

Jump Attack Tim Grover

So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, Coaching Basketball For Dummies will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to: Develop your coaching philosophy Understand your league's rules Conduct a preseason parents' meeting—crucial for opening the lines of communication Teach offensive and defensive strategies Keep your kids healthy and injury-free Encourage good sportsmanship Make critical half-time adjustments during a game Help struggling players Address discipline problems and handle difficult parents Coach an All-Star or Travel team Complete with numerous offensive and defensive drills and tips for helping your kids relax before a game, Coaching Basketball For Dummies is the fun and easy way to get the score on this worthwhile endeavor!

A revised and expanded guide to the celebrity training program outlines the author's revolutionary three-phase, 12-week program and incorporates the latest information on nutrition, longevity and injury prevention. Original.

After 20 unforgettable years in the NBA, Kobe Bryant is calling it a career. All he's done in those two decades is establish himself as one of the best to ever play the game, arguably the greatest Laker ever and the most popular athlete in the history of Los Angeles sports. The Black Mamba's path to iconic status started quietly as the 13th pick of the 1996 NBA Draft by the Charlotte Hornets but with a draft day trade to the legendary Lakers, the rest is resounding history. Kobe's credentials are impeccable with five NBA championships, two NBA Finals MVPs, one NBA regular season MVP, 18 All-Star game appearances and countless other accolades to his name. Kobe Bryant: Laker for Life is the ultimate tribute to the Lakers superstar as he concludes his legendary career, covering 20 years of hardwood genius. Including nearly 100 full-color photographs, fans are provided a glimpse into the early days of Kobe's career, bursting onto the NBA scene winning the Slam Dunk Contest to his individual brilliance and NBA titles with the Lakers to his celebratory swan song through the league during his final season. A must-have keepsake for Lakers fans and Kobe aficionados alike, Kobe Bryant is the perfect commemoration of a Los Angeles icon and Laker for Life.

A 12 week plan based on exercise and other training to improve the height of a vertical leap to be used in basketball games.

The Road to a Successful Shooting Technique

More Five-Star Basketball Drills

Training Journal

Pages, Numbers, and Keynote

From Good to Great to Unstoppable

Coaching Basketball For Dummies

The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted

Spiritual emergencies are moments of messy awakening, crises of ego dissolution and rebirth that are often misunderstood and unskillfully managed by materialist psychiatry. As more Westerners meditate and are drawn to psychedelics to foster their psycho-spiritual growth, mystical experiences are becoming more common--yet some of them will be disturbing and difficult. There is an urgent need for our culture to upgrade its understanding of what these experiences are like and what helps people through the turbulence. Breaking Open is the first book in which people discuss their own spiritual emergencies and share what helped them through. The contributors are the experts of their own experience, and they share their wild journeys with courage, insight, and poetry. There are fascinating parallels in their experiences, suggesting minds in extremis go to similar places. These are beautiful postcards from the edge of human consciousness, testaments to the soul's natural resilience. These people have returned from their descent with valuable insights for our culture, as we go through a collective spiritual emergency, with old myths and structures breaking down, and new possibilities breaking open. What is there beyond our present egocentric model of reality? What tools can help us navigate the emergence?

Tim Grover began training Michael Jordan in 1989, and since then hundreds of elite athletes have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From increasing Michael Jordan's vertical leap to keeping Kobe Bryant and countless other superstars in peak physical shape, Grover's methods have made the best even better, year after year. In Jump Attack, Grover shares his revolutionary fitness bible. This three-phase, twelve-week programme has been completely updated with new exercises and workouts as well as cutting-edge exercise science and information on nutrition, longevity, injury prevention and more. Devised for explosive performance in any sport, this challenging workout pushes athletes out of their comfort zones, and allows anyone to achieve results that were once only available to elite athletes. Jump Attack provides a complete plan for training like professional athletes.

The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his revolutionary, mindfulness-based program for elevating your game
!George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be.!!
!Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in The Mindful Athlete: The Secret to Pure Performance. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team!someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. The Mindful Athlete is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. Basketball Skills and Drills provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

Be Water, My Friend

The Definitive Guide to Improving Your Performance

A Comprehensive Resource for Coaches

Essentials of Strength Training and Conditioning

How Great Athletes Think, Train, and Thrive

Use Your Brain Raise Your Game

Laker for Life

Describes the skills and strategies for effective basketball shooting, covering long-range three-pointers, jumpers, bank shots, and free throws, and includes tips, techniques, and drill exercises for individuals and teams.

Have you tried and failed to will your short body to dunk a basketball? Learn how even the most vertically challenged players can slam the ball home with ease. Have you been told you're far too short to touch the rim, let alone throw the ball down? Having trouble increasing your vertical leap no matter how much weightlifting you do? Author James Wilson is a 30-year veteran of basketball coaching in 20 different countries. He's cracked the scientific code to allow players of any height to dunk like a pro, and now he's here to share his secrets with you. In How to Dunk if You're Under 6 Feet Tall: 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks, you'll learn the meticulous science behind increasing your vertical leap. Through his proven step-by-step plan, you'll find out the exact techniques necessary to dunk your first basketball in just four weeks. Without weightlifting or special equipment, you'll soon be able to jam in front of your friends with either one hand or two. In How to Dunk if You're Under 6 Feet Tall, you'll discover: The best exercise techniques for increasing your vertical jump in just four weeks The best basketball shoes to make you jump higher How shorter people can go from barely touching the rim to dunking with one or two hands How to jump higher without lifting weights The precision mechanics of the perfect jump and dunk and much, much more! How to Dunk if You're Under 6 Feet Tall is an established expert's ultimate guide to increasing your vertical jumps and making slam-dunks a reality. If you like a step-by-step programs, scientifically-backed exercises, and making rapid progress, then you'll love Wilson's landmark book. Buy How to Dunk if You're Under 6 Feet Tall to make those rim-rattling slams a reality today! Don't forget to claim a FREE Kindle version with your purchase of Paperback copy!

What sets the very best footballers apart from the rest? It's not about ability but about being able to perform at your peak level consistently. Thanks to developments in our understanding of how the brain works, you can now effectively train to improve your form by conditioning your thoughts and behaviour in all aspects of your life.

Bruce Lee's daughter illuminates her father's most powerful life philosophies—demonstrating how martial arts are a perfect metaphor for personal growth, and how we can practice those teachings every day. "Empty your mind; be formless, shapeless like water." Bruce Lee is a cultural icon, renowned the world over for his martial arts and film legacy. But Lee was also a deeply philosophical thinker, learning at an early age that martial arts are more than just an exercise in physical discipline—they are an apt metaphor for living a fully realized life. Now, in Be Water, My Friend, Lee's daughter Shannon shares the concepts at the core of his philosophies, showing how they can serve as tools of personal growth and self-actualization. Each chapter brings a lesson from Bruce Lee's teachings, expanding on the foundation of his iconic “be water” philosophy. Over the course of the book, we discover how being like water allows us to embody fluidity and naturalness in life, bringing us closer to our essential flowing nature and our ability to be powerful, self-expressed, and free. Through previously untold stories from her father's life and from her own journey in embodying these lessons, Shannon presents these philosophies in tangible, accessible ways. With Bruce Lee's words as a guide, she encourages readers to pursue their essential selves and apply these ideas and practices to their everyday lives—whether in learning new things, overcoming obstacles, or ultimately finding their true path. Be Water, My Friend is an inspirational invitation to us all, a gentle call to action to consider our lives with new eyes. It is also a testament to how one man's exploration and determination transcended time and place to ignite our imaginations—and to inspire many around the world to transform their lives.

The Champion's Mind

Training, Techniques and Improving Performance

Vertical Foundations

Break Through the Noise

The Soul of Success

Start Something

Digital Millionaire Secrets

If you want to increase your vertical jump, you will need to practice exercises that make you stronger. In order to jump higher, you must add strength to your core. It's not just about the vertical jump, after all - it is about your overall athletic body. You must gain more muscle to push yourself higher.If you want to make the jump shot in basketball or the bicycle kick in soccer - you have to increase your vertical jump. Here, in this jump higher book, are 20 exercises that will allow you to strengthen your body and help you to reach the height you have been dreaming about. These exercises will help you exercise and learn to jump higher!Don't waste your money on a jump higher book that only gives you 5 or 7 exercises when you can get 20 solid exercises right here.There is no quick fix that beats out exercise. You have to put in the work to reap the benefits. If you want to know how to jump high, look no further than the exercises in this book.So, the question is: Do you want to add to your vertical jump? Learn how to jump higher today.If the answer is YES - Then check out these 20 strength training exercises that will make it happen! You will know how to jump high!

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

Blackjack Attack is the book that every professional player packs in his suitcase to put a dollars-and-cents value on the fine points of play.

A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

Uncommon Leadership

Basketball Skills and Drills

Strength Training for Basketball

The Professional Footballer's Guide to Peak Performance

The Complete Guide to Lifting Weights for Power, Strength & Performance

Basketball Anatomy

Basketball Drills, Plays and Strategies

"Through candor and comprehensiveness, Jackson writes a convincing revisionist take, in which he emerges as an excellent coach . . . highly readable . . . reflects Jackson ' s polymathy." —The New York Times Book Review "Part sports memoir, part New Age spirit quest, part pseudo-management tract . . . But the primary thing with Jackson—as with all the old bards, who were also known for repeating themselves—is the voice." —Sam Anderson, The New York Times Magazine A New York Times Bestseller The inside story of one of basketball's most legendary and game-changing figures During his storied career as head coach of the Chicago Bulls and Los Angeles Lakers, Phil Jackson won more championships than any coach in the history of professional sports. Even more important, he succeeded in never wavering from coaching his way, from a place of deep values. Jackson was tagged as the “ Zen master ” half in jest by sportswriters, but the nickname speaks to an important truth: this is a coach who inspired, not goaded; who led by awakening and challenging the better angels of his players’ nature, not their egos, fear, or greed. This is the story of a preacher ’ s kid from North Dakota who grew up to be one of the most innovative leaders of our time. In his quest to reinvent himself, Jackson explored everything from humanistic psychology and Native American philosophy to Zen meditation. In the process, he developed a new approach to leadership based on freedom, authenticity, and selfless teamwork that turned the hypercompetitive world of professional sports on its head. In Eleven Rings, Jackson candidly describes how he:
• Learned the secrets of mindfulness and team chemistry while playing for the champion New York Knicks in the 1970s
• Managed Michael Jordan, the greatest player in the world, and got him to embrace selflessness, even if it meant losing a scoring title
• Forged successful teams out of players of varying abilities by getting them to trust one another and perform in sync
• Inspired Dennis Rodman and other “ uncoachable ” personalities to devote themselves to something larger than themselves
• Transformed Kobe Bryant from a rebellious teenager into a mature leader of a championship team. Eleven times, Jackson led his teams to the ultimate goal: the NBA championship—six times with the Chicago Bulls and five times with the Los Angeles Lakers. We all know the legendary stars on those teams, or think we do. What Eleven Rings shows us, however, is that when it comes to the most important lessons, we don ’ t know very much at all. This book is full of revelations: about fascinating personalities and their drive to win; about the wellsprings of motivation and competition at the highest levels; and about what it takes to bring out the best in ourselves and others.

Turning Simple Disciplines into Massive Success & Happiness

In Uncommon Leadership, performance coach and motivational consultant Ben Newman takes you inside the minds and hearts of eleven exceptional individuals: athletes, coaches, CEOs, entrepreneurs, and others whose unrelentingly high performance has made them not only the best in their fields but also unquestioned leaders in sports, business, and life. Ben breaks it down, honing in on the core qualities that drive these trailblazers to push for the best in themselves and others, every single day. If you're looking for more in your life-your career, your relationships, your industry, or your personal performance-Ben Newman's Uncommon Leadership will give you the keys you need to unlock your best self. You'll learn how to adapt the principles of proven leaders to maximize your own potential. You'll see how some of today's top-performing people have tapped into their own core strengths, and with Ben's advice, you'll gain focus for identifying and tapping into yours. If you want to unleash the champion inside you, there's no better way than to study and imitate other champions who have paved the way. Let Ben Newman's Uncommon Leadership give you the inside track to becoming all that you can be.

“ A comprehensive yet straightforward and effective roadmap to better health and fitness ” (Shawn Perine, editor in chief of Muscle & Fitness), this accessible guidebook reveals exactly how to get the body of one of Hollywood ’ s hottest stars—promising to turn any Average Joe into a Joe Manganiello. With a build that men envy and women adore, Joe Manganiello is more than qualified to write the end-all-guide to sculpting the perfect body. His fit physique catapulted him to the top of the list of Hollywood ’ s most desired male actors following his memorable performances in HBO ’ s hit show True Blood and in the Magic Mike films. In Evolution, Manganiello shares his lifetime of experience and research in terms of diet, cardio, and anatomy to bring you the only fitness book you ’ ll ever need in order to look and feel your best. Featuring black-and-white photographs and Manganiello ’ s step-by-step workout routine that combines weights, intense cardio, and a high protein diet.

The Formula for Explosive Athletic Performance and Training Like the Pros

Training for Climbing

Playing the Pros' Way

13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks

The Mindful Athlete

You Can Make a Difference

Unbreakable Runner

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In Jump Attack, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns “I can't” into “Just try and stop me.” You don't have to be an elite

athlete to benefit from Grover’s program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: “This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight.”

A huge amount of time, planning and preparation goes into creating a world-class sprinter. Sprinting - Training, Techniques and Improving Performance is an essential guide for all athletes at the beginning or development stages of their sprint careers who are committed to running faster. The book covers all sprint events from 60metres to 400 metres, as well as the hurdles and relay; principles of biomechanics, limiting factors and potential areas of capability; training and planning; prehab and avoiding injuries; practical nutritional advice and strength and conditioning. Whatever your level, this book provides valuable advice that will help you achieve your goal. Foreword by Daley Thompson CBE. Fully illustrated with 150 colour photographs.

The coaching you need to build strength, maximum muscle growth and power. Experts agree the fastest and most effective way to build strength and increase muscle mass is to lift weights. Written by top strength training professionals, Strength Training Bible is the comprehensive, easy-to-understand guide to mastering the basics of weight lifting and barbell training. Divided by fitness levels, Strength Training Bible shows you how to craft powerful workouts that are tailored to your unique goals. Designed to minimize risk and maximize results, the Strength Training Bible program combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. With the Strength Training Bible program you will: - Build muscle and definition - Increase endurance and energy - Achieve perfect form with detailed, step-by-step exercise instructions - Turn your home work space or garage into a fully functional weight room - Reach long-time fitness goals and maintain definition year-round - Get the body you’ve always wanted—in record time! Stop looking for the “perfect program” and start working towards your goals with an exercise regimen created to help you reach the next level in physical fitness. It’s time to take the first step towards your physical peak with Strength Training Bible! Guided instructional videos, community, and expert support for this book available at GetFitNow.com and on Facebook at GetFitNowdotcom.

From the elite performance coach who authored the international bestseller Relentless and whose clients have included Michael Jordan, Kobe Bryant, and Dwyane Wade, comes this brutally honest formula for winning in business, sports, or any arena where the battle is fiercely unforgiving. In Winning, Tim Grover shows why he is one of the world’s most sought-after mindset experts. Drawing on three decades of work with elite competitors, Grover strips away the cliches and rah-rah mentality that create mediocrity and challenges you to embrace reality with single-minded intensity. The prize? Massive success. Whether you’re an athlete with championship dreams, an entrepreneur building a business, a CEO managing an empire, a salesperson closing a deal, or simply a competitor determined to stand in the winner’s circle, Winning offers thirteen crucial principles for achieving unbeatable performance. This book reveals the truth about the obstacles and challenges that stand between you and your goals: Winning never lies. Winning knows your secrets. Winning wages war in the battlefield of your mind. Winning wants all of you. And more. If you’re addicted to the taste of success and crave more, then you’re ready for Winning’s results-driven performance strategy. And if you’re already winning and want to learn how to execute at a level that will establish you as one of the greatest—so you can own not just this moment, but the next, and the next—this book will show you the path.

**The Nine Rules to Capture Global Attention
Secrets to Pure Performance**

Winning

Basketball Shooting

BE RICH AND HAPPY.

The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—it's the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion's Mind, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: • How to get in a "zone," thrive on a team, and stay humble • How to progress within a sport and sustain long-term excellence • Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, The Champion's Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

"I challenge you to make a difference in the world, to reach higher and farther than you ever imagined. I challenge you to start something." -- Tiger Woods, from the foreword Are you ready for a challenge? Are you ready to make a real difference in your life, and the world around you? You can do it even if you're not Tiger Woods. You can be a winner at school, and with your friends, your family, your team. You can be the superstar of your own life. And you can start today. Tiger didn't start out as a champion. But his father Earl taught him unforgettable lessons about dreaming big, reaching goals, and believing with all his heart that anything is possible. He showed Tiger that anyone can make a difference in the world by reaching out and caring about others. And now Tiger's dad is sharing those lessons and ideas with you, so you can be a champion at whatever you do. Earl Woods and the Tiger Woods Foundation want you to Start Something. In this book you'll find dozens of ways you can start something new, and make the world a better place one step at a time. Some are about action, and some will just give you something to think about. Help a little kid clean up a park • settle an argument • write down one thing each day that you're proud of • donate school supplies to a needy school • ask your parents about their day • include the kid who always gets left out • refuse to give up • and much more... Try a few or try them all. Just try. Dare to set an example that others can follow. Dare to be great. Dare to set goals that only you can achieve. Packed with Tiger-tested advice and creative ideas for helping others, this book offers powerful insight into how you can build the kind of confidence that makes Tiger great, create goals that can help you make your way in the world, and take practical steps when you find yourself feeling overwhelmed. As Earl writes, "You are a miracle, and you can make miracles happen. Celebrate yourself, for all the things that make you special and unique. Remember: Anyone can be part of the pack, but there is only one of you."

The Only Resource You Need for a Standout Season All basketball coaches can use some fresh ideas for practice drills, game plays and strategies. Whether you are coaching beginners who need a place to start, or a successful team that just needs polish, Basketball Drills, Plays, and Strategies is a resource you can trust to produce positive results on the court. With over 160 drills and plays, this book covers every aspect of your season. It will help you run efficient and effective practices and improve your game in live competition. Step-by-step instructions, accompanied by diagrams and illustrations walk you and your players through every step of the way. Areas of the game that are covered in detail include: • Fundamental skills like dribbling, shooting, passing, and rebounding • Offense and defense • Inbound and tip-off plays • Presses and press breaks • Conditioning drills Because each drill and play includes adjustments to make things easier for beginners and more difficult for advanced players, you will be able to rely on this resource throughout your coaching career no matter what level you are working with. So don't let time run out—start preparing for your next season today!

A spiral bound journal for recording exercises described in book.

Eleven Rings

The Slight Edge

Shoot Like the Pros

Increase Your Vertical Jump - 20 Exercises

Evolution

Apple Pro Training Series

Jump Attack the Ultimate Program On How to Jump Higher and be More Explosive

A nine step-guide to mastering viral content, branding and outwitting social media algorithms for marketers, entrepreneurs and aspiring celebrities from the CEO of Shareability.

Shooting is the most important fundamental skill in basketball, but despite being the skill players are the most willing to practice, shooting technique is perhaps the least-taught fundamental of the game. In addition, there are very few instructional basketball books dedicated exclusively to shooting. Shoot Like the Pros is perhaps the most detailed analysis of shooting mechanics, covering every aspect of shooting, ever published. Divided into seven sections, it covers shooting mechanics, the mental aspects of shooting, free throws, game situations, strength and conditioning, teaching methods, and finally workout drills for advanced levels. Including tips from some of the NBA's biggest stars, this is a book that will give both players and coaches at all levels proper direction on how to improve shooting technique.

In this revised and expanded second edition of Essentials of Strength Training and Conditioning, now with over 300 color photographs, leading exercise science professionals explore the scientific principles, concepts, and theories of strength training and conditioning as well as their practical applications to athletic performance. Students, coaches, strength and conditioning specialists, personal trainers, athletic trainers, and other sport science professionals will find state-of-the-art, comprehensive information on structure and function of body systems, training adaptations, testing and evaluation,exercise techniques, program design (aerobic and anaerobic) and training facility organization and administration. Edited by Thomas R. Baechle and Roger W. Earle, Essentials of Strength Training and Conditioning, Second Edition, is an excellent text for students preparing for careers in strength training and conditioning. It is the most comprehensive reference available for strength and conditioning professionals and sports medicine specialists. For people preparing to take the Certified Strength and Conditioning Specialist examination, it is the primary preparation resource. Those preparing to take the NSCA Certified Personal Trainer examination will also find it to be a valuable resource. The NSCA Certification Commission, the certifying body of the National Strength and Conditioning Association, has developed this text. Each of the book's 26 chapters provides an overview of an important aspect of strength and conditioning and includes chapter objectives, application boxes, key points, key terms, study questions, and questions requiring practical application of key concepts. In Section 1of Essentials of Strength Training and Conditioning, Second Edition, experts in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sports nutrition, and sport psychology discuss the principles of their respective areas of expertise and how they apply in designing safe, effective strength and conditioning programs. Section 2discusses the selection, administration, scoring, and the interpretation of testing results. Section 3provides information regarding the correction and execution of stretching, warm-up, and resistance training exercises. Section 4applies information from the first three sections to the design of effective strength training and conditioning programs, both aerobic and anaerobic. The three parts of Section 4 address anaerobic exercise prescription, aerobic endurance exercise prescription, and periodization and rehabilitation. The anaerobic prescription section provides guidelines for resistance and plyometric training as well as for speed, agility, and speed endurance programs. Step-by-step guidelines are given for designing strength and conditioning programs, and application boxes illustrate how each variable applies to athletes with different training goals. A unique feature of this edition is the use of scenarios to illustrate how the guidelines presented for each of the program design variables are applied to attain the different training scores. Section 5addresses facility design, scheduling, policies and procedures, maintenance, and risk management concerns.

Presents over one hundred drills designed to improve basketball prowess, focusing on areas such as strength and conditioning, man-to-man defense, offensive moves, and shooting.

The Unforgiving Race to Greatness

The Teachings of Bruce Lee

Breaking Open

Sprinting

Kobe Bryant

How to Dunk If You're Under 6 Feet Tall

Blackjack Attack

Basketball Anatomy

An award-winning trainer draws on experience with such top athletes as Michael Jordan, Kobe Bryant and Ken Griffey, Jr. to explain how to tap dark competitive reflexes in order to succeed regardless of circumstances, explaining the importance of finding internal resources and harnessing the power of personal fears and instincts.

In the only Apple-certified book on the Apple productivity apps--Pages, Numbers, and Keynote, you'll learn the how and why of creating and publishing first-rate documents, spreadsheets, and presentations. Working through this guide, you will gain confidence working on progressively more complex, real-world projects, using Pages, Numbers, and Keynote both alone and together to produce sophisticated and robust results. This guide provides coverage of the latest features in the Apple productivity apps. All new guide covers the Pages, Numbers, and Keynote productivity apps for Mac; explores iOS versions of the apps; and shows workflows using iCloud Drive. Quick tour through all three apps on OS X highlights the similarities in their interfaces and tools and reveals important new features. Self-paced course-in-a-book with accompanying lesson files focuses on practical, real-world projects building in complexity throughout the guide. The official curriculum of Apple Training Pages, Number, and Keynote course used in Apple Authorized Training centers worldwide. Chapter review questions summarize what students learn to prepare them for the Apple certification exam.

Jump AttackThe Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the ProsSimon and Schuster

Unleash the Power of Strength & Conditioning for a Lifetime of Running Strong

Strength Training Bible for Men

Relentless

The Physiology, Biomechanics and Technique of Explosive Vertical Jumping

Jump Attack

Finding a Way Through Spiritual Emergencies

Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.