



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

Chris Bruce

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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.

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