

1. Record Nr.	UNISALENTO991004403627607536
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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