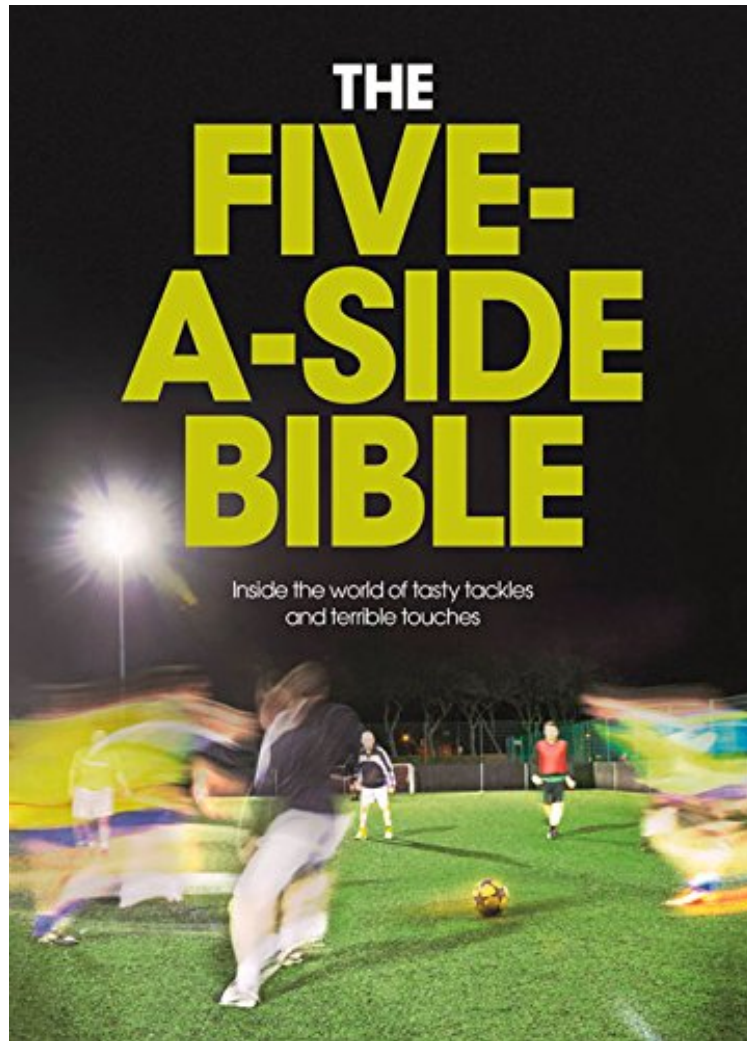


[Mobile book] The Five-a-Side Bible: Inside the World of Tasty Tackles and Terrible Touches

The Five-a-Side Bible: Inside the World of Tasty Tackles and Terrible Touches

Chris Bruce

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Chris Bruce : The Five-a-Side Bible: Inside the World of Tasty Tackles and Terrible Touches before purchasing it in order to gage whether or not it would be worth my time, and all praised The Five-a-Side Bible: Inside the World of Tasty Tackles and Terrible Touches:

0 of 0 people found the following review helpful. For fans onlyBy Alvaro GallardoI loved it. However I understand is logical as I love football and 5 a side more than almost anything.

Magazine-style and full of humor, anecdotes and practical information, The Five-a-Side Bible covers sports science, tactics, nutrition, fitness warm-ups and warm-downs, but with an emphasis on fun. It reflects the shared experiences of

participants and covers 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 color, 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 a skyscraper in Shanghai and one on Copacabana beach—for those who want to take their fives obsession to the next level.

About the Author Chris Bruce is a lawyer and proprietor of 5-a-side.com, the biggest website dedicated to five-a-side in the world with 50,000 monthly users.