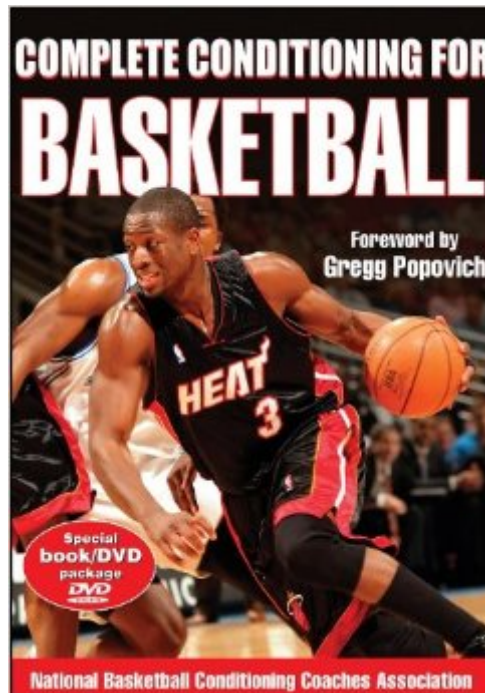


The book was found

# 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

Publisher: Human Kinetics Pub; Pap/DVD edition (August 2007)

Language: English

ISBN-10: 0736057846

ISBN-13: 978-0736057844

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Domestic Shipping: Item can be shipped within U.S.

International Shipping: This item can be shipped to over 75 destinations outside of the U.S. [Learn More](#)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #161,720 in Books (See Top 100 in Books) #173 in [Books > Sports & Outdoors > Basketball](#) #345 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## 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 exercises 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 beneficial 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 books 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.

[Download to continue reading...](#)

Basketball: Basketball Made Easy: Beginner and Expert Strategies For Becoming A Better Basketball Player (Playing Basketball Conditioning Shooting Drills ... Winning Tactics Sports Reference Guide) How to Be Better At Basketball in 21 days: The Ultimate Guide to Drastically Improving Your Basketball Shooting, Passing and Dribbling Skills (Basketball) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Complete Conditioning for Basketball Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Kobe Bryant: The Inspiring Story of One of Basketball's Greatest Shooting Guards (Basketball Biography Books) Blitz Basketball: A Strategic Method for Youth Basketball Skill Development Plays For Basketball - The Easiest Most Powerful Basketball Playbook In The World! Preparacion fisica completa para la natacion / Complete Conditioning for Swimming (Spanish Edition) Complete Conditioning for Ice Hockey Complete Conditioning for Tennis-2nd Edition Conditioning for Climbers: The Complete Exercise Guide (How To Climb Series) Complete Conditioning for Lacrosse Complete Conditioning for Rugby Advanced Basketball Defense: The World's Most Complete Illustrated Guide For Coaches, Players & Die-Hard Fans ESPN College Basketball Encyclopedia: The Complete History of the Men's Game Making Natural Liquid Soaps: Herbal Shower Gels, Conditioning Shampoos, Moisturizing Hand Soaps, Luxurious Bubble Baths, and more

[Dmca](#)