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# Preseason Training For Basketball Preparing The Athlete

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Coaching Girls' Basketball Successfully

Complete Conditioning for Basketball

Winning Basketball Fundamentals

Bobby G.

High-Performance Training for Sports

Complete Conditioning for Basketball

52-week Baseball Training

Improving Practice and Performance in Basketball

Playing Pro Basketball

Science and Application of High-Intensity Interval  
Training

High-performance Sports Conditioning

NASM Essentials of Personal Fitness Training

Kettlebell Training for Athletes: Develop Explosive  
Power and Strength for Martial Arts, Football,  
Basketball, and Other Sports, pb

Winners

Strength Training for Football

Idols of the Spring

High-Performance Training for Sports

Sports for Her

New Functional Training for Sports

Triphasic Training  
Essentials of Strength Training and Conditioning  
Can I Keep My Jersey?  
10-Minute Toughness  
Strength Training for Basketball  
Ski  
Basketball Sports Medicine and Science  
52-week Basketball Training  
Epidemiology of Pediatric Sports Injuries  
Developing Endurance  
The High School Athlete: Basketball  
The Handbook of Sports Medicine and Science  
Made for This Moment  
Corks and Curls  
Physiological Aspects of Sport Training and  
Performance  
Training for Sports Speed and Agility  
Periodization  
Essentials of Strength Training and Conditioning  
Coaching Basketball Technical and Tactical Skills  
The Science of Basketball

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Preparing  
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**BARRERA PHILLIPS**

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Coaching Girls'  
Basketball Successfully  
Karger Medical and  
Scientific Publishers

Basketball covers the  
epidemiology of  
basketball injury, the  
physiological demands  
of basketball,  
preventive medicine,  
pre-participation  
examination and  
special considerations  
to be given to the

young basketball player, and finally looks at the 'special' basketball player -- diabetics, asthmatics, epileptics, etc.

**Complete Conditioning for Basketball** Human Kinetics

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs

demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

**Winning Basketball Fundamentals**

Human Kinetics Publishers  
He was only five feet, seven inches at his very tallest. So how did he star on his high school football, basketball, and baseball teams, winning the award as the best athlete in his graduating class? Better yet, at the

University of North Carolina, one of the best sports schools in the country, how did he win the very same award at graduation after playing basketball and baseball for all four years? Better yet, how did he help to found one of the very best junior colleges in the entire country? Better still, how did he spend ninety-one years as a central figure responsible for developing one of the country's best summer camps, one that significantly impacted the lives of over twenty-thousand young people? There's still more to his incredible rsum, so come join us for the inspirational life of Bobby G, a life worth celebrating! Some of it is bound to rub off on you!

### **Bobby G.** MDPI

Discusses issues related to girls' participation in sports and provides information on the rules, equipment, training, and more for eight sports which high school girls are most likely to play.

### **High-Performance Training for Sports**

Human Kinetics

This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport-specific performances. The training programme is designed for peak performance during the competitive season.

*Complete Conditioning for Basketball* Lerner Publications  
52-week Basketball TrainingHuman

Kinetics  
52-week Baseball Training Human Kinetics  
The Science of Basketball is the only book to examine the scientific principles underpinning preparation and performance in basketball, applied to both individual and team contexts. Drawing on the very latest scientific evidence, and including contributions from leading international coaches and scientists involved in the sport, the book explores every aspect of physical and mental preparation and performance, including: strength and conditioning, and training strategies physiological aspects of performance nutrition and

supplementation  
psychological preparation skill acquisition  
biomechanical aspects of performance  
performance analysis  
injury epidemiology, prevention and rehabilitation coach education  
Incorporating case studies at the end of each chapter to demonstrate how scientific principles can be applied to practice, the book bridges the gap between theory and applied practice in basketball better than any other. It is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game, and illuminative supplementary reading for students of sport

science and sports coaching.

Improving Practice and Performance in Basketball Villard

Train to perform at the highest level with the lowest risk of injury.

New Functional Training for Sports, Second Edition, produces the best results on the court, field, track, and mat, not just in the weight room. Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower

body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and cover each aspect of preparation for physical performance. Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. New Functional Training for Sports goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational

movements as well as online access to video demonstrations, commentary, and analysis of key exercises. *New Functional Training for Sports* is a refined and expanded version of Boyle's original work published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes. Note: A code for accessing online videos is included with this ebook.

*Playing Pro Basketball*  
Human Kinetics

For a professional player, basketball isn't just a fun game?it's a job. Millions of people are watching your every move, expecting you to make every shot and block your competitors'. You have to give your all for

every game, and when you're not playing, you're sharpening skills, working on plays, and studying your opponents. Dedication extends beyond the season. You must follow strict diets and workout plans to stay in shape throughout the year. You must learn to manage the pressure of constant travel and stardom. Is it worth it? This book, which was reviewed by 11-year National Basketball Association (NBA) veteran and three-time NBA champion Devean George, offers an authentic look at what life is like as a pro basketball player. You'll learn: ? What kinds of skills it takes to play in the NBA ? How players climb the ranks to reach the NBA ? What daily life is like

for an NBA player ? The types of workouts and dietary plans NBA players use ? How NBA players prevent and treat injuries Go behind the scenes and see what it's really like to be an NBA star!

**Science and Application of High-Intensity Interval Training**

Human Kinetics  
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.

High-performance Sports Conditioning

Springer Nature  
Baseball players and fans alike feel that spring is a magical

time of year. For the players, spring training is a rebirth, with high expectations for the upcoming season. For fans, it is a chance to see their favorite players return to the diamond as well as to hear about the up-and-coming players. This work is a compilation of interviews with 23 players, an umpire and a trainer: Chipper Jones, Walt Weiss, Glenn Hubbard, J.D. Drew, Jim Kaat, Craig Counsell, Ryan Dempster, Harold Baines, Andre Dawson, Mike Hargrove, Will Clark, Gary Sheffield, Davey Johnson, Shawn Green, Mike Bordick, Tim Bishop (trainer), Al Clark (umpire), Brady Anderson, Dave Cash, Al Jackson, Robin Ventura, Rondell White, Monte Irvin, Rick Ankiel, and Red



Schoendienst. Each interviewee shares his own personal spring training experiences and thoughts on why spring training is such a special time of year for the players and fans.

NASM Essentials of Personal Fitness Training Human

Kinetics

Learn how to train for maximum gains with *Periodization: Theory and Methodology of Training*. Guided by the expertise of Tudor O. Boppa, the pioneer of periodization training, and leading periodization researcher G. Gregory Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury.

Translated into nine languages, *Periodization: Theory and Methodology of Training* has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Boppa in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, Boppa's classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching. No other text discusses planning and periodization in such detail or with so many specific, practical

examples from a variety of sports. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. *Periodization* also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability. Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory: • New research on rest and restoration, specifically countermeasures used

in facilitating recovery plus practical suggestions for implementation • How the use of sequential training and delayed training effects can produce optimal performance at major competitions • A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition • New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training • Expanded information on the development of sport performance characteristics, including speed training and sport-

specific endurance Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan charts included in the appendix. When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of *Periodization: Theory and Methodology of Training* presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance. [Kettlebell Training for Athletes: Develop](#)

[Explosive Power and Strength for Martial Arts, Football, Basketball, and Other Sports](#), pb John Wiley & Sons

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and

scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations.

**Basketball Sports Medicine and Science** is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

**Winners** McGraw Hill Professional  
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.

**Strength Training for Football** Human

Kinetics  
Focused on team sports like Baseball, Basketball, Gridiron Football, Ice Hockey, Rugby, and Soccer, this publication integratively reviews the existing data on the distribution and determinants of injury in children and youth athletes. Further, the book includes a chapter on the identification of the epidemiological approach and concludes with suggestions of injury

prevention measures and guidelines for further research. *Idols of the Spring* Human Kinetics 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.

### **High-Performance Training for Sports**

Human Kinetics  
Take your game to a higher level! In Complete Conditioning for Basketball, New York Knicks strength and conditioning coach Greg Brittenham shares the program he's taught to NBA All-Star pros like Patrick Ewing. He includes 50 illustrated court conditioning drills; easy-to-use charts for planning a personalized strength training program; 15 flexibility exercises; 9

movement patterns to improve agility and footwork; 9 abdominal and lower back exercises to improve your "center of power"; 11 fitness tests to determine your training needs; and 12 sample workouts for year-round conditioning. So whether you're a player who wants to get in great shape or a coach who wants better conditioning activities for practice, Complete Conditioning for Basketball is the training guide you need for high-level performance all season long.

**Sports for Her** Simon and Schuster  
Strength Training for Football will help you create a football-specific resistance training program to optimize strength for

athletes in all positions—linemen, tight ends, fullbacks, linebackers, wide receivers, running backs, defensive backs, quarterbacks, kickers, and punters.

New Functional Training for Sports  
Human Kinetics  
Publishers

Lee Rose has been one of basketball's most knowledgeable and respected coaches over the past 50 years at the high school, college, and professional levels.

Winning Basketball Fundamentals presents his proven program for success, the same one he used in taking teams from two different colleges to the Final Four. From offense to defense to transition play and special situations, Rose covers every tactical

facet of the game and adds his insights for improving execution in each. He presents popular offensive systems—the Triangle, LA, Flex, Dribble Drive, and Motion—as well as man-to-man and zone defensive schemes, with suggestions for when and how to deploy and adjust them. Rose also teaches all the essential individual skills required for performing those tactics proficiently and consistently, with special tips for executing when the game is on the line. Perimeter- and post-specific instruction and drills will help players build on their skills through practice. Coach Rose also shares his Performance Rating System—a tool he's used time and again to

develop some of the game's top players. Rose explains not only how to identify strengths and weaknesses but also how to use that information to maximize the potential of individual players and the team. Flashy and fluke plays might be fun to watch, but you can't build a successful season or career on them. Winning Basketball Fundamentals is the proven formula for developing the solid individual skills and team tactics you can count on game after game.

### Triphasic Training

Human Kinetics  
 "10-Minute Toughness is a solid mental training program. In fact I feel it is the best of its kind. . . . [It's] what the title says: ten

minutes a day that connects your talents and abilities to the outcome you're seeking. As a retired NFL player looking forward, I can see as many applications for the toughness Jason Selk's program brought out of me in the business world as there were on the football field." --Jeff Wilkins, Former NFL Pro Bowl Kicker "The mental side of the game is extremely important. 10-Minute Toughness helps the players develop the mental toughness needed for success; it really makes a difference." --Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals "Jason Selk has spent a tremendous amount of time and energy developing effective



mental-training programs and coaches workshops. He is truly committed to helping individuals and teams to perform at their very best, when it really counts." --Peter Vidmar, Olympic Gold Medalist

Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach

for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your own mind and psych out your opponents using personalized techniques from one of America's most successful sport psychology consultants. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

Best Sellers - Books :

- [Icebreaker: A Novel \(the Maple Hills Series\)](#)
- [The Psychology Of Money: Timeless Lessons On Wealth, Greed, And Happiness By Morgan Housel](#)
- [Iron Flame \(the Empyrean, 2\)](#)
- [The Creative Act: A Way Of Being By Rick Rubin](#)
- [Flash Cards: Sight Words](#)
- [The Alchemist, 25th Anniversary: A Fable About](#)

Following Your Dream

- The Mountain Is You: Transforming Self-sabotage Into Self-mastery By Brianna Wiest
- Atomic Habits: An Easy & Proven Way To Build Good Habits & Break Bad Ones By James Clear
- Hunting Adeline (cat And Mouse Duet) By H. D. Carlton
- Fahrenheit 451