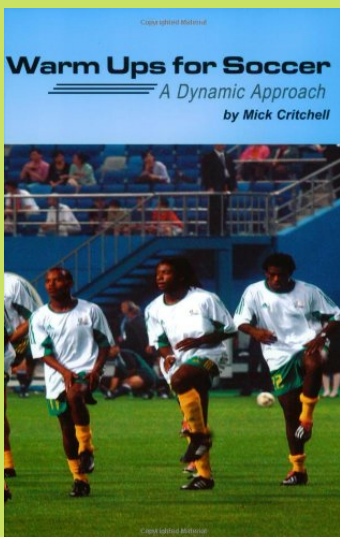
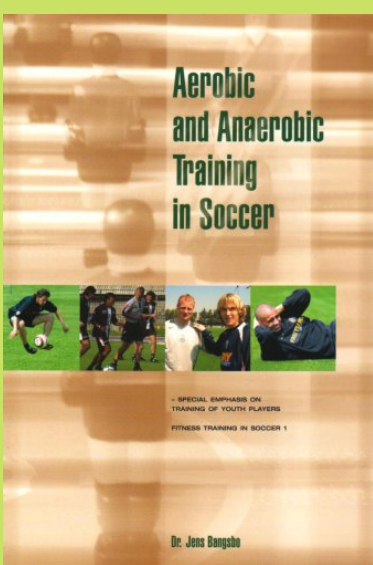


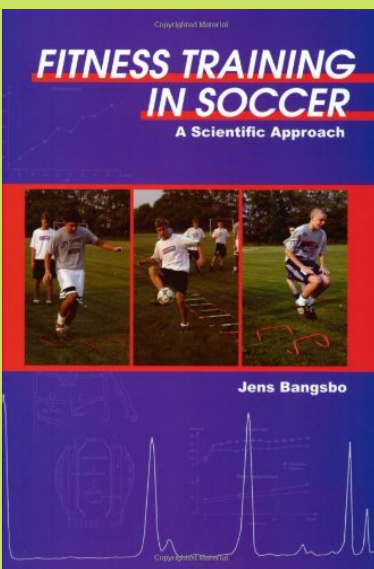
# WARM UPS, FITNESS & NUTRITION



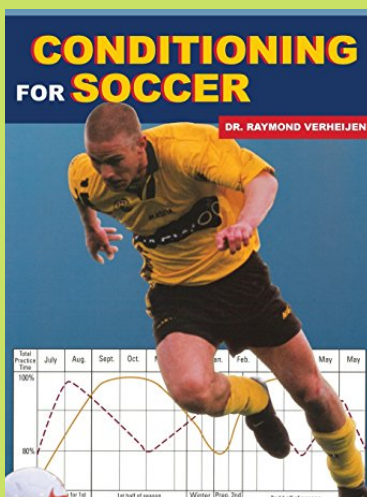
Warm Ups for Soccer - Dynamic Flexibility



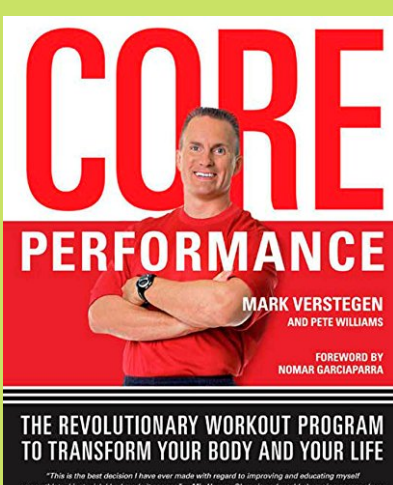
PHYSIOLOGY, TESTING & TRAINING



PHYSIOLOGY, TESTING & TRAINING



PHYSICAL LOAD ON PLAYERS



STRENGTH TRAINING