

Basketball Training Programs

So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, *Coaching Basketball For Dummies* will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to:

- Develop your coaching philosophy
- Understand your league's rules
- Conduct a preseason parents' meeting—crucial for opening the lines of communication
- Teach offensive and defensive strategies
- Keep your kids healthy and injury-free
- Encourage good sportsmanship
- Make critical half-time adjustments during a game
- Help struggling players
- Address discipline problems and handle difficult parents
- Coach an All-Star or Travel team

Complete with numerous offensive and defensive drills and tips for helping your kids relax before a game, *Coaching Basketball For Dummies* is the fun and easy way to get the score on this worthwhile endeavor!

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 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.

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan

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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 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."

The *Ultimate Guide to Weight Training for Basketball* is a must-have for any competitive basketball player serious about taking his or her skills to the next level. With In-Season, Off-Season, & Pre-Season workout programs designed specifically for basketball, you can train your body properly year-round. There are different programs for both beginning and experienced weight lifters that can be followed by men & women of all ages. Thousands of competitive basketball players, from high school to the pros, are currently following these same programs and are physically improving their bodies to play their best basketball. By doing exercises designed to target basketball-specific muscles, you will gain strength and power, increase your speed and quickness, build your endurance and stamina, and increase your vertical. You will be optimizing your skills and experiencing the benefits of weight training for basketball.

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 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

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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.

COACH YOUR TEAM TO PLAY BETTER, FASTER, AND WIN, WITH INNOVATIVE DRILLS FROM AROUND THE GLOBE

"Simply fantastic! The Complete Book of Offensive Basketball Drills is a treasure trove of information from around the world. I can honestly say that I have not seen nor read a more complete drill book on one topic that is better than this. Giorgio Gandolfi has outdone himself." - Kevin Sutton, Head Coach, Montverde Academy, and Assistant Coach for the Gold Medal USA Jr. National Team All coaches look for an edge that will help put their team over the top against their rivals. The Complete Book of Offensive Basketball Drills helps you take your team to the next level with the most effective offensive drills from the world's best coaches. Run practice sessions that can produce dominant players using these elite instructional workouts taken from around the globe. You'll bring a fresh perspective on the game to your players, all while teaching solid fundamentals, improving offensive performance, and driving up the score with teams at any level. Covering everything from basic footwork to fast breaks, with advanced variations for more experienced players and teams, author Giorgio Gandolfi has collected more than 150 drills from the best-of-the-best to equip you with the necessary skills to: Decide which drills are appropriate- and adapt them to meet each team's needs Teach fast breaks, screens, post play, and rebounding Prepare teams to shoot, pass, play the boards, and run Train players to shoot and score under pressure "Gandolfi offers a truly global sampling of the finest thinking on how to attack the basket or get a shot off against a tough defender. . . . If it's effective in helping a player improve his pull-up jump shot or make a power move to the basket, it's here. Gandolfi has done the game a huge service—and made Planet Basketball a more intimate place—with this timely and invaluable book." —Alexander Wolff, Sports Illustrated senior writer and author of Big Game, Small World: A Basketball Adventure, from the Introduction "Simply fantastic! This is a treasure trove of information from around the world. I can honestly say that I have not seen nor read a more complete drill book on one topic that is better than this book. Giorgio Gandolfi has out done himself with this book. . . . Great job!" —Kevin Sutton, Head Coach at Montverde Academy and Assistant Coach for the Gold Medal USA Jr. National Team "This book is one of the best. . . filled with valuable basketball information that has been tested and proven to help coaches and players alike. Giorgio Gandolfi has dedicated his life to helping improve the game and this is just another part of his continuing journey to

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provide the best basketball information out there!" —Kevin Eastman, Assistant Coach, Boston Celtics, 2008 NBA World Champions

The program was created as a complete vertical jumping program to enable hard-training basketball players like you to improve jumping and speed in the shortest possible time. It was intended mainly for young basketball players of the United States University League - NCAA. It provides good results and is distributed throughout the USA as well as throughout Europe. The program was created in 1999 and it is easier than other training programs. SUPER JUMP is a more extensive training program that gives better results in a shorter time. This program will improve your jumping as well as your speed and strengthen your legs against injuries related to playing basketball. Through the new effective techniques given in it, it will allow you to gain faith in your own abilities and improve your motivation. You will learn simple techniques that will help you achieve success in basketball, as well as help you achieve your goal in other sports. You will learn and understand the value and importance of dedication and hard work. This program will help you improve your physical and mental state, and you will quickly become a successful and successful athlete.

The purpose of this study was to identify intramural training programs for basketball officials and their perceived effectiveness. The population of the study was the 616 intramural directors at four year universities or colleges only who had e-mail addresses listed in the 2005 National Intramural-Recreational Sports Association directory. Of the 616, 486 were useable e-mail addresses. Ninety two responded for a return rate of 20.2%. There was no significance found between percentage of time spent on trouble situations and perceived effectiveness of the training program. There was no significance found when floor positioning was taught in the classroom or on the court and effectiveness of training. Additional correlations were done using the Pearson Product Correlation which found a significant relationship between effectiveness of training and hours spent on court scrimmage practices before the season began. There was also a significance found between time spent on additional formal training, although negative.

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, 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.

Why is strength training important for the basketball athlete? In a dynamic game that changes by the instant, athletes need to be conditioned to sustain the highly stressful workloads experienced during practice or a game. For the basketball athlete, that means strength cannot be defined only as a measure of how much weight the person can lift; rather, it is an ability that should be judged by whether it can successfully be applied on the court. Developed with the expertise of the National Strength and Conditioning Association (NSCA), Strength Training for Basketball shows you how to design resistance training programs that will develop your

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athletes' strength on the court—helping them to jump higher, accelerate faster, and abruptly change direction. The book will help you understand the specific physical demands of each position—point guard, shooting guard, small forward, power forward, and center. You will also find the following: 20 testing protocols for measuring and assessing athletes' strength, reactive strength, power, speed, agility, endurance, and anaerobic capacity 18 total body exercises with 2 variations 19 lower body exercises with 3 variations 17 upper body exercises 11 anatomical core exercises with 5 variations 16 sample programs for off-season, preseason, in-season, and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained, beginning position and movement phases, breathing guidelines, modifications and variations, and coaching tips to guide you in selecting the right exercises for a program. You'll also learn how to structure those programs based on the goals and length of each season and for each position. Backed by the NSCA and the knowledge and experience of successful high school, college, and professional basketball strength and conditioning professionals, *Strength Training for Basketball* is the authoritative resource for creating basketball-specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the basketball court.

Scorers always have a team to play for. They're the payers who get picked first, get the biggest contracts, and have the most fans. The winner of every game is determined by the score. Those who can score are commonly known as the best players. When the game is on the line, who gets the ball? The player who can score. Offensive systems are built around the best scorer's abilities. Scoring just one time can snap any player out of a slump. There's a magic to being able to create points in basketball, and those who do it well are the magicians. It's about time you joined this group. The *Scoring Moves HoopHandbook* covers every area of scoring, from your footwork to ball handling to finishing. You will learn how to break down defenses and defenders, creating your own opportunities when you wish, not just when you're allowed. It's time you stepped into the spotlight.

This study developed a strength training program for collegiate basketball players. The study was based on the hypothesis that coaches of prestigious collegiate basketball teams and a review of the literature would advocate that strength training be incorporated into the conditioning of basketball players. A questionnaire addressing issues specifically related to the strength training of basketball players was formulated. This survey was sent to the universities whose basketball teams ranked highest in the nation during the 1980-1981 seasons according to the final Associated Press poll. Findings and conclusions indicated that a strength training program should be incorporated into the conditioning of basketball players. A systematized program was developed to insure efficiency and effectiveness.

"As part of the *Strength Training for Sport* series by the National Strength and Conditioning Association, this book will be an authoritative practical guide to designing resistance training programs for basketball that is edited and contributed by NSCA-certified professionals and other recognized NSCA-affiliated professionals. This book provides an overall analysis of the game and the mechanical demands it presents and offers an update of the most appropriate approaches to guide basketball-specific strength development. General and specific guidelines to sport-specific program structure and exercise selection will be presented along

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with sample resistance training programs as a guide to creating a basketball-specific resistance training program to help the athlete optimize strength and successfully transfer that strength to the basketball court"--

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-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

"How To" book covering all basic skill areas as well as the more technical aspects of personal training programs and weight training exercises. Approved by the basketball hall of fame, it features quotes from some of history's best players.

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.

As humans, we are constantly looking for opportunities to improve ourselves. The New Era of Basketball Training provides a detailed, step-by-step guide that takes you through a personal journey of unlocking your player potential. The start of this journey will take you through the stages of mentally preparing yourself for the game of basketball. Once you are mentally prepared, The New Era of Basketball Training will serve as a guide on how to use proper biomechanics while playing basketball. This book includes diet plans and exercises that work every single muscle needed to play the game. There are over 200 illustrations of exclusive exercises and techniques taught by elite, professional trainers that will prepare your body for basketball. If you are looking to stand out as a player and dominate the court, this is the book for you. Have you tried and failed to will your short body to dunk a basketball? Learn how even the most vertically challenged players can slam the

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ball home with ease. Have you been told you're far too short to touch the rim, let alone throw the ball down? Having trouble increasing your vertical leap no matter how much weightlifting you do? Author James Wilson is a 30-year veteran of basketball coaching in 20 different countries. He's cracked the scientific code to allow players of any height to dunk like a pro, and now he's here to share his secrets with you. In *How to Dunk if You're Under 6 Feet Tall: 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks*, you'll learn the meticulous science behind increasing your vertical leap. Through his proven step-by-step plan, you'll find out the exact techniques necessary to dunk your first basketball in just four weeks. Without weightlifting or special equipment, you'll soon be able to jam in front of your friends with either one hand or two. In *How to Dunk if You're Under 6 Feet Tall*, you'll discover: The best exercise techniques for increasing your vertical jump in just four weeks The best basketball shoes to make you jump higher How shorter people can go from barely touching the rim to dunking with one or two hands How to jump higher without lifting weights The precision mechanics of the perfect jump and dunk and much, much more! *How to Dunk if You're Under 6 Feet Tall* is an established expert's ultimate guide to increasing your vertical jumps and making slam-dunks a reality. If you like a step-by-step programs, scientifically-backed exercises, and making rapid progress, then you'll love Wilson's landmark book. Buy *How to Dunk if You're Under 6 Feet Tall* to make those rim-rattling slams a reality today! Don't forget to claim a FREE Kindle version with your purchase of Paperback copy!

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 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.

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

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and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and 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.

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.

Suggests a program of weight training and exercise designed for basketball players

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.

"The Ultimate Guide to Weight Training for Basketball" is the most comprehensive and up-to-date basketball-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year round basketball-specific weight training programs guaranteed to improve your performance and get you results. No other basketball book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing strength, power, agility, and overall quickness on the court, leading to an increase in rebounds, steals, blocked shots, and overall defensive efficiency. You will build the strength and power needed to dominate the post and under the basket and you will build the stamina and endurance needed to go strong until the final whistle. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too! Noted author, consultant and sports conditioning & training specialist Michael Yessis synthesizes years of cutting-edge physical training expertise into one easy-to-read and apply resource that will allow athletes and coaches at any level of play develop the physical skills and techniques necessary to excel in the game of basketball. Covers active vs. static stretching, techniques for improving jump height (with specialized exercises for jumping), techniques for improving shooting range and accuracy (with specialized exercises for shooting), techniques for improving running speed (with specialized exercises for running), improving quickness & agility, designing a personalized training program, and integrated training. Also includes special sections on nutrition and maintaining your training program. Large 8 1/2 by 11

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inch format with over 700 photographs.

Strength Training for Basketball

Strength Training for Sport

The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his revolutionary, mindfulness-based program for elevating your game “George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be.” —Kobe Bryant

Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

Muscle mass and strength are key to maintaining mobility, metabolism, and hormone balance as you get older. Whether you're looking to jump back into a strength training routine, or this is your first time trying it out, strength training makes it easy and safe to do at any age. In this book, we will discuss various resistance band workouts that you can indulge in for the perfect body fitness you want. A lot of people have been using the resistance band wrongly and imperfectly, this may be due to an inappropriate understanding of how resistance band works. This book will help you to achieve the followings in the shortest period:

- Body fitness Exercises you can use a resistance band to do.
- How to make use of a resistance band for effective exercises.
- Up to 35 Exercises you can use a Resistance band to do.
- Approaches to body rehabilitation.
- No-equipment exercises you can do at home with a resistance band.
- Strength training and stretching exercises with a resistance band.
- Types of Resistance band you can use to enhance your muscles.
- Kind of Exercises

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that fit in the kind of body structure you wish to have. -Different kinds of Workouts exercise you can achieve at home without going to the gym center. -Exercises to boost your Muscles, Health Fitness, and Reclaiming your body structure back and a lot more.

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.

Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. Basketball Skills and Drills provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of 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-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.

A program for exercising more efficiently by targeting the muscles you use specifically for tennis.

Designed for both male and female players, this title presents daily workouts for optimal training throughout the year so that players can withstand the rigors of the sport. Explanations and detailed illustrations provide clear instruction on how to perform each of the 192 drills and exercises.

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