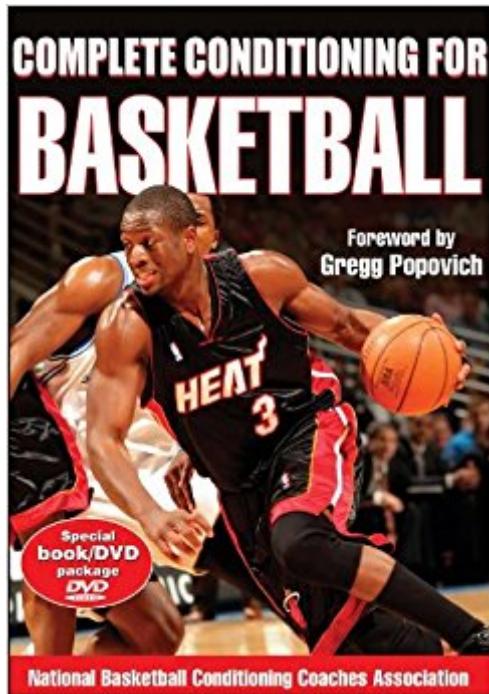


The book was found

# Complete Conditioning For Basketball



## **Synopsis**

Build your strength and power to be a beast on the boards with the Complete Conditioning for Basketball book and DVD video . Improve your quickness and agility to be a defensive stopper. Increase your vertical jump to rise over defenders for uncontested s

## **Book Information**

Paperback: 216 pages

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (18 customer reviews)

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## **Customer Reviews**

This book provides good inside looks for specific conditioning methods of basketball. It's detailed and the DVD is a great help to understand the correct execution, though not all excercises in the book are shown on the DVD. This Source of Basketball Conditioning includes all the important factors of the ball game as warm up, conditioning, strength, power, speed and agility. It also provides a guideline how to handle this methods in practice and includes a whole season conditioning schedule with lots of schedules and tables. As you are probably interested of the benefitial side of the book, you may ask the question: "Does the book help myself beeing a better coach/player? Is it possible to include the provided information into my practices?" As i read the whole book and worked some stuff out of it, i can recommend it as a must for all ambitious coaches at all levels (Youth, Pros), though keep in mind that it is always great to have different sources on the same topic on your book shelve, so you can make up your mind and create youre own style of conditioning methods. BUT: As you have developed your style, this book may be the one you put on your everyday usage shelve. As i recommend this great source there are some restrictions for the

usage. First, a little part of the strength exercises do not seem to be healthy especially for youth players with weak back muscles. (Don't be irritated, the book's exercises are made by specialists) Second, there are some facility limitations. To get the best out of this book, well you need access of a basketball court including a separate gym for the strength/power exercising. Some exercises include agility ladders, swiss balls etc. Be aware that the very useful drills include this facility inventory.

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