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Complete Conditioning for Basketball

By Greg Brittenham, Patrick Ewing



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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. As players' athletic skills improve, so will their ballhandling, shooting, rebounding and defence. The book features the principles and specific fitness requirements for basketball conditioning; recommendations on strength training for basketball players; and guidelines and charts for developing a personalized strength-training programme. It also contains 15 flexibility exercises to help improve performance, avoid injury and enhance workouts; 9 exercises to enhance the "centre of power" and abdominal and lower back strength; 9 movement patterns to improve agility, co-ordination and speed for basketball; 11 fitness tests to determine individual training needs; 50 illustrated individual, small group, and court team drills with variations; and 12 detailed sample workouts for pre-season, in-season, and off-season. The conditioning programme is easy to follow, containing diagrams of all 50 court drills, and the book features photographs of veteran NBA guard Doc Rivers, demonstrating the techniques and exercises described in the book.



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Editorial Review

From the Publisher

"I have been through Greg's conditioning program, and I know it to be excellent in every phase. I consistently utilize Greg's program."

Rolando Blackman 13-Year NBA Pro, 4-Time All-Star

"The basketball-specific conditioning drills are great. They make this book one-of-a-kind. . . ."

David M. Oliver, ATC, CSCS Strength and Conditioning Coach Orlando Magic

"Complete Conditioning for Basketball is a Bible on how to prepare for basketball. There isn't a better text for players, coaches, and physical conditioners."

Jack Ramsay, EdD NBA Coach 1968-1989 and Member of Basketball Hall of Fame Television Analyst for Miami Heat and ESPN

About the Author

Greg Brittenham is the strength and conditioning coach of the New York Knicks and has helped condition such NBA basketball pros as Patrick Ewing, Doc Rivers, and Derek Harper as well as players from the Orlando Magic and Indiana Pacers. He is also president of Sport Elite Ltd., a leading organization that promotes athletic performance, human health, and physical fitness through education, research, training, and service.

Brittenham has been a leader in athletic conditioning since 1978, and was codirector of the Center for Athletic Development at the National Institute for Fitness and Sport in Indianapolis. He holds a master's degree in kinesiology from Indiana University and is a Certified Strength and Conditioning Specialist (CSCS). He is a member of the National Strength and Conditioning Coaches Association, the American College of Sports Medicine, and the National Basketball Conditioning Coaches Association.

An avid spokesperson for the importance of athletic conditioning, Brittenham has presented and demonstrated his training methods and programs to several prominent athletic groups, including the United States Tennis Association and the United States Olympic Committee (USOC).

Brittenham lives in Stamford, Connecticut with his wife, Luann, and their two children, Max and Rachel.

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