

The image shows three young men in a gym setting with artificial green turf. They are wearing white soccer jerseys with black stripes on the sleeves and black shorts. One player on the left is performing a box jump, with one foot on a black plyometric box and the other in the air. A black weight plate lies on the turf to his left. Another player in the center is in a low, explosive starting stance. A third player on the right is holding a yellow ball high in the air with both hands. In the background, there are blue walls, a fire extinguisher, and some gym equipment.

PERFORMANCE TRAINING FOR SOCCER

NERVOUS SYSTEM & JUMP TRAINING

Elite Jump Training And Elite Guard Training

G Orfield



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