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Sports Training Ultimate Guide

Rob Price

Sports Training Ultimate Guide:

[The Ultimate Guide to Physical Training for Football](#) Mike Gentry, Tony Caterisano, 2013-08-01 These days college football is as much about strength and conditioning as it is about having outstanding athletes on your team. If you have both your team will likely be successful. Athletes and coaches alike are looking to build overall power and stamina while helping develop self discipline and realize athletic potential. The Ultimate Guide to Physical Training for Football now newly revised from the original A Chance to Win is the complete guide to strength power training, plyometrics, functional conditioning and flexibility training. Critical topics covered include Strength and lean body development, Training cycles, Step by step photographic guides for lifts and drills, Conditioning for football, Dynamic flexibility and stretching, Integration of nutritional science, Evaluation and building motivation. And so much more. Contained in this book are proven weight training and conditioning programs designed to increase your football team's speed, strength and agility.

[The Complete Guide to Sports Training](#)

John Shepherd, 2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes. The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance. Starting with the basics and progressing to the specific elements all athletes need speed, endurance and power this invaluable handbook explains the theory in simple, easy to understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan, sports psychology and training younger and older athletes. This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes, coaches and sports science students.

[The Ultimate Guide to Weight Training for Football](#)

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