELPING PARENTS TEACH THEIR BABY TO SWIM— NEWBORN TO 3 YEARS

MARCH 2019



Learn to Swim is a superb how-to guide for parents and caregivers to teach their baby the basics of swimming and water familiarization in the lead up to, and in conjunction with, swimming lessons. Each chapter focuses on a new skill for the parent and baby to learn together in the bath or pool. The skills—illustrated by detailed photos, key learning points, and troubleshooting suggestions—are for beginner, intermediate, and advanced levels, catering to all stages of learning from those fearful of water to the most water-confident babies all over the world. This book can be adapted to bath time, pools, lakes, or beaches and shows what parents can do with their baby in a safe environment, paving the way for a strong swimming toddler.

This book also addresses concerns new parents may have with a dedicated FAQ section that will also answer the age-old question: “Will my baby drink the water?”

Finally, key safety information—including supervision, swim wear, floaties, pool fences, and a special chapter on babies with special needs—are all expertly addressed.

TRACEY AYTON received the Austswim Teacher of the Year for infant and preschool swimming for two consecutive years, the Swim Australia Meritorious Award for outstanding service in the Learn to Swim program, and many other community service awards. She has developed an award-winning baby program and the current curriculum at Little Heroes Swim Academy, a swim school that specializes in teaching students with disabilities.

BEN HOLDEN has managed award-winning Learn to Swim programs and pioneered low buoyancy swimming equipment through the revolutionary Bolsta kickboard. He rewrote the ASA National Plan for Teaching Swimming in 2002, bringing the British Learn to Swim curriculum on par with the Australian methodology. Ben holds a bachelor of Sport Science, with an emphasis on swimming, and has collaborated with the industry and a host of international swimming coaches.



96 p., in color

40 photos + illustr.

Paperback, 6.5" x 9.5"

ISBN: 9781782551607

**\$ 9.95 US/
£ 8.95 UK/€ 9.95 EUR**

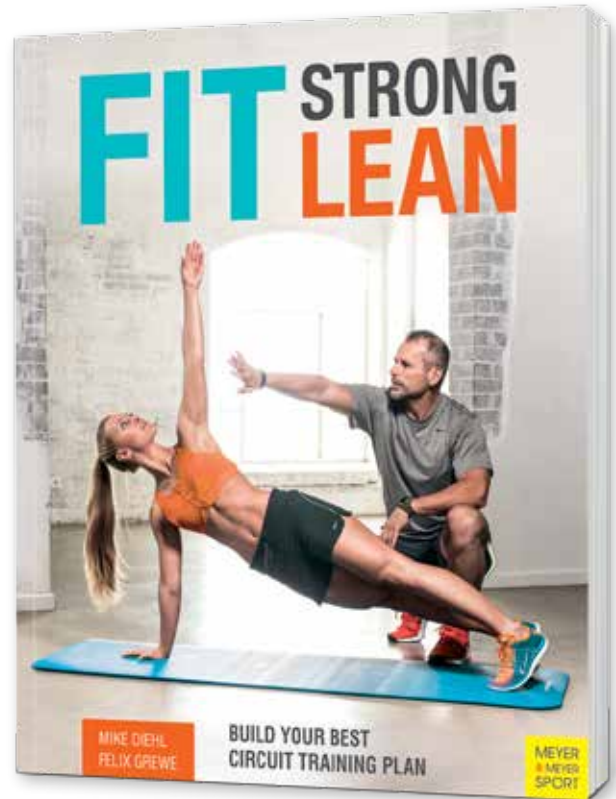


FIT. STRONG. LEAN.

BUILD YOUR BEST CIRCUIT TRAINING PLAN

JUNE 2019

Fit. Strong. Lean. provides the best, no excuses, exercises that will get everyone at any fitness level into their best shape. With more than 100 simple, yet highly effective exercises, both fitness fanatics and beginners can train at their own level. The 15 circuits provide training variety to prevent that dreaded exercise plateau. Each circuit is only 15 minutes, maximizing training while reducing the risk of injury. An added bonus is that all the workouts can be completed anywhere—at home, at the gym, or even in the park. In addition to a variety of bodyweight exercises, this book also provides training programs that use popular equipment such as dumbbells, exercise bands, and medicine balls. A special scoring system will help motivate the exercisers to complete their training sessions regularly and to make each session their best. *Fit. Strong. Lean.* is a must-have book for anyone looking to start or change their workout routine. With these workouts, they will become fitter, stronger, and leaner in no time!



Fortuna Düsseldorf soccer players and the DEG Metro Stars ice hockey team.

MIKE DIEHL is a certified trainer for performance sports as well as health, fitness, and sport rehabilitation. He is also a mental and relaxation trainer and sports instructor for stamina and fitness in the German armed forces. He has been the fitness coach of top players such as Angelique Kerber and Julia Görges. Diehl also works for the Tennis Association Mittelrhein. In the past he was responsible for the



FELIX GREWE studied sports journalism and sports management and was a reporter for the trade magazine tennis *MAGAZIN* for many years. Today he heads the media and public relations work at the DTB (German Tennis Federation). Grewe is a tennis and fitness expert and puts Diehl's exercises and methods into words. Of course, he also trains regularly using Diehl's methods.



280 p., in color

395 photos + illus.

Paperback, 7.7" x 10"

ISBN: 9781782551713

**\$ 19.95 US/
£ 17.95 UK/€ 19.95 EUR**



THE PHILOSOPHY OF THE GAME

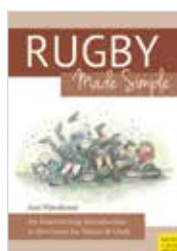
Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



Bernd-Volker Brahm BADMINTON HANDBOOK Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

2nd edition, 192 p., in color, 187 photos, 25 illus., paperback, 6 1/2" x 9 1/4"
ISBN: 9781782550426
\$ 18.95 US/E 14.95 UK/€ 18.95 EUR



Ann Waterhouse RUGBY MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

96 p., in color, 44 illus., paperback, 5 3/4" x 8 1/4"
ISBN: 9781782550631
\$ 9.95 US/E 6.95 UK/€ 8.95 EUR



Ann Waterhouse FOOTBALL MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

136 p., in color, 49 illus., paperback, 5 3/4" x 8 1/4"
ISBN: 9781782550525
\$ 9.95 US/E 6.95 UK/€ 8.95 EUR



Ann Waterhouse CRICKET MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

If you will be sitting by a cricket pitch this summer, but are still mystified by the antics on the field, this is the book for you.

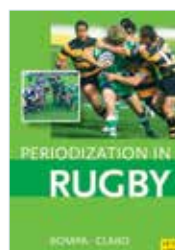
160 p., in color, 53 illus., paperback, 5 3/4" x 8 1/4"
ISBN: 9781782550792
\$ 9.95 US/E 6.95 UK/€ 8.95 EUR



Enrique TOPO Rodríguez RUGBY: THE ART OF SCRUMMAGING A History, a Manual and a Law Dissertation on the Rugby Scrum

The Art of Scrummaging is an authoritative work on scrummaging, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

376 p., in color, 13 photos, 1 chart, paperback, 6 1/2" x 9 1/4"
ISBN: 9781782550594
\$ 24.95 US/E 16.95 UK/€ 22.95 EUR



Bompa/Claro PERIODIZATION IN RUGBY

Rugby is a sport of technical finesse, tactical boldness and complex physical development. This book presents principles for good physical conditioning, explains the physiological demands of rugby, and address concepts like power, speed, and endurance.

224 p., b/w, 69 photos, 100 illus., paperback, 6 1/2" x 9 1/4"
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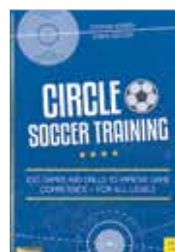


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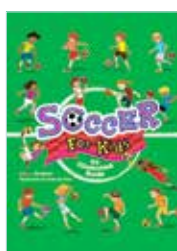


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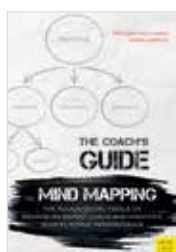
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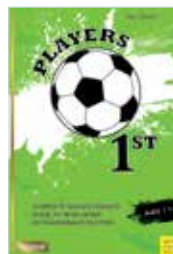
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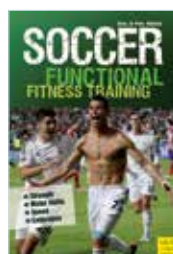
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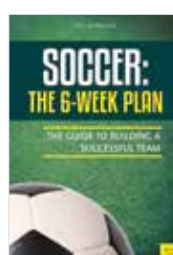
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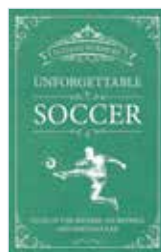
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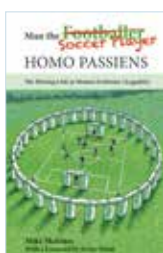
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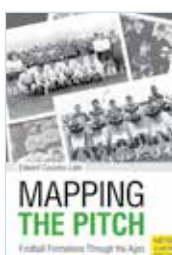
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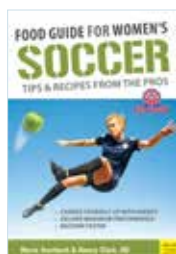
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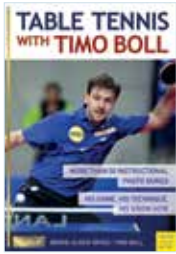
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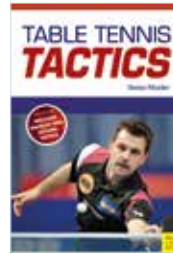
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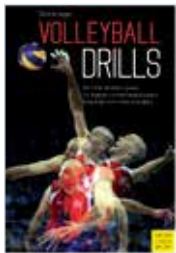
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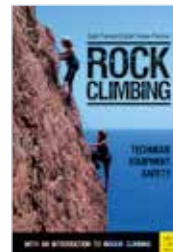
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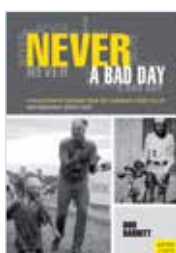


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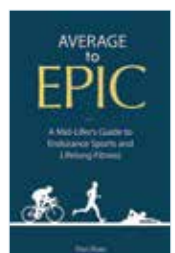


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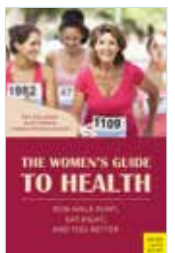
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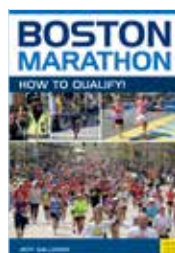


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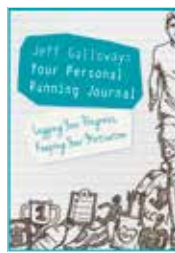
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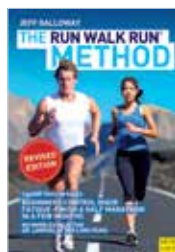
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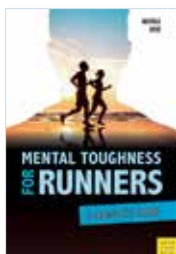
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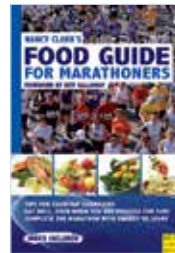
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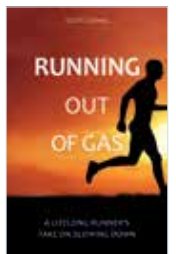
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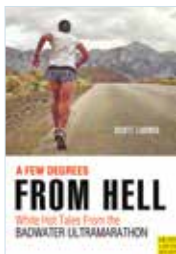
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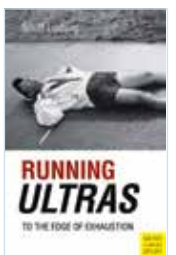
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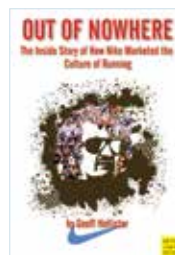
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- ▶ Prince Albert of Monaco – saber.
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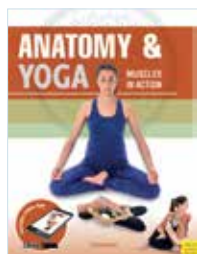


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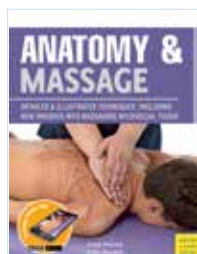


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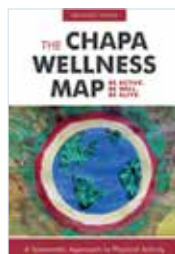


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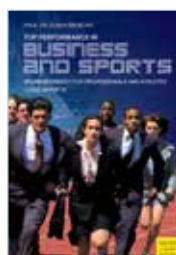
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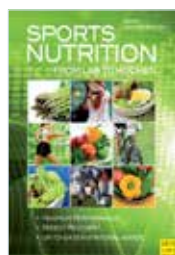
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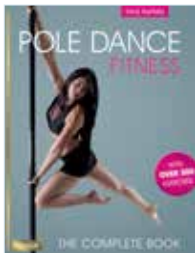
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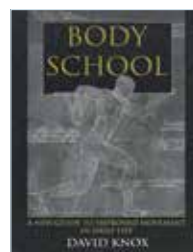
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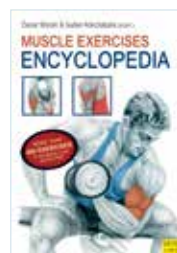
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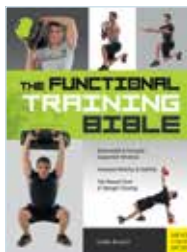
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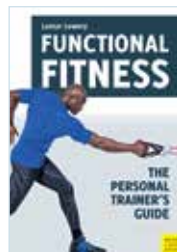
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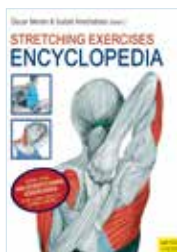
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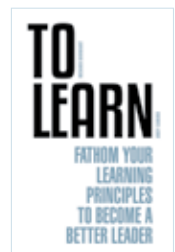


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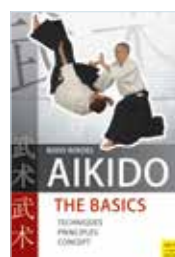
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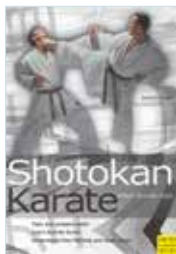
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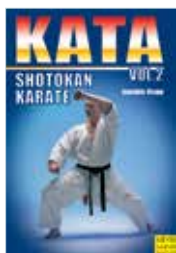
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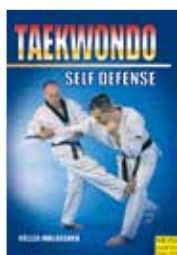
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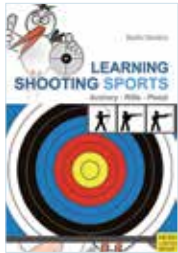
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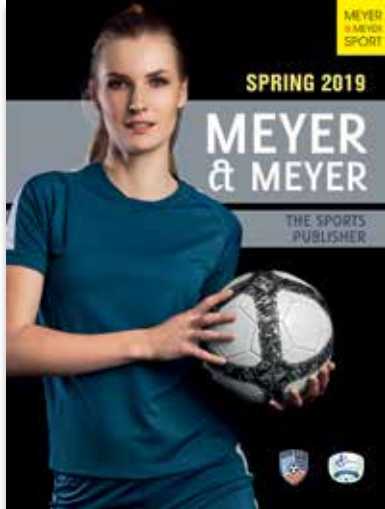
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