



Science and Soccer

Thomas Reilly

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Science and Soccer provides a comprehensive and accessible analysis of the physiology, biomechanics and psychology behind the world's most popular sport, and offers important guidance on how science translates into practice. Fully revised and updated to include new scientific research and data, it examines every key facet of the sport, including:

- players' anatomy, physiology, psychology and biomechanics
- coaching and training
- nutrition
- injury prevention and rehabilitation
- soccer surfaces and equipment
- match analysis
- growth and development in youth players
- talent identification.

Science and Soccer represents a unique resource for students and academics in sports science and physical education. It should also be essential reading for all professional support staff working in the game, including coaches at all levels, physiotherapists, club doctors and sport psychologists.

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