

# Doporučená literatura

## FIFA

Health and Fitness for the Female Football Player:

[www.fifa.com/mm/document/afdeveloping/medical/ffb\\_gesamt\\_e\\_20035.pdf](http://www.fifa.com/mm/document/afdeveloping/medical/ffb_gesamt_e_20035.pdf)

F-MARC Nutrition for Football:

[www.fifa.com/mm/document/afdeveloping/medical/nutrition\\_booklet\\_e\\_1830.pdf](http://www.fifa.com/mm/document/afdeveloping/medical/nutrition_booklet_e_1830.pdf)

The 11+:

<http://f-marc.com/11plus/index.html>

## National Strength and Conditioning Association (NSCA)

Position statement on youth resistance training:

[www.nsca-lift.org/Publications/YouthResistanceTrainingUpdatedPosition2.pdf](http://www.nsca-lift.org/Publications/YouthResistanceTrainingUpdatedPosition2.pdf)

Position statements on other aspects of resistance training:

[www.nsca-lift.org/Publications/posstatements.shtml](http://www.nsca-lift.org/Publications/posstatements.shtml)

## Human Kinetics

Resistance training catalogs:

[www.humankinetics.com/personalstrenght training](http://www.humankinetics.com/personalstrenght training)

[www.humankinetics.com/youngathletes](http://www.humankinetics.com/youngathletes)

