

Contents

<i>List of figures</i>	viii
<i>List of tables</i>	x
<i>Notes on contributors</i>	xi
<i>Preface</i>	xvi
<i>Acknowledgement</i>	xvii
Introduction	1
PART I	
Physiology and sports medicine	
Training and testing	3
1 Muscle power training in soccer	5
JESPER LØVIND ANDERSEN AND PER AAGAARD	
2 The application of the Yo-Yo intermittent recovery tests to the soccer population	13
JENS BANGSBO AND MATTEO FIORENZA	
3 Fitness coaching in an elite soccer team: with special focus on individual-based approaches	30
F. MARCELLO IAIA AND RICHARD HAWKINS	
4 Soccer referee training and performance	40
CARLO CASTAGNA	
5 Ball kicking dynamics in football codes: new insight for coaching cues	48
HIROYUKI NUNOME, HIRONARI SHINKAI, KOICHIRO INOUE, TAKAHITO IGA AND KEVIN BALL	

Physiology	59
6 Soccer Fitness: prevention and treatment of lifestyle diseases	61
PETER KRUSTRUP	
7 The health benefits of rugby-specific small-sided games for sedentary populations	71
ROB DUFFIELD, NICHOLAS G. ALLEN AND AMY E. MENDHAM	
8 Recent research findings in Australian football: application to other codes?	80
BRIAN DAWSON	
9 Physiology of women's soccer from competitive to recreational level	87
MAGNI MOHR	
10 Soccer in the heat: impact on physiological responses, match-play characteristics and recovery	94
LARS NYBO, GEORGE NASSIS AND SÉBASTIEN RACINAIS	
Injuries	105
11 Epidemiology of rugby injuries	107
COLIN FULLER	
12 Prevention of contact and non-contact injuries in football/soccer: 20 years of F-MARC	112
MARIO BIZZINI	
13 Eccentric training as treatment of muscle-tendon injury	119
PER AAGAARD AND JESPER LØVIND ANDERSEN	
PART II	
Humanities and social sciences	
Social sciences	127
14 Women's soccer: historical development and current situation in Europe	129
GERTRUD PFISTER	

15	Development and voluntarism in soccer clubs	139
	SIEGFRIED NAGEL AND TORSTEN SCHLESINGER	
16	The emergence of the Danish Soccer Fitness concept	149
	LAILA SUSANNE OTTESEN, SØREN BENNIKE AND LONE FRIIS THING	
17	Smart consumers and hopeless romantics	161
	ALBRECHT SONNTAG	
18	American football: ideology and national identity	170
	GERALD R. GEMS	
19	Gaelic football in a sociological perspective	178
	JOHN CONNOLLY AND PADDY DOLAN	
20	Sports teams as complex social entities: tensions and potentials	188
	LARS TORE RONGLAN	
	Psychology	199
21	Flow experiences in soccer: the key to a successful physical activity intervention?	201
	ANNE-MARIE ELBE	
22	Coaching practice and player development	210
	DONNA O'CONNOR AND PAUL LARKIN	
23	Doping in soccer: a moral psychology perspective	220
	MARIA KAVUSSANU	
	<i>Index</i>	231