

Section	Sub-section	Acknowledgements
Home page		FatCamera / gettyimage
Preparation		Skin, muscle, skeleton; Digital Storm / Shutterstock
		Hamstrings; CLIPAREA Custom media / Shutterstock
		Plyometric; Perform Better http://bit.ly/2h6ztli
		Power clean; Unable to trace copyright. Please contact us if you are the copyright holder
		Half squat; Built Lean http://bit.ly/2gkCygh
The heat of the moment	Ethics and deviance	John McEnroe; Central Press / Stringer / Getty Images
The pivotal kick	Analysis	Sandra Izbaşa yn cystadlu yng Ngemau Olympaidd yr Haf 2012, Wikimedia CC, http://bit.ly/2gli8EG
	Analysis	Penio'r bêl; nico_blue / Getty Images
	Analysis	Pêl-rwyd; Matt King / Stringer / Getty Images
	Analysis	Gareth Bale; Stu Forster / Staff / Getty Images