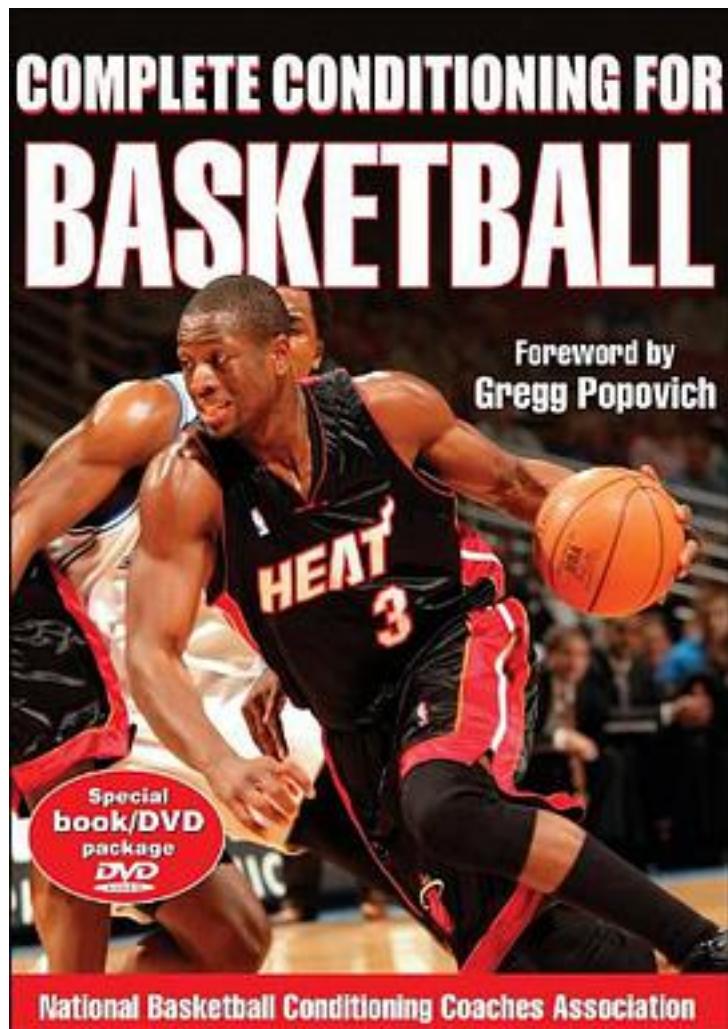


Complete Conditioning for Basketball



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著者:National Basketball Conditioning Coaches Association

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This work provides a complete guide to performance factors, training direction and

workouts. On-court demonstration of drills will guide basketball coaches and players to make the best possible decisions about their conditioning. In short, this book/DVD lives up to the title's promise of offering a comprehensive training tool for the sport. The book provides solid background information and guidance, while the DVD offers clear visual demonstrations of tests and drills. The emphasis throughout is on basketball-specific, functional activities, meaning those exercises and drills that tie directly to performance on the court. This product is part of a new "Complete Conditioning for Sports" series. It includes reviews that are planned in basketball magazines including "FIBA" and "Five". A flier is to be sent to basketball clubs in the UK and Europe. It contains E-mail marketing campaign to contacts interested in basketball.

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