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28 Training Strategies for Developing Explosive Power in Mixed Martial Arts and Other Sports; 29 Off-Season Considerations for Soccer; PART 4 Region-Specific Considerations; 30 Injury Prevention in Running Sports; 31 Prevention of Knee Injury in Women; 32 Nonoperative Shoulder Rehabilitation Using the Kinetic Chain; 33 Treating and Preventing Injury in the Overhead Athlete; PART 5 Motor Control and Athletic Development; 34 Principles of Athletic Development; 35 Coaching Fundamentals-A Skill Acquisition Perspective; Index

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Sommario/riassunto

"Training has many different connotations depending on one's perspective. Traditionally, for healthy individuals or athletes it focused on strength, flexibility, or cardiovascular training. Such training would normally be supervised by a personal fitness trainer or strength and conditioning (S&C) coach . This book promotes a different approach in that the aim of training is to promote athletic development (1,2). From the perspective of sustainable athletic development, training is not limited to strength, flexibility or cardiovascular domains, but also focuses on the fundamental A,B,Cs of agility, balance, and coordination as a foundation for enhanced movement literacy (3)"--Provided by publisher.

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