Effects of a preseason neuromuscular training program vs. an endurancedominated program on physical fitness and injury prevention in female soccer players

Belamjahad A, Tourny C, Jebabli N, Clark CCT, Laher I, Hackney AC, Granacher U, Zouhal H. Sports medicine open 2024; 10(1):e76

ARTICLE IDENTIFIERS

DOI: 10.1186/s40798-024-00731-7 PMID: 38922502 PMCID: not available

JOURNAL IDENTIFIERS

LCCN: 2015243329 pISSN: 2199-1170 eISSN: 2198-9761 OCLC ID: 919000647 CONS ID: not available US National Library of Medicine ID: 101662568

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