

Complete Conditioning For Basketball

Dick DeVenzio was an All-American basketball player at Ambridge High School in Pennsylvania and later at Duke University. After graduating, Dick played and coached professional basketball in Europe and South America and founded the now nationally acclaimed Point Guard College. Considered a basketball genius and a gifted writer, Dick has inspired and influenced countless coaches and athletes. He died in 2001 at age 52.

Offers sequential instructions for performing the essential skills and tactics of basketball, including dribbling, passing, shooting, and rebounding.

Although you can't give your players a hot shooting hand, with >Basketball FundaMENTALs> you can help them develop the concentration, composure, and confidence they need to play consistently better. From shooting slumps to clutch free throws, this easy-to-use book will help you and your players learn the psychological basics of basketball. Author and Chicago-area coach Jay Mikes helps players improve their on-court performance by teaching them to develop body and mind awareness, use mental practice and imagery, and manage stress and pressure. Loaded with mental training drills, practical discussion questions, and helpful coaching tips, this invaluable guide is touted by coaches all over the country as an essential training manual. Condition the core; unleash the potential. Serious athletes train for results—results that make them winners on the field, pitch, course, or court. And the key to getting those results, to improving performance in any sport and at any level, is no secret. A strong, well-conditioned core is the lynchpin to athletic success. In Conditioning to the Core, strength and

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conditioning coaches Greg Brittenham and Daniel Taylor deliver the definitive guide to training the torso. Inside, you'll learn these concepts: - The core's central role in originating and transferring strength and power, two requirements for superior performance - The energy systems, the strength and power foundations, and the movement mechanics for any sport - Over 300 of the most effective exercises for strength, stability, and power - The way to design a comprehensive program based on athlete assessment and analysis, followed by several sport-specific sample programs for reference Detailed photo sequences and expert instruction ensure you're performing each exercise safely and efficiently. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. You will quickly identify and organize each component that addresses your needs, your sport, and your high-performance goals. If you are serious about performance, Conditioning to the Core will help you get serious results. Whether you're an athlete, trainer, or coach, this guide should be the centerpiece of your sport training program.

Offers an inside look at the best workouts in the NBA, together with instructions and advice from 10 pro-basketball players--including Dwight Howard, Steve Nash, Allen Iverson and more--in a book with full-color photos that also includes encouraging stories and motivational techniques. Original.

A focused conditional program has become essential ton on-field rugby success. Pook presents a comprehensive training approach that builds players' physical abilities as well as the rugby-specific skills their positions require.

Provides ready-to-implement preseason, in-season, and off-season training programs to boost strength, agility, quickness, and power. Included are 184 exercises and drills accompanied by an enhanced online video library featuring

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dozens of exercises and on-court and off-court drills. Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research:

- Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and

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variations in trainability across the life span • Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Complete Conditioning for Basketball Human Kinetics Basketball Anatomy

The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

Learning and teaching basketball skills and tactics can be challenging. Executing them in competition can be troubling. Mastering them can be a career-long quest. Is it possible that a single book can provide all the instruction you need to conquer these basketball roadblocks? First you must know exactly how the skill or tactic is properly performed. Check! Then you need to attempt it again and again, with corrective advice through those trials until you get it

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right. Check! Next comes practice. Lots of practice, with drills designed to make performance of the skill or tactic efficient and effective. Check! In *Basketball: Steps to Success*, Coach Hal Wissel covers the entire progression of technical and tactical development needed to become a complete player. From essential footwork to key principles of defense, this guide details the skills and tactics needed to excel in today's game. Shooting off the catch and creating shots off the dribble, running two- and three-player offensive plays, and many more topics in the book will prepare players to succeed in every situation on the court.

The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. *Developing Agility and Quickness* helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-

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picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition. Increase shot power and on-court speed and agility with the most comprehensive tennis conditioning resource available. Combining 204 drills and exercises with online access to 56 video demonstrations, the only strength and conditioning resource endorsed by the USTA will help you outlast the competition.

Scott Thom is the head strength coach for men's basketball at Washington State University. Previously, he was the strength coach for University of California-Berkeley men's basketball team and the head basketball coach for Vintage High School (Napa, Calif.) He has been coaching since 2003 and has experience working with athletes at the high school, collegiate and professional level. Simply put, this book is every "learning moment" Coach Thom has had since 2003. Whether, these moments came in the form of trial and error with his teams, to summer internships, to learning from great coaches around him. Season of Strength is 500 pages of applicable information for coaches at all levels. Season of Strength gives you:*

- * 39 Specific lifting programs*
- * 140+ Basketball player/Team development drills*
- * Year plans*
- * In-season and off-

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season conditioning plans* Movement screens & testing protocols* How to create "buy-in" with your team* Injury prevention, promoting recovery, and nutrition* Pre-practice and pre-game activation routines* Game day and game week management* Understanding the different training phases; Work Capacity, Strength, and Power Coach Thom's positive energy and enthusiasm makes training in the weight room and on the basketball court fun and productive. His sincere approach to coaching motivates you to get better. He's the type of coach that cares about you more than just basketball or getting your stronger. He's about building lifelong friendships that will last beyond basketball. Over the years our friendship has grown, and he's someone I can always count on."-Tyrone Wallace- Utah Jazz "I met Scott Thom many years ago when he was the basketball strength and conditioning coach at Cal. I knew right away Scott was one of those 'young up and comers' who would be making waves very soon. Scott has a great background in strength and conditioning, but I believe his greatest attribute is his ability to convey information and training lessons. Scott is a COACH, one thing you will hear over and over about Scott is that he has an amazing rapport with and respect from his players and the coaches he works with. Scott is the real deal and is one of my very favorite people to be around in this world."-Coach Robert Dos Remedios

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Former NBA star and Presidential Medal of Freedom recipient Kareem Abdul-Jabbar explores his 50-year friendship with Coach John Wooden, one of the most enduring and meaningful relationships in sports history. When future NBA legend Kareem Abdul-Jabbar was still an 18-year-old high school basketball prospect from New York City named Lew Alcindor, he accepted a scholarship from UCLA largely on the strength of Coach John Wooden's reputation as a winner. It turned out to be the right choice, as Alcindor and his teammates won an unprecedented three NCAA championship titles. But it also marked the beginning of one of the most extraordinary and enduring friendships in the history of sports. In *Coach Wooden and Me*, Abdul-Jabbar reveals the inspirational story of how his bond with John Wooden evolved from a history-making coach-player mentorship into a deep and genuine friendship that transcended sports, shaped the course of both men's lives, and lasted for half a century. *Coach Wooden and Me* is a stirring tribute to the subtle but profound influence that Wooden had on Kareem as a player, and then as a person, as they began to share their cultural, religious, and family values while facing some of life's biggest obstacles. From his first day of practice, when the players were taught the importance of putting on their athletic socks properly; to gradually absorbing the sublime wisdom of Coach Wooden's now famous

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"Pyramid of Success"; to learning to cope with the ugly racism that confronted black athletes during the turbulent Civil Rights era as well as losing loved ones, Abdul-Jabbar fondly recalls how Coach Wooden's fatherly guidance not only paved the way for his unmatched professional success but also made possible a lifetime of personal fulfillment. Full of intimate, never-before-published details and delivered with the warmth and erudition of a grateful student who has learned his lessons well, Coach Wooden and Me is at once a celebration of the unique philosophical outlook of college basketball's most storied coach and a moving testament to the all-conquering power of friendship. Instant New York Times and USA Today Bestseller President Barack Obama's Favorite Book of 2017 A Boston Globe and Huffington Post Best Book of 2017 Pick Complete Conditioning for Lacrosse will help players accelerate faster, improve change-direction skills, take more powerful shots on goal, and get in great shape. Using 190 exercises to improve flexibility, speed, agility, power, and strength, players will be dominant forces on both ends of the field. Peak Performance Training for Basketball contains detailed instructions on how to successfully integrate strength and conditioning training into a year-round basketball improvement program. Section one covers the keys to maintaining peak performance: nutrition, conditioning basics, flexibility,

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and injury prevention. Section two and three provide instructions for performing forty basketball-specific strength and power training exercises and includes complete year-round strength programs. The final section examines movement training for basketball, with keys to enhancing speed, quickness and agility. This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport-specific performances. The training programme is designed for peak performance during the competitive season. Going far beyond standard pull-ups, push-ups, and squats, *Bodyweight Strength Training Anatomy* presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines. Improve performance in any sport with Russia's most guarded training secret. For elite sports training, nothing compares to the impact that kettlebells have on the entire body, and author and trainer Dave Bellomo now brings the power and benefit of these Russian-inspired weights to any athlete. Working the entire body at different angles, this popular training program provides you with rapid gains in strength, speed, and endurance—all requirements for proficiency in any sport. This powerhouse program also gives you customization tools for setting

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personal goals and tailored eight-week workouts to answer the needs of your specific sport. Kettlebell Power Training for Athletes: Presents more than eighty illustrated exercises for quicker learning on how to train with the weights Helps you gradually build a training foundation for a healthier lifestyle Includes sport- and goal-specific programs so you can go directly to that section of the book for your needs Features photographs from award-winning photographer Bruce Curtis Whether you are training for the gridiron, the Octagon, or the Pentagon, these simple tools will help you produce the most extraordinary results you have ever seen. Author Profile Dave Bellomo (Williamsport, PA) holds a graduate degree in Exercise Science, specializing in sports performance and injury prevention and an undergraduate degree in Health Science. He is a Certified Strength and Conditioning Specialist (CSCS), a Performance Enhancement Specialist (PES), and a Certified Speed Coach, Dave has over 20 years of experience in the fitness management field and continues to consult with groups and individuals.

The future of soccer conditioning has arrived. With content ranging from how to properly develop speed, strength, power, and agility in players at all levels to unique position-specific training guidelines and detailed return-to-play protocols, Complete Conditioning for Soccer is a real game changer.

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Training protocols and progressions, complete with schematics of on-field conditioning drills, guide conditioning for players from youth to professional levels. Field players of every position will increase strength to dribble through traffic. Forwards will pack more power into shots on goal. Central midfielders will improve quickness and agility to find open passing lanes and evade opponents. Goalkeepers will develop the explosiveness to cover the width of the goal to make that save. Emphasizing player movement and conditioning needs for the long term, you will learn the positional and seasonal demands that directly impact player development and performance and discover the significant differences between playing styles, positions, levels of play, and genders. To keep players game-ready, you'll find detailed information on avoiding some of the most common soccer injuries as well as step-by-step, position-specific training protocols for players returning from injury. Written by Ryan Alexander, the director of sports science for Atlanta United Football Club (MLS), *Complete Conditioning for Soccer* takes the process of physical preparation for soccer to a whole new level. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Complete Conditioning for Soccer Online CE Exam* may be purchased separately or as part of the *Complete Conditioning for Soccer With CE Exam*

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package that includes the book and the exam.

Gives base, developmental, peak, and in-season training programs for different levels of players, and offers advice on testing, evaluation, goal setting, flexibility training, weight lifting, speed drills, agility drills, and nutrition

Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports.

Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals.

Consequently, the book entitled *Improving Performance and Practice in Basketball* provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for

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female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

Take your game to a higher level! In *Complete Conditioning for Basketball*, New York Knicks strength and conditioning coach Greg Brittenham shares the program he's taught to NBA All-Star pros like Patrick Ewing. He includes 50 illustrated court conditioning drills; easy-to-use charts for planning a personalized strength training program; 15 flexibility exercises; 9 movement patterns to improve agility and footwork; 9 abdominal and lower back exercises to improve your "center of power"; 11 fitness tests to determine your training needs; and 12 sample workouts for year-round conditioning. So whether you're a player who wants to get in great shape or a coach who wants better conditioning activities for practice, *Complete Conditioning for Basketball* is the training guide you need for high-level performance all season long.

You can improve your strength, speed, agility, and endurance by using the 125 sport-specific exercises and drills in *>Complete Conditioning for Ice Hockey<*. Peter Twist, NHL strength and conditioning coach, provides the best on- and off-ice training exercises and drills for getting into rock-hard hockey

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shape. This fully illustrated guide includes:- 23 stretches for flexibility,- 8 on-ice activities for aerobic and anaerobic training,- 37 on- and off-ice strengthening exercises,- 35 drills and activities to develop quickness and agility, and- 22 speed-training drills to add power to skating. Sample practice sessions and conditioning programs help players of all ages and skill levels maximize their training. Numerous NHL stars, including Trevor Linden, Mike Peca, Jyrki Lumme, and Geoff Courtnall are featured in photos demonstrating exercises. All-stars Wayne Gretzky, Steve Larmer, Doug Gilmour, and others discuss what hockey conditioning has meant to their success, and they give tips to aspiring players.>Complete Conditioning for Ice Hockey> will put you in top shape for today`s fast, physical game.

If you play to win, you must take your fitness to the highest possible level. Get Fit Now for High School Basketball will show you how. This is the Complete Guide for Ultimate Performance Full court press. Crashing the boards. Boxing out. Backdoor plays. Slam dunks. Double overtime. It takes strength, endurance, speed and agility to play high school basketball today. From power forwards to point guards, today's student athletes need a specialized exercise regimen to get out of tryouts and onto the team. Get Fit Now for High School Basketball helps players of all levels--from novices to varsity

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stars--get in their best shape both mentally and physically. Designed specifically for boys and girls aged 12 to 18, *Get Fit Now for High School Basketball* is packed with b/w photos shot on location at one of the nation's top-ranked high school basketball programs. It uses real high school basketball players to demonstrate the exercise program that not only got them on the team but also made them champions. *Get Fit Now for High School Basketball* includes a unique mixture of:

- Performance evaluations
- Tips for improving the mental game to ensure that you step onto the court with the confidence to win
- Guidelines for safe and effective weight training
- Nutrition tips to keep you in your best shape, on and off the court
- Aerobic conditioning regimens
- Speed and agility training
- Special vision exercises
- Practical game day routines that are guaranteed to have you ready from jump ball to the final buzzer.

In a time when more and more high school players are going straight to the NBA, high school basketball is becoming more competitive by the year. Whether you are trying to make the team or help lead it to an undefeated season, *Get Fit Now for High School Basketball* will help you to achieve the highest possible level of mental and physical readiness. Drawing upon his years of experience, Joe Kolb gives you the training information you need to stay in shape during the off-season, and to be ready for action once play begins.

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Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.

Ten NBA conditioning coaches offer drills and exercises specifically designed to improve basketball performance

Outlines a program of training and physical conditioning for football players and coaches; suggests drills to improve speed, strength, and the skills necessary for each position; and discusses in and out of season workout schedules.

An entire year's worth of state-of-the-art conditioning for the sport of basketball. Certified Strength and Conditioning Specialist and former UNC Men's Basketball head strength coach (1994-2001) Ben Cook outlines five unique phases of strength and conditioning to coincide with the basketball season.

Packed with over 280 pages of information.

Strengthen your on-field performance with Complete Conditioning for Baseball. With customized workouts for position-specific skills, this book and DVD combination provides you with the exercises, drills, and programs designed to generate more hitting power, increase the velocity of throws, improve quickness, and enhance your overall abilities.

"Coach Hatchell's book is a must-read for every girls' basketball coach. She is fantastic in every phase of the

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game, and I love watching her teams play."—Roy Williams, head men's basketball coach, University of North Carolina, and Associated Press Coach of the Year, 2006 What does it take to turn a good coach into a great one? You need to be a teacher, a motivator, a guru of X's and O's. Coach Sylvia Hatchell shows you how she manages all these roles and gives you her winning advice to creating a team of champions. Head coach of the University of North Carolina's women's team, Coach Hathcell combines the Tar Heels' longstanding tradition of basketball greatness with her personal dedication to guiding young women as she teaches you how to: Communicate effectively to get peak performances from 11- to 18-year-old girls Teach all the fundamentals of the game and run a productive, high-energy practice Develop a formidable offense and tenacious defense Master 75 of her favorite drills, ranging in difficulty from beginner to advanced

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of *Thrive* and *The Sleep Revolution* "I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic

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athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, *Peak Performance* uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, *Peak Performance* will teach you how.

Today's lacrosse players are bigger, faster, and stronger than ever before. A focused program of strength, speed, and conditioning has become essential to anyone serious about on-field success. *Complete Conditioning for Lacrosse* features a comprehensive approach that develops players' physical abilities as well as the lacrosse-specific skills their positions require. Renowned Cornell University strength and conditioning coach Tom Howley presents the exercises, drills, and programs he's relied on to make the Big Red a perennial powerhouse. In *Complete Conditioning for Lacrosse* you'll find a detailed individual assessment protocol that will help you identify strengths and weaknesses. Using these results, you'll work through the ready-to-use off-season and in-

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season programs by tailoring each workout to individual needs. Featuring 190 exercises, each accompanied by step-by-step instructions, photo sequences, and unparalleled advice on training, this resource is everything you need for raising your game and improving your team. Whether you are a coach, player, strength and conditioning professional, or athletic trainer, Complete Conditioning for Lacrosse is your guide to excellence on the field and in the training room. This is a complete guide to performance factors, training direction and workouts. The text provides solid background information and guidance, while the accompanying DVD offers clear visual demonstrations of tests and drills. Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In Jump Attack, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: "This is

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how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight.”

Basketball drills coupled with strong fundamentals are the key for any top basketball player. "You can practice basketball shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise."- Michael Jordan. People believe that in order to excel at anything in life practice is absolutely essential. What most people will not tell you is that without technique, discipline and character no amount of practice will help you achieve your goal, especially when it comes to basketball. James Wilson has been coaching basketball in 20 countries over the past 30 years and can he has got considerable experience in teaching the game. Perhaps he knows more about it than an average coach. Throughout this time James Wilson has developed a core philosophy regarding the game, which works on several important skills for effective basketball conditioning. Today he wants to share this unique knowledge with you. This book, "How to Be Better At Basketball in 21 days" is a rigorous program designed for amateurs and professionals alike. It is guaranteed to improve your form, develop new basketball skills and get you in perfect conditioning before the start of a new season. You will also discover: * Basketball drills that can help you develop basic skills and challenge more advanced players. * Tips on how to increase your basketball shooting accuracy. * Most effective ways for better ball handling and better crossovers. * Why you have been failing to improve your basketball skills! * Ways to get stronger at basketball and improve your athleticism. * How to toughen your mental state so that you

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play with confidence, courage, and control. * How to be a key player in helping your team win basketball games! Grab your copy now and follow our unique 21-Day Program that will take your basketball skills to the next level. Check Out What Others Are Saying... "Everything any basketball player that wants to improve needs to read. This will help any player at any level of play." "This book is the best. If you want to get better at basketball get this book. I highly recommend it." - Rocko (USA)

Contains ninety-six drills and exercises designed to help volleyball players train for the sport.

High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas:

- Optimise the effectiveness of cross-training.
- Translate strength into speed.
- Increase aerobic capacity and generate anaerobic power.
- Maintain peak conditioning throughout the season.
- Minimise the interference effect.
- Design energy-specific performance programmes.

Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

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