



Science and Football VII: The Proceedings of the Seventh World Congress on Science and Football

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Science and Football VII showcases the very latest scientific research into the variety of sports known as 'football'. These include soccer, the national codes (American football, Australian rules football and Gaelic football), and the rugby codes (union and league). Bridging the gap between theory and practice, this book is by far the most comprehensive collection of current research into football, presenting important new work in key areas such as:

- physiology of training
- performance analysis
- fitness assessment
- nutrition
- biomechanics
- injury and rehabilitation
- youth football
- environmental physiology
- psychology in football.

Science and Football VII is an essential resource for all sport scientists, trainers, coaches, physical therapists, physicians, psychologists, educational officers and professionals working across the football codes.

The papers contained within this volume were first presented at the Seventh World Congress on Science and Football, held in May 2011 in Nagoya, Japan. The meeting was held under the auspices of the International Steering Group on Science and Football, a representative member of the World Commission of Science and Sports.

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