

Complete Conditioning For Basketball

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Complete Conditioning for Basketball. Presenting court activities and drills, this book shows how to devise a specific programme to enhance players' athletic abilities - speed, power, endurance, agility, co-ordination, balance and reaction time. The drills are designed to fit into a basketball practice routine, so players can work on conditioning and basketball skills at the same time.

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Basic conditioning drills for basketball players will build up their endurance with running or jumping. Another set of drills will hone in on their sport-specific skills and exercises to prepare players for the movements they will perform in games.

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