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An effective strength and conditioning program is an essential component of the preparation of any athlete or sports person. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and

practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed, step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and plyometrics. The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. Strength and Conditioning for Sports Performance includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold medallists and international sports teams at the highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches.

NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest-quality strength and conditioning program in the high school setting--whether you are a strength and conditioning professional, physical education teacher, sport coach, or administrator.

What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

This extensively revised and expanded new edition clearly explains the principles of coaching, with illustrations from business and sport.

Robert's commitment to the personal training business earned him the honor of serving the National Strength and Conditioning Association as their Northern California State Director (2010-2012). Robert has his masters degree in personal training, his bachelors degree in kinesiology, is a certified strength and conditioning specialist with distinction, a certified NSCA certified personal trainer with distinction as well as a certified USA Weightlifting Level I coach. "I have grown tired of all the "fads" and "myths" of the certified personal training business and decided I would put out a email to all my clients discussing a topics like "site specific reduction" or "crash diets." The support I received after sending out the first newsletter inspired me to keep writing. My goal is to change the way people think of fitness. I call it the "fitness revolution." This book is a combination of education, experience and research all put together and thrown down on paper. These are my confessions as a certified personal trainer. Many trainers will not tell you information like you will read in this book. That is why I call it a revolution. We are breaking away from the norm and developing something new. With science and research as my guide, I will educate you on a new way to train, the right way to training."

A compilation of the latest techniques and up-to-date coaching principles to help athletes at every level improve their track and field performances. This manual details effective training programs for track and field events. Over 200 illustrations will enhance your athletes' knowledge of proper form and mechanics. The manual also includes complete instructions for planning training sessions and hosting competitions. Although ideal for high school settings, every coach from college level to youth sport will want this updates edition of the ultimate track and field coaching handbooks.

This title is a student text offering comprehensive coverage of the basic testing procedures used in the assessment of human performance, health and wellness.

Want to become a professional or elite tennis player? Know someone who does? Do you coach high performance players? From Go to Pro provides a pathway to mastery of tennis to the professional ranks. While at the very top levels, some talent

is required; the primary prerequisite for mastering tennis at an elite level is work, work, and more work, combined with passion, commitment, and purposeful practice. From Go to Pro gives the technical, tactical, developmental, and competitive expertise to move into tennis upper levels. A manual for players, coaches, and parents, From Go to Pro shows the way to excellence in tennis, the sport for a lifetime. With sections on technique, organizing practices, handling the rigors and pressures of competition and practice, developing a competition schedule, and parenting, From Go to Pro guides in all aspects of mastering tennis.

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