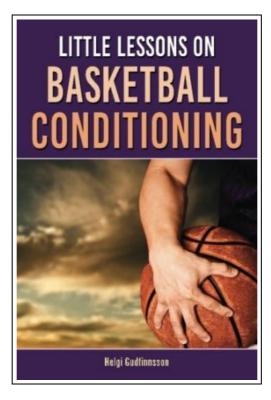
Little Lessons on Basketball Conditioning: A Research-Based Guide for Coaches to Create the Most Effective Position-Specific Conditioning Program for Players (Paperback)



Filesize: 6.32 MB

Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.

(Tom Fisher)

LITTLE LESSONS ON BASKETBALL CONDITIONING: A RESEARCH-BASED GUIDE FOR COACHES TO CREATE THE MOST EFFECTIVE POSITION-SPECIFIC CONDITIONING PROGRAM FOR PLAYERS (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Little Lessons on Basketball Conditioning presents 43 short lessons, all based on scientific literature, so that basketball coaches can gain greater insight into basketball conditioning. With this book s specialized instruction coaches can totally prepare their players more effectively. The book s opening section addresses short history on basketball. The second section focuses on need analysis. A needs analysis will provide the information necessary for you to create an effective conditioning program. It will detail the most important abilities and skill areas that you specifically need to train and develop to strengthen your team s basketball game. Section three focuses why we need to include agility and change of direction into our conditioning. The fourth section is where we dive into program design, the body s physiological adaptations, and responses to our conditioning program. That knowledge will give you the ability to adjust different training variables, and protocols, to create different adaptations and responses in your players. It covers HIIT training variables, how the variables will affect the human body, and the particular adaptations that will result. When you have completed this section, you will be able to manipulate the variables to create effective workouts. The final section puts all the concepts into practice. It covers different training phases and when is the optimal time to incorporate them. By reading this book, you are giving yourself the gift of deeper insight into basketball conditioning so that you are fully equipped to lead people on rewarding fitness journeys.

- Read Little Lessons on Basketball Conditioning: A Research-Based Guide for Coaches to Create the Most Effective Position-Specific Conditioning Program for Players (Paperback) Online
- Download PDF Little Lessons on Basketball Conditioning: A Research-Based Guide for Coaches to Create the Most Effective Position-Specific Conditioning Program for Players (Paperback)

Other Books



Why We Hate Us: American Discontent in the New Millennium

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Americans are as safe, well fed, securely sheltered, long-lived, free, and healthy as any...

Read ePub »



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

Read ePub »



I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

Read ePub »



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6 in. x 8.3 in. x 0.5 in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Read ePub »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

 $Create space, United States, 2010.\ Paperback.\ Book\ Condition: New.\ 229\ x\ 152\ mm.\ Language: English\ .\ Brand\ New\ Book\ ****** Print\ on\ Demand\ ******. From\ a\ certified\ teacher\ and\ founder\ of\ an\ online\ tutoring\ website-a\ simple\ and...$

Read ePub »