

| | |
|-------------------------|---|
| 1. Record Nr. | UNISALENT0991004403627607536 |
| Autore | Gray, Rob |
| Titolo | Come impariamo a muoverci : l'apprendimento delle abilità motorie nell'approccio ecologico / Rob Gray |
| Titolo uniforme | How we learn to move : a revolution in the way we coach & practice sports skills / Rob Gray,... 4452214 |
| ISBN | 9788860287076 |
| Descrizione fisica | 175 p. : ill. ; 24 cm |
| Collana | Allenamento sportivo / [Calzetti Mariucci] Allenamento sportivo |
| Altri autori (Persone) | Mantovani, Claudio |
| Disciplina | 796.077 613.7 |
| Soggetti | Coaching (Athletics) Coach-athlete relationships Communication Coaches (Athletics) Athletic trainers |
| Lingua di pubblicazione | Italiano |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Traduttore e curatore: Claudio Mantovani |
| Nota di bibliografia | Bibliography p. 161-165 |
| Sommario/riassunto | What is the new, revolutionary way people are becoming skillful? How is sports practice and coaching becoming more creative and fun - giving athletes the opportunity to explore and support their own individuality and creativity? Why is it time we move away from the idea that we learn through boring repetition of a skill in an un-game-like practice environment, running through tires, hitting off tees and dribbling through cones? A look at the exciting alternative approach to how we learn to move and its implications for practice design, coaching, keeping kids engaged in sports, injury prevention, developing training technology, using analytics and more |