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Materials From The Apr 2th, 2024 A Complete Framework For Coaching Soccer - Soccer Drills & ... The Seven Speeds Of Soccer Is A German Concept And Credit Must Be Given To The Inventors - Gero Bisanz, Gunnar Gerrisch, Jurgen Weineck, And Those Who Expanded It With Relevant Soccer Drills And Wrote A Book On It. The Book Is Called "How To Improve The 7 Speeds Of Soccer" And Is Part Of The Performance Soccer Conditioning Series. May 4th, 2024

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