



## The Five-a-Side Bible (Hardback)

By Chris Bruce

Freight Books, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. In terms of participation, five-a-side football is now much bigger game than league football - with 1.5m people in the UK playing regularly. Here, British Sports Book of the Year winners Back Page Press and Freight Books collaborate on a definitive and wry guide to the highs and lows of the great British five-a-side game. Magazine style and full of the humour, anecdotes and practical information that made Back Page Press's Football Manager Stole My Life a bestseller, The Five-a-side Bible will cover sports science, tactics, nutrition, fitness warm-ups and warm-downs, but with an emphasis on fun. It will reflect the shared experiences of participants and cover everything from the crazy team names - The Neville Wears Prada, Murder on Zidane's Floor - to wacky stories of ill-discipline and injuries, outlandish excuses for not playing, kit disasters, the five-a-side archetypes and tips from pros like former England international Matt Le Tissier and current Everton winger Aiden McGeady. Fully illustrated in colour, The Five-a-side Bible will profile the best five-a-side players in the UK and provide a bucket list - including a pitch on top of...



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**-- Ricky Leannon**

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