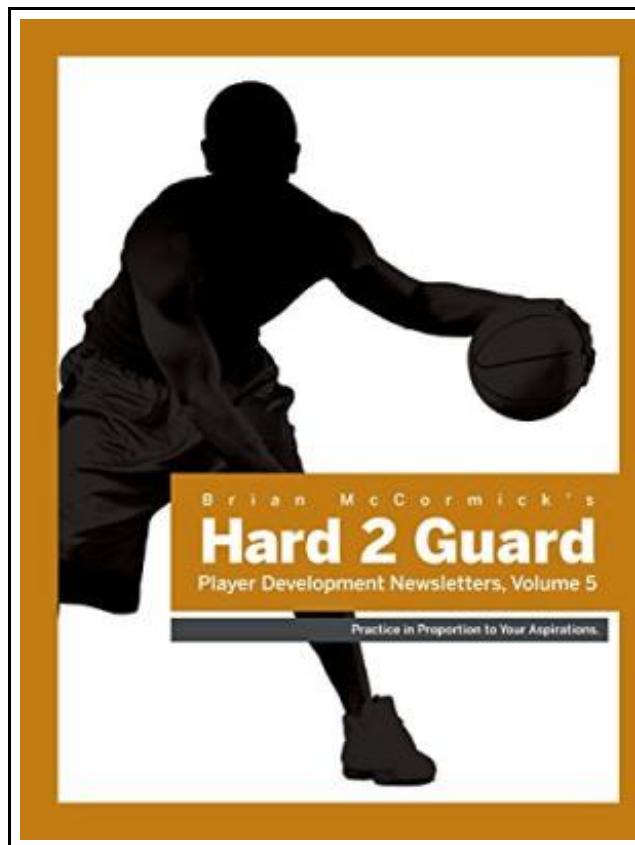


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Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Brian McCormick's Hard2Guard Player Development Newsletters, Volume 5 answers the questions that most coaches haven't thought to ask. What type of juice should my players add to their diets? What do they mean when television analysts suggest that great point guard or quarterbacks have eyes in the back of their heads? Should we lift weights during the season? What is the secret to success? Volume 5 focuses heavily on motor learning principles such as degrees of freedom, differential learning, and contextual interference, and explains the practical implications on practice and player development. Volume 5 includes information on jump training and ACL injury prevention to perfect practice and playing in chaos. The objective through the newsletters is not to answer all the questions, but to provide information that forces the reader to ask better questions of him or herself.

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