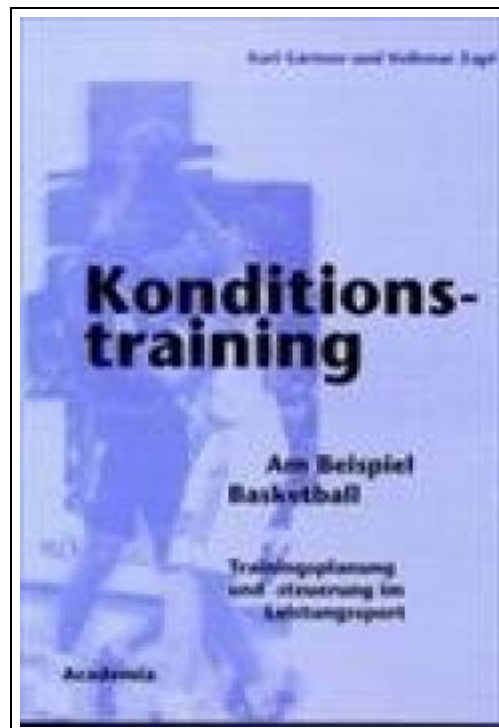


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Academia Verlag GmbH, 2006. Taschenbuch. Condition: Neu. Neuware - Obwohl die bessere Kondition im Basketballsport, aber auch in anderen Sportarten, oft über Sieg und Niederlage entscheidet, wird Konditionstraining häufig fehlerhaft betrieben oder gänzlich vernachlässigt. In diesem Buch werden Methoden und Inhalte zur Verbesserung der konditionellen Faktoren Ausdauer, Kraft, Schnelligkeit und Beweglichkeit für leistungsbezogene Spieler angeboten. Dafür wird zunächst die Charakteristik des Spielers bezüglich seiner Belastungsanforderungen sowie ein konditionelles Anforderungsprofil gekennzeichnet und ein Periodisierungsmodell erstellt. Anhand dieser Grundlagen werden die Methoden zur Verbesserung der jeweiligen konditionellen Fähigkeit ausführlich dargestellt und deren Inhalte entsprechend umgesetzt. Dazu findet man Trainingspläne, die der allgemeinen Periodisierung angepaßt sind und den bestmöglichen Leistungsstand zum Saisonhöhepunkt ermöglichen. Die Autoren stellen diverse Testformen vor, die eine Kontrolle des intra- und interindividuellen Leistungsstandes sowie eine differenziertere Planung des Trainings ermöglichen. Zusätzlich enthält dieses Buch ein Kapitel über basketballspezifische Sportverletzungen. **Properly performed conditioning-training plays a very important part in Basketball and other sports. In order to work highly efficient, the characteristics concerning the conditional requirements of the game have to be defined and be put into a conditional requirement-office. Furthermore a periodisation for practise must be established. This book also presents the appropriate methods for improving conditional abilities of top-performance athletes, describes and illustrates their contents and realizes them in specific training-plans. In addition to that, the book provides several tests which enable control of the intra- and interindividual standard of performance as well as a differentiated planning of practise. 184 pp. Deutsch.**



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