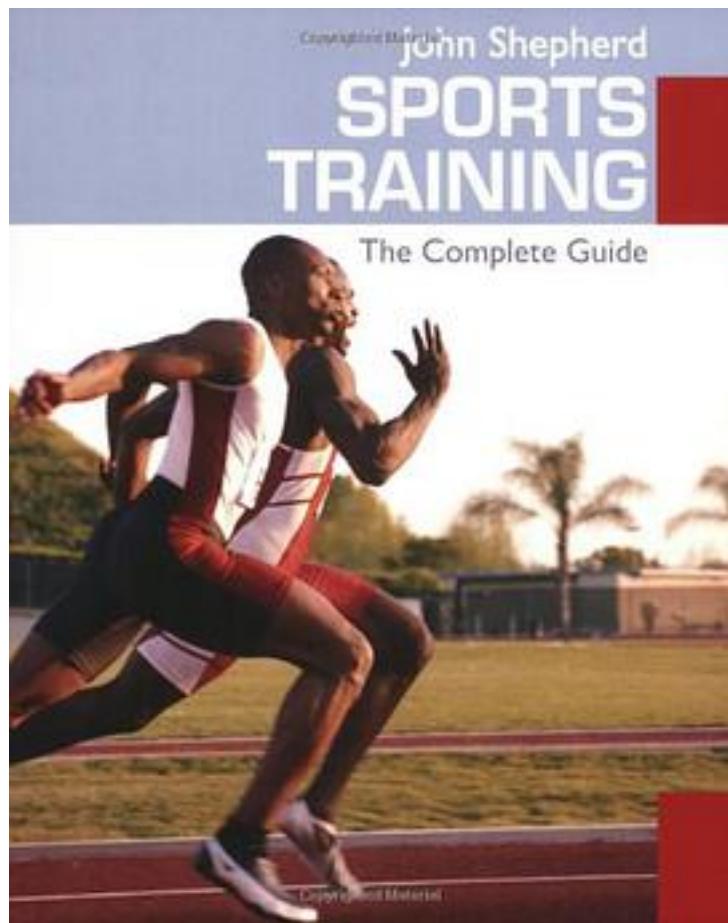


Sports Training



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"Valuable information on training for athletes and coaches at all levels of competition." Outside of professional sports, the quality of athletic training is dangerously inconsistent. Most athletes who compete on school teams, in community sports programs or just on their own do not receive the training needed to improve their

performance and prevent serious game-ending injuries. Sports Training: The Complete Guide is the definitive, practical resource and guidebook for competitors, coaches and trainers. It provides the building blocks for athletic training that will maximize speed, endurance and power. John Shepherd demystifies sports science for readers by starting with the basics and progressing to a specific training plan that every athlete needs. Training theory is explained in simple, easy-to-understand terms before modern training methods and techniques are tackled. Sports Training: The Complete Guide offers specific information for: Designing and implementing training plans Training for individual and team sports Understanding sports psychology Training both younger and older athletes. Sports Training: The Complete Guide contains a wealth of sports-science knowledge on training for coaches, trainers and athletes and delivers practical results at all levels of competition.

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