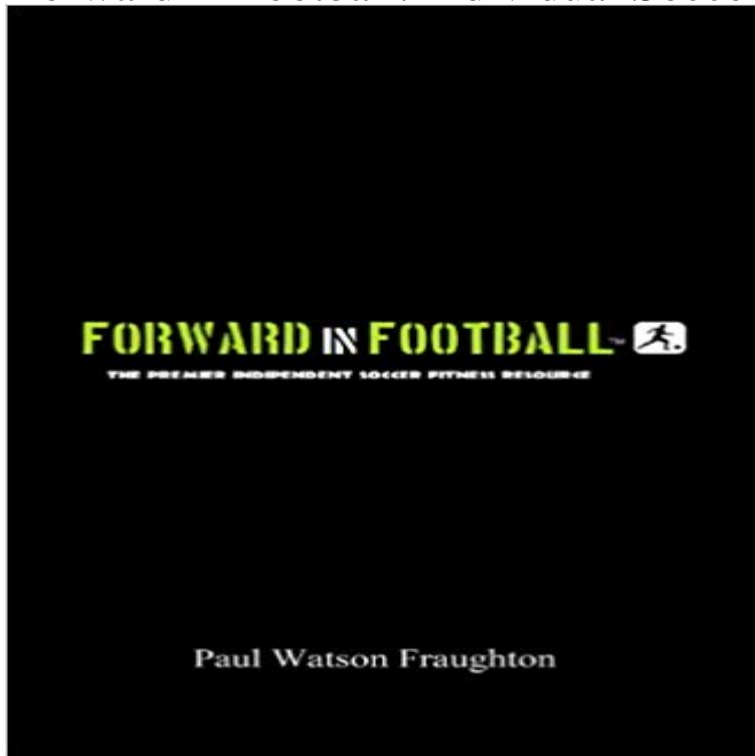


# Forward in Football: Individual Soccer Development Textbook



The original Forward in Football soccer development textbook. Subjects include core conditioning, strength, elite skill development, striking technique and MORE! Features detailed drill & exercise illustrations. This one of a kind resource sets a NEW standard in the competitive world of elite football. Every individual has potential...TAKE CONTROL. MOVE FORWARD IN FOOTBALL. This detailed textbook is bolstered with real research and real drills for a competitive EDGE. Take the POWER for yourself. Be the footballer/ coach you know you can be.

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