



Jens Bangsbo



How You become an Elite Football Player

It is not your talent only, it is very much what you do

A brilliant comprehensive guide for boys and girls who are serious about football.

Jens Bangsbo is a distinguished Danish Professor of Sports Science and a successful soccer coach, who has trained legendary players such as Zidane and Ronaldo during his time in a.o. Juventus FC and Atalanta.

SYNOPSIS

It is not only the biggest talents that become elite players. Far from it. If you want to be good at football, you have to make the right choices.

Jens Bangsbo is an internationally renowned physical trainer, who has helped some of the biggest football stars in the world reach new heights in clubs like Juventus and Atalanta.

In this books, for children from 10+, he shares his best tips on physical, technical, mental and tactical training.



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