

1. Record Nr.	UNINA9911034949303321
Autore	Memmert Daniel
Titolo	Cognitive Athletic Training in Handball : Training Strength, Endurance, Speed, Coordination, and Cognitive Abilities // by Daniel Memmert, Stefan König
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-032-04930-X
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (0 pages)
Collana	Cognitive Athletic Training, , 3059-2380 ; ; 2
Altri autori (Persone)	KonigStefan
Disciplina	796.015
Soggetti	Sports sciences Physical education and training Sports - Psychological aspects Cognitive psychology Sport Science Sport Training Sport Psychology Cognitive Psychology Sport Education and Didactics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	I Theory section -- Introduction -- Athletic training in sportst -- Cognitive training in sports -- Cognitive athletic training in sportst -- II Practical section -- Classification of the practical section -- Anticipation & Speed -- Anticipation & Endurancer -- Anticipation & Strength -- Perception & Speed -- Perception & Endurance -- Perception & Strenght -- Attention & Speed -- Attention & Endurance -- Attention & Coordination -- Attention & Strength -- Creativity & Coordination -- Creativity & Endurancer -- Intelligence & Speed -- Intelligence & Endurance -- Intelligence & Coordination -- Intelligence & Strength -- Working Memory & Endurance -- Working Memory & Coordination -- Working Memory & Strength.
Sommario/riassunto	This volume on Cognitive Athletic Training in Team Handball tackles the question of which game and exercise forms can train cognitive

abilities alongside athleticism and endurance of soccer players. As the second book in the series 'Cognitive Athletic Training,' it stands out with its clear structure, divided into theoretical and practical parts. With essential theory provided in the first part, the practical section illustrates exercises and games with numerous photos and graphs, allowing easy understanding and implementation in a training routine. It provides advice and exercises to train athleticism, endurance, and cognitive abilities. Particular focus is on perception, creativity, anticipation, and attention, as well as physical abilities such as strength, endurance, speed, and coordination. This book is structured with a clear didactic and methodological approach, featuring numerous examples and offering a concise, well-organized presentation in the theoretical section. Countless photos and illustrations support the implementation of the various games and exercises in the practical section, which makes up the main part of the book. With a foreword by Markus Gaugisch, who is the head coach of the German women's national handball team since 2022, has won the German Cup twice, the German Supercup once, two German Championships, and the 2022 EHF European League title with SG BBM Bietigheim. "The connection between cognitive skills and physical abilities discussed in this book offers coaches the opportunity to motivate learners and to create training conditions that prepare them for the diverse game situations in handball." This volume will serve as a great reference for all team handball trainers and athletes seeking guidance on cognitive athletic training. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
