



## Warm Up Drills for Soccer: Fun Warm Ups with and without a Ball

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By Chris James

Reedswain Incorporated. Paperback. Book Condition: new. BRAND NEW, Warm Up Drills for Soccer: Fun Warm Ups with and without a Ball, Chris James, This work provides drills for functional warm ups that can be adapted to prepare your players for the specific needs of the upcoming training session or match.



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