



SPECIFIC FOOTBALL TECHNIQUE & FITNESS ONLY TOP FIT PLAYS AS A HIT

CONTENTS: Lasting 55 minutes.

- Football Aerobics
- Football Plyometrics
- Running with the Ball
- Magic Footwork

DVD DESCRIPTION: The Author describes how to train individually in four different coaching forms. DVD presents football specific Aerobics, Plyometrics, running with the Ball and Footwork. DVD is valuable training device for both players and coaches! You may tremendously improve your performance in short period of time. Using this DVD for practice you will have a lot of fun. Have a great football season playing a wonderful Game! Yours, Amir Alagic.

ABOUT THE AUTHOR:

Amir Alagic, UEFA Licensed Coach

Born on 5 March 1960

Professional Football Player in Yugoslavia, Germany and Australia.

Professional Football Coach in Australia, North America, Europe, Asia.
(U19 Bosnian National Coach), Asia (Brunei National Coach).

Coaching Licenses: Australia-"A", Germany-"B", UEFA "PRO".

The biggest success: Champion and National Cup Winner in 2004,
with DPMM FC Brunei.

