

Bookmark File
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Side Life

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The vital statistics are included in the annual report.

'The Fever Pitch of five-a-side' TONY PARSONS A must-

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have for anyone who has ever played and enjoyed amateur football. James Brown has been playing football since growing up in the backstreets of Leeds. The sudden death of one his long-standing team mates made James ponder the unique bond between men who meet each

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other once a week for years, but don't know any personal details beyond pitch prowess. Five-a-Side football is where you play the beautiful game for love, not money. You play it for life and you play it everywhere. Your kit is damp and your legs are a leopard's back of bruises.

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Shirts are often tight around the belly, with your hero's name plastered across your shoulder blades. The showers are too cold in winter and too hot in summer. Your used sports bag stays unpacked in the hall, and your water bottles are under the kitchen sink. The

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post-match warm down takes place in the pub. As does the match analysis. By contrast the warm up is non-existent. Your performance is patchy and maybe not what it used to be. But we all still think we played great. Five-a-Side is sporting Karaoke - a time and place to live

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out our dreams. This is a book for all of us - school mates, work colleagues, total strangers - bonded by the desire to blast one into the net from two feet away.

The Sports Book
A Manual for
Physical
Measurements for
Use in Normal
Schools

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Synopsis of the
Fishes of North
America

Dumb-bells

Bibliography of the
Fishes of the Pacific
Coast of the United
States to the End of
1879

The first
encyclopedia in
the field, the
International

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Encyclopedia of
Ergonomics and
Human Factors
provides a
comprehensive
and
authoritative
compendium of
current
knowledge on
ergonomics and
human factors.
It gives

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specific
information on
concepts and
tools unique to
ergonomics.

About 500
entries,
published in
three volumes
and on CD-ROM,
are pre

If you play
football, the

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chances are you play 5-a-side - it's by far the most popular version of the game in the UK. But it's much more than a game. It's an unbeatable fitness regime, it's a social club, it's an

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elite sport,
it's what we do
when we get too
old for
'jumpers for
goalposts'. The
5-a-side Bible
tells the whole
story. There's
sports science,
the low-down on
tactics and
nutrition, how

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to use warm-ups
and warm-downs
to optimise
performance.
But there's
also the fun
side of fives:
crazy team
names - The
Neville Wears
Prada, Murder
on Zidane's
Floor - wacky

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stories of ill-discipline and injuries, outlandish excuses for not playing, kit disasters and a bucket list of the world's most iconic 5-a-side pitches.

Produced by
BackPage Press

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(Football
Manager Stole
My Life),
Freight and 5-a-
side.com, this
is the book 5-a-
side has been
waiting for.
Annual Report
The Instructor
Moneyball
(Movie Tie-in
Edition) (Movie

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Tie-in
Editions)

The Argive
Heraeum

A ... Journal
of Medicine and
Surgery

**The Sports Book
features a large
and diverse range
of over 200 sports,
from basketball to**

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**bobsledding, karate
to korfbal, and
synchronized
swimming to ski-
jumping. This up-
to-date and
authoritative guide
presents
information
sourced from
leading experts and
sports governing**

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**bodies around the
world to give you
the most
comprehensive
book on sports to
ever hit the market.
"Should appeal to
all rugged
individualists who
dream of escape to
the forest."—The
New York Times**

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Book Review Sam Gibley is terribly unhappy living in New York City with his family, so he runs away to the Catskill Mountains to live in the woods—all by himself. With only a penknife, a ball of cord, forty

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**dollars, and some
flint and steel, he
intends to survive
on his own. Sam
learns about
courage, danger,
and independence
during his year in
the wilderness, a
year that changes
his life forever.**

“An extraordinary

Page 19/35

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**book . . . It will be
read year after
year.” —The Horn
Book**

**14th Congress, 1st
Session-48th
Congress, 2nd
Session and Special
Session**

**Senate Documents,
Otherwise Publ. as
Public Documents**

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**and Executive
Documents**

**How to Win at 5-a-
Side**

**Fantasy Art Bible
Manual of the
Vertebrates of the
Northern United
States, Including
the District East of
the Mississippi
River, and North of**

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**North Carolina and
Tennessee,
Exclusive of
Marine Species**

Originally
written by
leading
photography
writer and
lecturer
Langford, this
authoritative
classic has been

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updated for
today's

photographers by
lecturer and
bestselling
author Andrews.

A new chapter on
digital workflow
has been
included and
even more
information
added regarding
digital

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photography,
covering
capture, edit,
enhance, and
print.

Explains how
Billy Beene, the
general manager
of the Oakland
Athletics, is
using a new kind
of thinking to
build a
successful and

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winning baseball
team without
spending
enormous sums of
money.

Documents of the
Assembly of the
State of New
York

My Side of the
Mountain

The Five-a-Side
Bible

Take Your Team

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to the Next
Level

Medical Record

**The culmination of
years of 5-a-side
football experience,
this celebrated
manual to 'scaled-
down' soccer
success covers
every element of the
game and features
expert advice on
how to organise a**

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winning team.

Written with
authority, passion
and a sense of fun,
**How to Win at 5-a-
side** covers all of the
game's essential
skills, including
goalkeeping,
defending, marking
and shooting, as
well as other less
conventional but
still important

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components, such as maintaining team moral, buttering up the referee and wasting time when your team is ahead.

Illustrated throughout with photographs and diagrams to show real-game situations and featuring exclusive contributions from

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former professional footballers and coaches, How to Win at 5-a-side is all you need to take your team to the next level.

The SAS have earned their reputation as the world's toughest fighting unit, from the Falklands War to Kosovo, the Gulf

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War and other crises elsewhere. This is a step-by-step guide to the tactics of such elite units, with true accounts of the SAS's most famous exploits, as well as those of crack US Army units such as Delta Force and the Green Berets. It includes: how the SAS and other elite

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units came into being and how they work; combat techniques in hostile environments, from the Sahara to the Arctic; evasion, capture and escape routes; personal skills, including navigation, combat tracking and hazard avoidance; and

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**wilderness survival
skills.**

**Beyond the Beam
The Horse, in the
Stable and the Field**

...

**A Five-A-Side Life
The Sports, the
Rules, the Tactics,
the Techniques
Taxila**

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Five-A-Side
LifeQuercus

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Publishing

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

Fishes

The Mammoth Book
of Secrets of the
SAS & Elite Forces
Bulletin

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Langford's Starting
Photography

An inspirational
and practical
guide to art
techniques, The
Fantasy Art Bible
is all you need to
create fantasy
and science
fiction
masterpieces.
Good

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Housekeeping ...
A Novel
Annual Progress
Report
Fahrenheit 451
Good
Housekeeping