



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

By Helgi Gudfinnsson

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...



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