



Peak Conditioning Training for Basketball (Art & Science of Coaching)

Thomas Emma

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Detailed instructions on how to successfully integrate strength and conditioning training into a year-round basketball improvement program. Section one covers the keys to maintaining peak performance: nutrition, conditioning basics, flexibility, and injury prevention. Section two and three provide instructions for performing forty basketball-specific strength and power training exercises and includes complete year-round strength programs. The final section examines movement training for basketball, with keys to enhancing speed, quickness and agility.

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