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Total Training for Coaching Team Sports

Tudor O. Bompa

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The approach taken for training team sport athletes in this book differs from the traditional methods used by many coaches. This innovative and scientific approach to training the energy systems and developing speed, power, agility, quickness, and endurance is designed to help players surpass their current levels of physical and psychological development. In training for team sports one thing is certain – progress is impossible without scientific and methodological advances. From head coaches wishing to learn more about model training, planning, and the physiological aspects of training to strength and conditioning coaches wanting to learn more about certain aspects of technical and tactical training, this book is for the serious coach of any team sport. Ultimately, the better your understanding of technical and tactical training, the greater your effectiveness in creating game- and position-specific drills and training methods to improve your players' physical potential. A must for every team sport coach's library!

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