

[Regulamento Antidoping](#)

[The 11 + \(aquecimento para jogadores de futebol\)](#)

[The 11 – injury prevention programme \(2007\)](#)

[Sudden Cardiac Death](#)

[Playing in the heat](#)

[Eating for best performance](#)

[Preparing for Competition: the pre-match meal](#)

[Football For Health](#)

[Lesões no futebol](#)

[Firsts aid for football injuries](#)

[How you can prevent injuries](#)

Health checks in football (2007)

Nutrition for football (2007)

How you protect yourself (2007)

[Football is the best healthcare \(2007\)](#)

All about doping (2007)

[Health and Fitness for the Female Football Player \(2004\)](#)