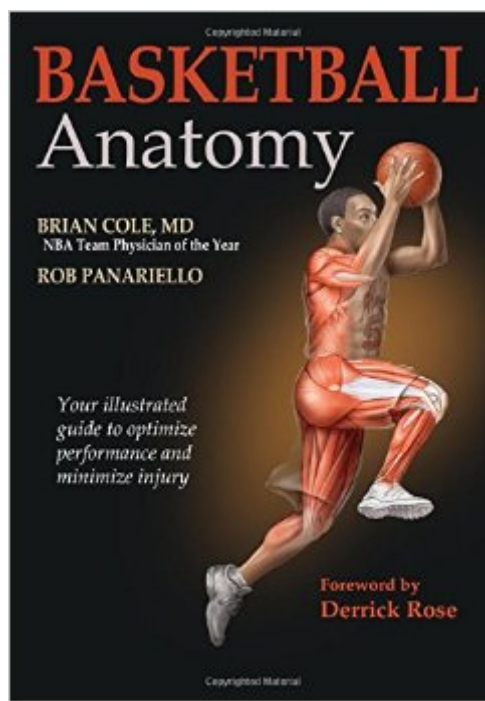


The book was found

Basketball Anatomy



Synopsis

See what it takes to maximize on-court power, strength, agility, and quickness. Basketball Anatomy will show you how to improve performance by increasing muscular strength and optimizing the efficiency of every movement. Basketball Anatomy features 88 of the most effective basketball exercises, each with step-by-step descriptions and full-color anatomical illustrations to show the muscles in action. Basketball Anatomy goes beyond the exercises by placing you on the court and into the throes of competition. Illustrations of the muscles involved in pivoting, rebounding, and shooting show you the exercises are fundamentally linked to basketball performance. Youâ™™I also step off the court and into the training room to explore the anatomy of the most common injuries to the ankle, knee, and shoulder as well as exercises for minimizing and recovering from such setbacks. Basketball Anatomy is a must-have for all who appreciate the artistry and athleticism of the gameâ™™whether player, coach, trainer, or spectator. v

Book Information

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Outdoors > Basketball #185 inÂ™ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight

Training #258 inÂ™ Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

BASKETBALL ANATOMY is a must have for basketball coaches, trainers, and serious basketball athletes. I highly recommend it for physical education teachers, parents, and casual basketball players as well. Authors, Dr. Cole and Rob Panariello, first give a short explanation distinguishing the difference between skill and athleticism, and then provide exercise information to develop athleticism. The explanations are clear and concise with chapters divided among specific areas of attentions such as legs, core, and upper body. Another chapter focuses on developing a quicker first step and game reaction while others focus on rehabilitation and injury prevention. Within each

chapter are lists of exercises which help an athlete improve in the given area. Anatomical illustrations for each exercise highlight which muscles are worked and developed when the exercise is performed properly. Proper technique is emphasized in the execution of the exercise section. Also listed are primary and secondary muscles involved, and variations and safety tips when applicable. I especially like how the authors provide an explanation in the "Basketball Focus" section describing how that exercise will help a player's game such as developing a quick jab step or the ability to jump higher. To drive the point still further, the authors provide another anatomical illustration of a basketball player performing the skill such as blocking out, rebounding, or shooting with the primary and secondary muscles which are developed from that specific exercise highlighted in color. This will cause an athlete to see the need for developing body athleticism through specific workout exercises. Some exercises use barbells, physioballs, kettleballs, or elastic bands while others use no equipment.

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