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The Third World Congress of Science and Football was held in Cardiff, Wales in April 1995. The aim of the conference was to continue to bridge the gap between the theory and practice of the various branches of football and increase the awareness of the value of a scientific approach to these games. These aims and the outcomes of the conference are reflected in this third volume of Science and Football.
The volume is divided into eight parts, each part containing a group of papers that are related by theme or disciplinary approach. Metabolism and nutrition, football training, match analysis, medical aspects of football and psychology and football behaviour are just a few of the areas covered in this comprehensive, in-depth volume that has been fully edited and revised.
The conclusions drawn during the congress represent an invaluable practical reference for coaches, scientists, players, managers, and all those involved in the many football codes.

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