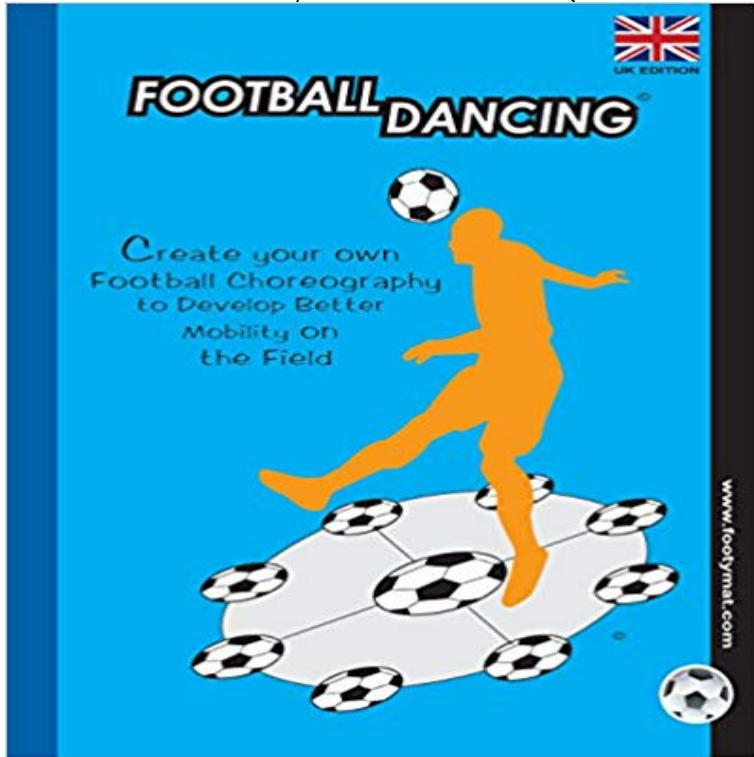


Football Dancing: Create your own Football Choreography to Develop Better Mobility on the Field (UK Edition)



With this book you will be able to design your own football choreographies for developing key skills such as coordination, balance, rhythm and ball control, among others. Football Dancing is a fantastic way to make the training sessions more enjoyable and dynamic for kids and youths.

Whether you are a soccer coach, a soccer parent or a player, you'll find Football Dancing a valuable sports training tool with a wide range of possibilities. Important: The FootyMat (r) is not included with this book. But it online at www.footymat.com

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