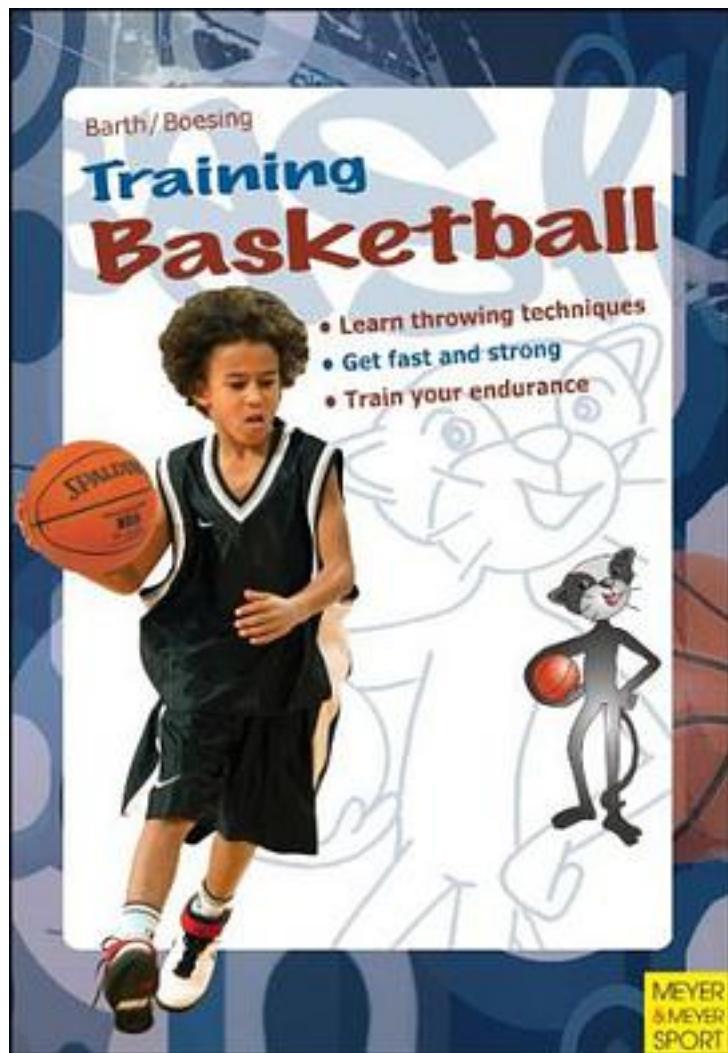


Training Basketball



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著者:Boesing, Lothar

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"Training Basketball" is especially written for kids. It is easy to understand and offers a lot of fun while practicing and playing basketball. You are no longer a beginning basketball player and already have a number of training sessions and tournaments under your belt. You are familiar with the fundamental basketball techniques, enjoy playing with your teammates, and know the feeling of victory as well as defeat. And now you want to continue to learn more and play better. This book is the right training companion for you. The basic techniques are built upon, and there are many suggestions on how to correctly execute a technique, recognize mistakes and practice supplementary exercises. Here you also find out why endurance, strength, agility and speed are so important, and how you can improve your fitness level and keep track of your progress. And surely you are interested in how you and your team can play smart and cope with competitive pressure. In addition, there is lots of interesting information about the sport of basketball, tips on good nutrition, training and getting ready for a game.

作者介绍:

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