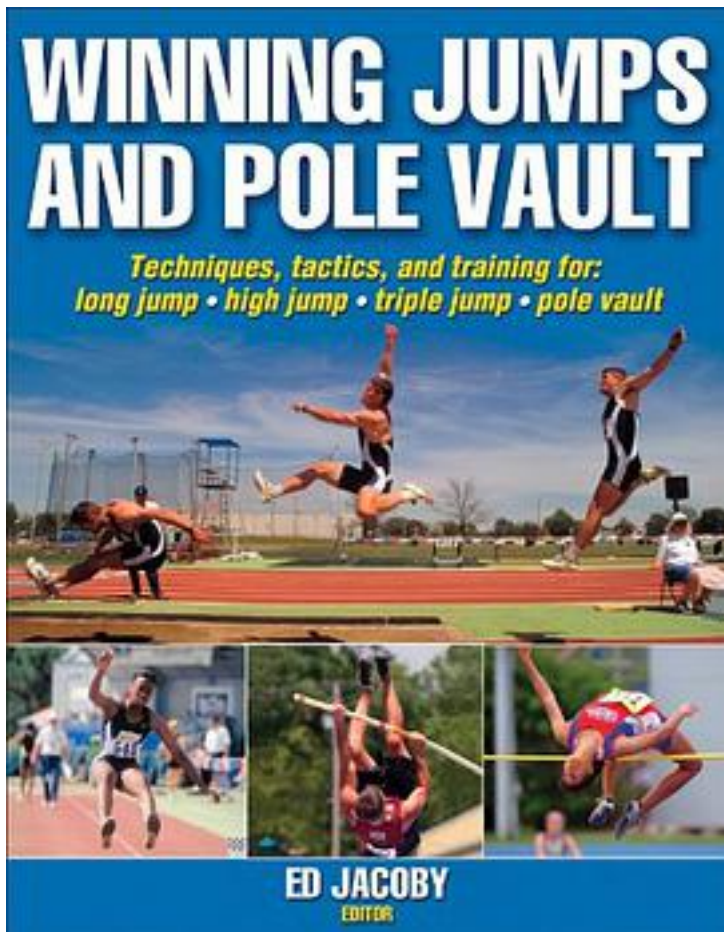


Winning Jumps and Pole Vault



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出版者:

出版时间: 2008-11

装帧:

isbn: 9780736074193

This book presents the world's top track and field coaches. This is the world's top track and field resource. Long jump, triple jump, high jump, and pole vault. From techniques and training to strategy and mental preparation, "Winning Jumps and Pole Vault" is the

only book that covers it all. Renowned coach Ed Jacoby and the all-star line-up of Cliff Rovelto, Tom and Kyle Tellez, Irving Boo Schexnayder, Greg Hull, Will Freeman, and Keith Henschen share the secrets and strategies that have produced 62 NCAA champions, 15 Olympic gold medalists, and numerous other U.S. and world medalists and champions. Every phase of every event - from approach to takeoff to landing - is described to convey proper technique. Learn how to recognize and correct common technical flaws and rely on over 25 event-specific drills to perfect technique. With pre event preparation, conditioning programs, and jump and vault strategies, "Winning Jumps and Pole Vault" is the one resource track and field coaches and athletes can't afford to be without.

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