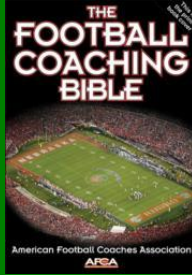


Educational Resources/ Ressources éducatives

Book/ Livre

Description

Coaching/ Encadrement



Price: \$28.95
Prix : 28,95 \$
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376 pages

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The Football Coaching Bible (en anglais seulement)

Much more than a skills and drills book, The Football Coaching Bible represents the greatest compilation of football knowledge ever assembled in one book. This book spans 50 years of coaching expertise with 27 of the game's most distinguished coaches presenting their original works on the subjects they know best.

Au delà du livre de techniques et d'exercices, la *Football Coaching Bible* représente la plus grande compilation de connaissance en football jamais rassemblé dans un seul livre. Ce livre couvre 50 années d'expertise en encadrement avec 27 des entraîneurs les plus distingués du sport qui présentent leurs œuvres originales sur des sujets qu'ils connaissent bien.

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Part I - Professional Duties and Opportunities - Don Nehlen

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Chapter 3. Professional Conduct - Fisher DeBerry
Chapter 4. Career Decision Making - Jim Tressel

Part II - Coaching Principles and Priorities - Harold "Tubby" Raymond

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Chapter 21. Pass Defense - Sonny Lubick
Chapter 22. The Kicking Game - Frank Beamer

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Chapter 25. Offensive Play Calling in Key Game Situations - Frosty Westering
Chapter 26. Defensive Play Calling in Key Game Situations - Jerry Sandusky
Chapter 27. Evaluating Performance - Ken Sparks



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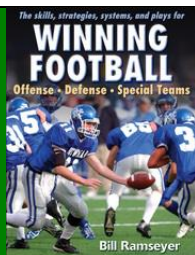
Coaching Youth Football (en anglais seulement)

Whether you're a parent new to coaching or an experienced youth coach, Coaching Youth Football is your playbook for a successful season. You'll gain field-tested tips on how to run your team, communicate with and handle players, provide basic first aid, plan and conduct practices, draw up plays, and keep it all fun.

Que vous soyez un parent qui débute dans un rôle d'entraîneur ou que vous soyez un entraîneur de football juvénile chevronné, Coaching Youth Football est un incontournable afin de connaître une saison réussie. Vous pourrez progresser grâce aux conseils éprouvés sur comment opérer votre équipe, communiquer avec et traiter les joueurs, fournir les premiers soins de base, planifier et diriger des entraînements, concevoir des jeux et garder le tout amusant.

Contents

Welcome to Coaching
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Chapter 5 Making Practices Fun and Practical
Chapter 6 Teaching and Shaping Skills
Chapter 7 Coaching Offense
Chapter 8 Coaching Defense
Chapter 9 Coaching Special Teams



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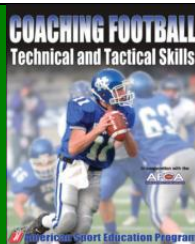
Winning Football (en anglais seulement)

Winning Football offers all the information that coaches and players need to progress through the entire season and into the championship game. The book includes conditioning and practice tips, 85 position-specific drills and strategic advice, and skills for mental focus and game readiness to help make every season a winning one.

Winning Football offre tous les renseignements nécessaires aux entraîneurs et aux joueurs pour leur permettre de progresser tout au long de la saison et en séries éliminatoires. Ce livre comprend des conseils de conditionnement physique et d'entraînement; 85 exercices propres aux différentes positions et des conseils stratégiques, ainsi que des exercices de concentration mentale pour faire de chaque campagne une saison gagnante.

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- Chapter 8. Special Teams Play
- Chapter 9. Practices
- Chapter 10. Game Day



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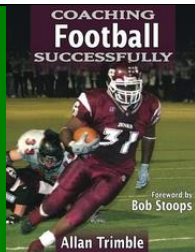
Coaching Football; Technical and Tactical Skills (en anglais seulement)

As a coach, it is often cause for concern to see your athletes performing skills well in practice but struggling in the game. Coaching Football Technical and Tactical Skills focuses on the situational decisions players and coaches make that often determine the outcome of games. Written by the American Sport Education Program (ASEP) in conjunction with Rob Ash, the head football coach at Drake University, this book allows players to gain valuable gamelike playing experience in practice by putting them in key tactical situations like the scramble, man-to-man and zone pass coverage, and onside kick.

À titre d'entraîneur il est souvent préoccupant de voir vos joueurs bien exécuter les jeux à l'entraînement, tout en connaissant toutes sortes de difficultés dans les matchs. Coaching Football Technical and Tactical Skills se concentre sur les décisions que les joueurs et les entraîneurs prennent souvent dans les situations et qui détermine souvent le résultat des matchs. Écrit par le Programme américain d'éducation sportive (ASEP) en collaboration de Rob Ash, entraîneur-chef de l'équipe de football de l'Université Drake, ce livre permet aux joueurs de prendre une précieuse expérience de jeu à l'entraînement, en les plaçant dans des situations tactiques clés comme la mêlée, des jeux homme à homme, la couverture de zone sur un jeu de passe et le botté court en jeu.

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 - Chapter 11. Preparing for Games
 - Chapter 12. During and After the Game



Price: \$25.95
Prix : 25,95 \$
© 2005
256 pages

Coaching Football Successfully (en anglais seulement)

Allan Trimble, coach of the powerhouse Jenks (OK) High School Trojans, shares the specifics of his system in Coaching Football Successfully. This meaty coaching manual covers it all: sideline communication, teaching fundamentals, practice drills, scouting and game planning, and postgame analysis and adjustments. Whatever your offensive and defensive schemes may be, you'll find the concepts applicable to your own program.

Allan Trimble, entraîneur de la puissante équipe des Trojans de l'école secondaire Jenks de l'Oklahoma partage les spécificités de son système dans Coaching Football Successfully. Ce volumineux guide d'encadrement couvre tous les aspects : communication sur les lignes de côté, enseigner les rudiments, exercices d'entraînement, dépistage et planification de match, et analyse et ajustements d'après match. Peu importe votre schéma à l'attaque et en défensive, vous découvrirez des concepts applicables à votre propre programme.

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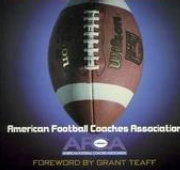
Part III Instruction

Chapter 7. Offensive Positions and Formations
Chapter 8. Teaching Offensive Skills
Chapter 9. Teaching Running and Passing Games
Chapter 10. Defensive Positions and Alignments
Chapter 11. Teaching Defensive Skills
Chapter 12. Teaching Team Defense
Chapter 13. Teaching the Kicking Game

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Chapter 14. Preparing for Games
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Chapter 16. Evaluating Players and the Program

FOOTBALL COACHING STRATEGIES



Price: \$24.95
Prix : 24,95 \$
© 1995
216 pages

Football Coaching Strategies (en anglais seulement)

In *Football Coaching Strategies* you'll find 349 detailed diagrams showing a variety of offensive attacks, defensive packages, and special team tactics—accompanied by useful advice from the experts.

Dans *Football Coaching Strategies*, vous trouverez 349 diagrammes détaillés en démontrant une variété d'attaques offensives et des troupes défensives et des tactiques d'unités spéciales, accompagnés par des conseils utiles d'experts.

Contents

Part I features 28 articles on offensive football. The running and passing game sections present multiple formations and attacks. From the wishbone to the spread and from the conservative to the wide open, it's an offensive coordinator's smorgasbord of options. As a bonus, several articles focus on specific aspects of offense, such as pass blocking, reading the defense, and play selection in key game situations.

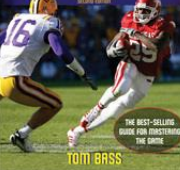
The 19 articles in **Part II** include a variety of defensive alignments and philosophies. From a stunting 4-3 to an all-purpose Eagle, coaches outline the assignments, strengths, and weaknesses of several defensive packages. Methods for stopping the run and pass are described and illustrated in detail. In addition, coaches break down defensive player position responsibilities against common running and passing attacks.

Special team play is taught through seven articles comprising **Part III**, each covering an important facet of the kicking game. Kick-off, punt, and extra point situations are analyzed from both sides of the ball. If you want to cover, return, or block a kick, punt, or field goal attempt, you'll find complete explanations and illustrations to do so.

Part IV may be the most memorable and important section of the book. Here several of the all-time greatest coaches share the insights, values, and methods that have made them so successful. The 13 articles capture the intangibles of coaching greatness—philosophy, motivation, and management.

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FOOTBALL SKILLS & DRILLS



Price: \$27.95
Prix : 27,95 \$
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240 pages

Football Skills & Drills-2nd Edition (en anglais seulement)

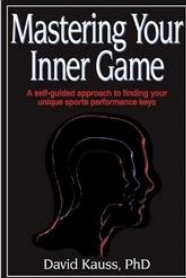
Master the fundamentals for consistent execution with *Football Skills & Drills, Second Edition*, by veteran NFL and college coach Tom Bass. Full-color photos and step-by-step instruction teach the game's essential skills: tackling, passing, catching, blocking, and kicking. 114 drills reinforce proper technique for individual and team success.

Maîtrisez les fondamentaux pour une exécution régulière avec la deuxième édition de *Football Skills & Drills* (disponible en anglais seulement) rédigé par le vétéran entraîneur universitaire et de la NFL Tom Bass. Des photos couleurs et des directives par étapes enseignent les principales techniques du sport : plaqué, passes, attrapées, blocs et bottés. Pas moins de 114 exercices pour renforcer la bonne technique pour connaître du succès individuel et collectif.

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Drill Finder
About the Author

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280 pages

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Mastering Your Inner Game (en anglais seulement)

Even the most physically gifted athletes struggle in competition when they lose control over their thoughts and emotions. Mastering Your Inner Game arms you with the tools to understand, manage, and maximize your mental and emotional forces—factors that often determine whether you're an all-star and or an "also-ran."

Même les athlètes les plus talentueux sur le plan physique connaissent des difficultés en compétition quand ils perdent le contrôle de leurs pensées et de leurs émotions. Mastering Your Inner Game vous équipe avec les outils pour comprendre, gérer et maximiser vos forces mentales et émotionnelles—des facteurs qui déterminent souvent si vous êtes une étoile filante ou une étoile tombante.

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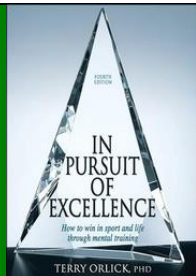
Chapter 1. Tom, a Tennis Player
Chapter 2. Rod, a Football Player
Chapter 3. Bonnie, a Figure Skater
Chapter 4. Joanne, a Track Athlete
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Part II: Getting to Know You and What You Need to Work On

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Part III: Techniques to Maximize Your Performance

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Chapter 12. Enhanced Psychological Skills Training
Chapter 13. Personalizing Your Psych Skill Packs
Chapter 14. Countdown to Competition



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320 pages

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In Pursuit of Excellence (en anglais seulement)

In Pursuit of Excellence shows you how to develop the positive outlook that turns "ordinary" competitors into winners... on the playing field and off. You'll learn how to focus your commitment, overcome obstacles to excellence, and achieve greater personal and professional satisfaction.

In Pursuit of Excellence vous démontre comment élaborer le résultat positif qui transforme les compétiteurs « ordinaires » en gagnants... sur le terrain et hors du terrain. Vous apprendrez comment concentrer votre engagement, surmonter les obstacles à l'excellence et que vous atteignez de plus grand niveau de satisfaction personnelle et professionnelle.

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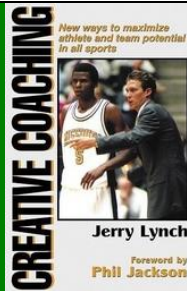
Chapter 5 Self-Examination
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Chapter 22 Coaching Relationships
Chapter 23 Team Spirit
Chapter 24 Positive Self-Direction



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232 pages

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Creative Coaching (en anglais seulement)

Times have changed in the coaching profession. In today's world of sport, players must deal with complex issues. Athletes are now more apt to fight for what they deserve than they were in the Vince Lombardi or John Wooden eras. That makes your role as the coach tougher than ever. Not only must you teach athletes the skills, strategies, and discipline to help them succeed; you also are expected to guide, encourage, respect, and inspire athletes. Creative Coaching is a strategic handbook for addressing the challenges of coaching modern athletes and maximizing their sport performance.

Les temps changent dans la profession d'entraîneur. Dans le monde du sport d'aujourd'hui, les joueurs traitent des enjeux complexes. Les athlètes sont maintenant plus en mesure de lutter pour ce que qu'ils désirent qu'à l'époque des Vince Lombardi ou des John Wooden. Cela complique plus que jamais votre rôle d'entraîneur. Non seulement devez vous enseigner les techniques, les stratégies et la discipline aux athlètes pour les aider à connaître du succès; vous devrez quand même continuer à guider, à encourager, à respecter et à inspirer les athlètes. Creative Coaching est un guide stratégique pour faire face aux défis de l'encadrement des athlètes modernes et pour maximiser leur rendement sportif.

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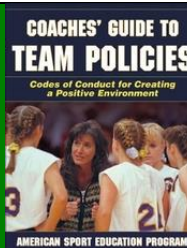
- Chapter 1. Cultivating Character
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- Chapter 9. Focusing on Performance
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- Chapter 11. Ways of Winning
- Chapter 12. Sharpening Mental Tactics



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Coaches' Guide to Team Policies (en anglais seulement)

Coaches' Guide to Team Policies provides you with everything you need to create a comprehensive and fair set of policies that address players, coaches, parents, support staff, and others in your sport programs. The nearly 200 policies presented are organized around six moral values: respect, responsibility, caring, honesty, fairness, and good citizenship. Two variations of each policy are presented, one taking a strict stance and one taking a more general approach.

Coaches' Guide to Team Policies vous offre tout ce dont vous avez besoin pour créer un ensemble complet et juste de politiques touchant les joueurs, les entraîneurs, les parents, le personnel de soutien et les autres dans vos programmes sportifs. Presque 200 politiques sont présentées et organisées autour de six valeurs morales : le respect, la responsabilité, l'empathie, l'honnêteté, la justice et le civisme. Deux variations de chaque politique sont présentées, une adoptant une application stricte et l'autre une approche plus générale.

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About ASEP



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Prix : 58,95 \$
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456 pages

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Successful Coaching (en anglais seulement)

In *Successful Coaching, Fourth Edition*, you will find suggestions for improving communication skills, managing behavior, and instructing sport skills along with the latest information on physical training and sport nutrition with special emphasis on topics of concern, including hydration, nutritional supplements, and drug abuse.

Dans la quatrième édition de *Successful Coaching*, vous découvrirez des suggestions visant à améliorer vos compétences de communication, gérer le comportement et enseigner les compétences sportives avec les plus récentes informations sur l'entraînement physique et l'alimentation pour sportifs avec un accent particulier sur les sujets préoccupants, notamment l'hydratation, les suppléments nutritifs et l'abus de drogues.

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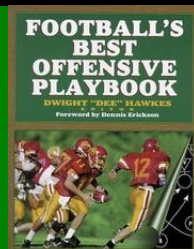
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Offense/ Attaque



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Prix : 24,95 \$
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144 pages

Football's Best Offensive Playbook (en anglais seulement)

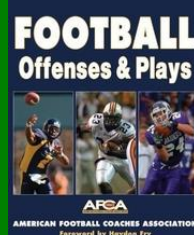
Every offensive playbook gives you Xs and Os that look good on paper. Football's Best Offensive Playbook goes the extra yard, providing precisely illustrated plays that are proven point-producers in games. Each of the 100 plays comes with a clear, accurate diagram and coaching pointers that highlight key player positions and responsibilities.

Chaque livre de jeu offensif vous donne des X et des O qui paraissent bien sur papier. Football's Best Offensive Playbook franchit une verge de plus fournissant des jeux illustrés avec précision qui ont fait leur preuve comme des jeux qui mènent à la récolte de points dans un match. Chacun des 100 jeux vient avec un diagramme clair et précis et des pointeurs pour entraîneurs qui soulignent des positions et des responsabilités clés pour les joueurs.

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Part III: Special Plays

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Prix : 23,95 \$
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248 pages

Football Offenses and Plays (en anglais seulement)

Football Offenses & Plays presents all of the popular offensive systems used today as well as tactical advice for play calling in each of four areas of the field. It features insights from many of the game's top offensive minds, who have conceived, or are extremely successful in employing, a specific means of attack.

Football Offenses & Plays présente tous les systèmes offensifs populaires utilisés aujourd'hui ainsi que des conseils tactiques pour l'appel de jeu dans chacun des quatre secteurs du terrain. Il met en vedette des conseils de plusieurs des plus grands cerveaux de l'attaque, qui ont conçu ou qui connaissent d'énormes succès à employer des moyens offensifs spécifiques.

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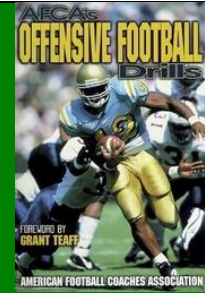
Chapter 9. Delaware Wing-T -- Tubby Raymond
Chapter 10. Air Force Flexbone -- Fisher DeBerry and Chuck Petersen

Part V Game Planning and Tactics

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Chapter 12. Green Zone: Own 10-Yard Line to Opponent's 25-Yard Line -- Ralph Friedgen
Chapter 13. Red Zone: Opponent's 25-Yard Line to Goal Line -- Larry Kehres

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Chapter 14. Gold Zone: Goal-Line and Short-Yardage Situations -- Terry Malone
Chapter 15. Two-Minute and No-Huddle Situations -- Gary Tranquill
Chapter 16. Automatics -- Don Nehlen



Price: \$23.95
Prix : 23,95 \$
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184 pages

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AFCA's Offensive Football Drills (en anglais seulement)

AFCA's Offensive Football Drills features the best drills used by many of the country's top college and high school offensive teams. Included are 18 offensive line drills, 13 running back drills, 16 quarterback drills, 16 receiver drills, and 12 team drills. Each drill contains key points and is carefully diagrammed. A special Drill Finder section helps coaches easily find the ones that fit their needs.

AFCA's Offensive Football Drills met en valeur les meilleurs exercices utilisés par certains des meilleures équipes offensives universitaires et de niveau secondaire. Le livre comprend 18 exercices offensifs pour les joueurs de ligne, 13 exercices pour les demis à l'attaque, 16 exercices pour les quarts arrières, 16 exercices pour les receveurs de passe et 12 exercices d'équipe. Chaque exercice comprend des éléments clés et est attentivement illustré par diagrammes. Une section spéciale permet aux entraîneurs de trouver facilement quel exercice correspond le mieux aux besoins de son équipe.

Contents

The book has five sections:

- 18 offensive line drills
- 13 running back drills
- 16 quarterback drills
- 16 receiver drills
- 12 team drills

Each drill contains key points and is carefully diagrammed. A special Drill Finder section helps you easily find the ones that fit your needs.

Part I, Offensive Line, focuses on developing skills such as blocking, recovery, mobility and body control, footwork and stance, recognition of defensive fronts, and pass protection.

Part II, Running Back, centers on blitz packages, ball security, footwork and leverage, techniques for staying inbounds, ball handling while running, reactions to different defensive looks, fundamentals of the low block, and open field running.

Part III, Quarterback, develops skills such as proper exchange, pass set and delivery, avoiding defensive pressure, quick release, drop techniques, shuffle, and pass accuracy.

Part IV, Receiver, details how to do a pre-snap read and recognize man coverage, improve concentration, make cuts with proper speed, catch the ball while on the move, catch the football with hands extended, improve footwork, and develop stalk blocking techniques.

Part V, Team Offense, emphasizes areas of execution such as the opening 20 plays, screens and special plays, pass plays, and the fundamentals of pulling.

OFFENSIVE FOOTBALL STRATEGIES



Price: \$31.95
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Offensive Football Strategies (en anglais seulement)

Offensive Football Strategies is the most comprehensive and detailed book of its kind, containing the most popular and effective offensive philosophies, systems, formations, and plays over the past 40 years.

Offensive Football Strategies est le livre plus complet et le plus détaillé de son genre, contenant les philosophies, les systèmes, les formations et les jeux offensifs les plus populaires et les plus efficaces des 40 dernières années.

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- Communicating the Plan (Jack Bicknell and Sam Timer)

Attacking the Defense

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- Running to Pass (Ted Tollner)

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Running an Option Offense

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The Freeze Option Game (Dick MacPherson)
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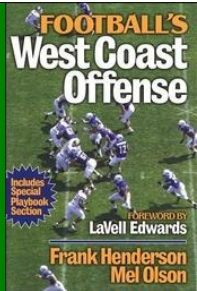
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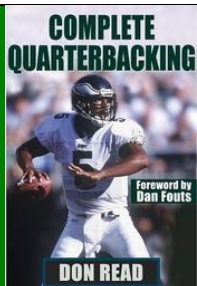
Football's West Coast Offense (en anglais seulement)

This how-to book comes packed with 244 Xs and Os diagrams and explains the pro-style attack in simple and clear language. The authors, both former coaches on the BYU staff, explain how to tailor the system to suit your personnel, whether it's for ball control or big-play needs. They also include a mini-playbook that shows you how to attack various defensive coverages.

Ce livre sur l'art de l'attaque West Coast est chargé avec 244 diagrammes de X et de O et explique l'attaque de style professionnel dans un langage simple et clair. Les auteurs, deux anciens entraîneurs du personnel de l'Université Brigham Young explique comment personnaliser le système pour qu'il réponde à vos besoins, que ce soit pour le contrôle du ballon ou dans des situations de jeux importants. Il comprend aussi un mini livre de jeux qui vous montrent comment attaquer contre différentes couvertures défensives.

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Chapter 4. Quarterback Skills and Throwing Targets
Chapter 5. Pass Protection
Chapter 6. Attacking Defensive Coverages
Chapter 7. Twenty Great Passing Plays



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Complete Quarterbacking (en anglais seulement)

For 36 years, Don Read created successful college teams known for their standout quarterbacks. Now this former Division IAA championship coach puts his experience on paper, creating the ultimate guide for comprehensive quarterback development.

In addition to thorough descriptions and diagrams on how to recognize and react to the opponent's coverage in run and pass situations, this book covers game preparation as well as the fine details of clock management.

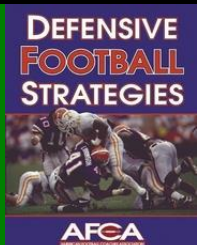
Pendant 36 ans, Don Read a créé des équipes universitaires qui ont réussi grâce à leur quart arrière étoilé. Maintenant cet ancien entraîneur universitaire gagnant de championnat de Division IAA met son expérience sur papier, créant le guide ultime pour le perfectionnement complet du quart arrière.

En plus de descriptions et de diagrammes complets sur la façon de reconnaître et de réagir à la couverture de l'adversaire en situation de course et de passe, ce livre couvre la préparation de match ainsi que les détails précis de la gestion du temps.

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Defense/ Défensive



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Defensive Football Strategies (en anglais seulement)

Defensive Football Strategies is a complete collection of tactics, teachings, and insights from some of the best defensive minds in the game. Readers will find winning strategies from 90 top coaches—legends of both the past and the present—including Jerry Sandusky of Penn State, Bob Stoops of the University of Oklahoma, Bo Schembechler of the University of Michigan, Charlie McBride of the University of Nebraska, and R.C. Slocum of Texas A & M.

Defensive Football Strategies est une collection complète de tactiques, d'enseignements et de conseils de certains des plus grands cerveaux défensifs du sport. Les lecteurs découvriront des stratégies gagnantes de 90 entraîneurs de premier plan – des légendes d'hier et d'aujourd'hui – y compris Jerry Sandusky de Penn State, Bob Stoops de l'Université de l'Oklahoma, Bo Schembechler de l'Université du Michigan, Charlie McBride de l'Université du Nebraska et R.C. Slocum de Texas A & M.

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- Stuffing the Run With a 9-Man Front- Teryl Austin
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- Developing the Black Shirt Defense- Charlie McBride and George Darlington

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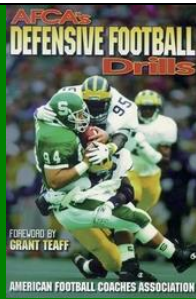
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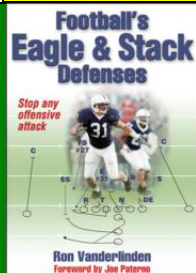
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In this day of explosive scoring and rules changes that favor the offense, fielding a competitive defense is more difficult than ever. AFCA's Defensive Football Drills tries to level the playing field by providing the defense with practice activities that teach defenders the skills they need to excel.

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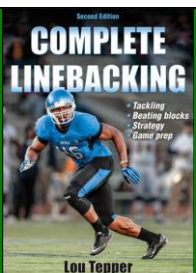
Football's Eagle & Stack Defenses (en anglais seulement)

Challenge any offensive game plan with Football's Eagle and Stack Defenses. Providing a thorough explanation of these popular defenses, their structures, techniques and positional responsibilities, as well as coaching points for success, this book will ensure that your team is ready to defend and dominate any offensive strategy.

Mettez tout livre de jeux offensifs au défi avec Football's Eagle and Stack Defenses. Offrant une explication en profondeur de ces types de défensives populaires, ainsi que des points d'encadrement pour connaître du succès, ce livre fera en sorte que votre équipe sera prête à défendre et à avoir le dessus sur toute stratégie offensive.

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Part VI Situational Preparation And Execution
Chapter 16. Goal Line Defense
Chapter 17. Game Planning
Chapter 18. Player Organization and Critical Situations



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Complete Linebacking (en anglais seulement)

The linebacker position is more challenging than ever, whether a player is taking on a 320-pound lineman or covering a speedy receiver. In Complete Linebacking, Lou Tepper tells and shows how to excel at one of the game's most demanding positions.

The book describes in depth and illustrates clearly the fundamentals, pre-snap keys, and techniques used by any inside or outside linebacker in a specific defense. A special teaching section explains how to prepare quality practices and meetings to maximize learning and performance.

La position du secondaire est plus que jamais remplie de défis, que le joueur affronte un joueur de ligne de 320 livres ou qu'il couvre un receveur rapide. Dans Complete Linebacking, Lou Tepper explique et démontre comment exceller dans une des positions les plus exigeantes du sport.

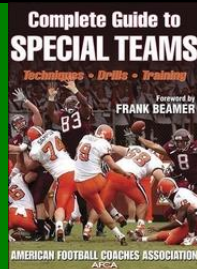
Le livre décrit en profondeur et illustre clairement les rudiments, les clés précédant la remise en jeu et les techniques utilisées par tout secondeur intérieur ou extérieur dans une défensive spécifique. Une section spéciale d'enseignement explique comment préparer les pratiques et les réunions de qualité afin de maximiser l'apprentissage et le rendement.

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 Chapter 19. Practice Organization
 Chapter 20. Linebacker Grading

Special teams/ Unités spéciales



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Win the all-important kicking game, every game! Complete Guide to Special Teams provides the tactical insights for gaining an advantage in every facet of the crucial third component of championship squads:

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- Field goals,
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Remportez le jeu de bottés à tous les matchs! Complete Guide to Special Teams fournit des conseils tactiques pour remporter un avantage dans chaque facette du troisième élément crucial des équipes championnes :

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- Botté de transformation
- Transformation de deux points
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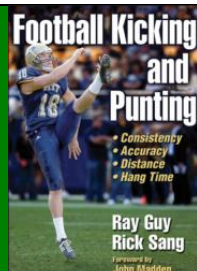
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 288 pages

Football Kicking and Punting (en anglais seulement)

In Football Kicking and Punting, Ray Guy, the greatest punter in football history, provides you with expert kicking and punting instruction. The book presents the fundamentals through advanced skills, including techniques and training for snappers and holders. Guy and co-author Rick Sang, provide the know-how to get any kicker ready for game day.

Dans Football Kicking and Punting, Ray Guy, le plus grand botteur de dégagement de l'histoire du football vous offre ses directives de botteur expert de coups d'envoi et de dégagements. Le livre présente les éléments de base par des aptitudes de pointe, notamment des techniques et un entraînement pour les joueurs responsable de la mise au jeu et ceux qui tiennent le ballon. Guy et son co-auteur Rick Sang offrent leur savoir-faire pour préparer tous les botteurs pour leur match.

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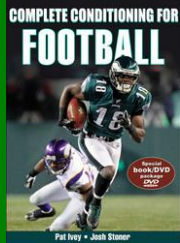
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Strength and conditioning/ Force et conditionnement



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264 pages

Complete Conditioning for Football (en anglais seulement)

Packed with conditioning and training workouts for every position, Complete Conditioning for Football is a comprehensive guide designed for dedicated football players, coaches, and strength and conditioning professionals. The accompanying DVD offers step-by-step visual demonstrations of the top exercises and drills found throughout the book.

Rempli d'exercices de conditionnement et d'entraînement pour chaque position, Complete Conditioning for Football est un guide complet conçu pour les joueurs et les entraîneurs de football sérieux ainsi que pour les professionnels du conditionnement et de la musculation. Le DVD qui accompagne ce livre offre des démonstrations étape par étape des exercices importants que l'on retrouve dans le livre.

Today's players are bigger, stronger, and faster than ever before. A focused conditioning program has become essential to on-the-field success. Complete Conditioning for Football features a comprehensive training approach that builds players' abilities as well as the football-specific skills their positions require.

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In this special book and DVD package, authors Pat Ivey and Josh Stoner explain and demonstrate the very same exercises and drills they use to develop speed, power, strength, and agility with the game's premier collegiate and professional players. Their programs will help you

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Part III Training Schedule and Workouts

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la force, la vitesse, l'habileté et le conditionnement physique.

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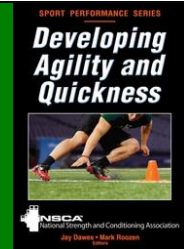
You'll also find more than 50 of the most effective, exercises, and assessment methods for developing your personalized, sport-specific program. Featuring expert advice and the latest research on physical training and muscle recovery, Performance Training for Athletes is the serious athlete's guide to complete conditioning.

If you want a program that makes a difference, turn to one that has proven effective time and time again. Speed, agility, quickness—turn to Performance Training for Athletes to take your training back to the primal level and leave your competition behind.

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Developing Agility and Quickness (en anglais seulement)

From the National Strength and Conditioning Association comes this resource packed with more than 100 drills to help in the development of agility and quickness training programs. Applicable to almost every sport, Developing Agility and Quickness focuses on improving athletes' fleetness of foot, change-of-direction speed, and reaction time.

Cette ressource de la National Strength and Conditioning Association est chargée avec plus de 100 exercices contribuant au développement de programmes d'entraînement de l'habileté et de la rapidité. Applicable à presque tous les sports, Developing Agility and Quickness se concentre sur la légèreté de la course des athlètes, leur vitesse de changement de direction et leur temps de réaction.

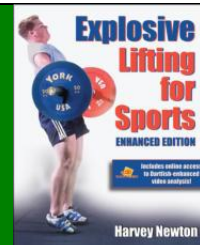
The ball handler that fakes and then drives past a defender for an easy score. A pass rusher that leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter that manages to maneuver both the body and the ball in a blink of the eye to make the perfect pass for the kill and match-winning point. All examples why agility and quickness are such prized physical attributes in modern sport.

Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles.

Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sports conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Contents

- Chapter 1: Factors Determining Agility
- Chapter 2: Factors Determining Quickness
- Chapter 3: Testing Agility and Quickness
- Chapter 4: Agility Drills
- Chapter 5: Quickness Drills
- Chapter 6: Agility and Quickness Program Design
- Chapter 7: Sport-Specific Programming



Price: \$28.95
Prix : 28,95 \$
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208 pages

Explosive Lifting for Sports- Enhanced Edition (en anglais seulement)

The movements in competitive weightlifting—the snatch, clean, jerk, and other variations—can make you a more powerful athlete, no matter what sport you're in. The enhanced edition of Explosive Lifting for Sports (book and DVD-ROM package) shows how to incorporate these exercises into your own sports training program.

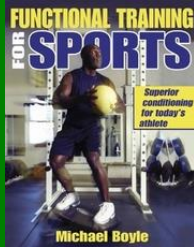
Les mouvements en haltérophilie de compétition - l'arraché, l'épaulé, le jeté et d'autres variations – peuvent faire de vous un athlète plus puissant, peu importe votre sport. L'édition améliorée de Explosive Lifting for Sports (trousse livre et DVD) vous démontre comment incorporer ces exercices dans votre propre programme d'entraînement sportif.

Contents

- Chapter 1. Training for Optimal Strength
- Chapter 2. Developing Explosive Power

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Chapter 3. Combining Weightlifting and Plyometrics
Chapter 4. Building a Technique Base
Chapter 5. Snatch
Chapter 6. Clean
Chapter 7. Jerk
Chapter 8. Pulling Exercises
Chapter 9. Squatting and Pressing Exercises
Chapter 10. Designing an Effective Training Program
Chapter 11. Sport-Specific Training Programs



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208 pages

Functional Training for Sports (en anglais seulement)

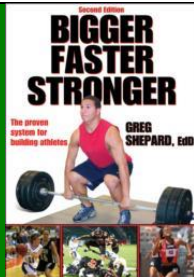
Reach a higher level of athleticism with Functional Training for Sports. This book presents a complete system that focuses on training your body the way it will be used during competition. Detailed exercise progressions and training will help develop the movement skills, body positions, and explosive power essential for sports.

Atteignez un plus haut niveau de réussite sportive avec Functional Training for Sports. Ce livre présente un système complet qui met l'accent sur l'entraînement de votre corps de la façon dont il sera utilisé pendant l'activité sportive. Des progressions d'exercice et des entraînements détaillés vous aideront à développer des aptitudes de mouvement, des positions corporelles et la puissance explosive nécessaire dans le sport.

Contents

Chapter 1. Adding Functionality to Your Program
Chapter 2. Analyzing the Demands of Your Sport
Chapter 3. Assessing Your Functional Fitness
Chapter 4. Designing Your Program
Chapter 5. Linear and Lateral Warm-Up
Chapter 6. Lower-Body Strength and Balance Progressions
Chapter 7. Hip Extensions and Healthy Hamstrings
Chapter 8. Targeted Torso Training and Rotational Strength
Chapter 9. Balanced Upper-Body Strength and Stability
Chapter 10. Plyometric Training for Power and Injury Prevention
Chapter 11. Olympic Lifting for Quickness and Power
Chapter 12. Performance Enhancement Programs

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Bigger, Faster, Stronger (en anglais seulement)

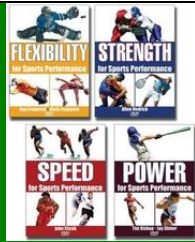
Bigger Faster Stronger accommodates the strength and speed needs of athletes by providing them with a complete conditioning system. This new edition builds on the success of the first with updates on the most current strength training techniques and exercise variations. This guide provides the information you need to outperform the competition.

Bigger Faster Stronger répond aux besoins de force et de vitesse des athlètes en leur offrant un système complet de conditionnement. Cette nouvelle édition bâtit sur les succès de la première avec des mises à jour sur les techniques d'entraînement et de musculation actuelles ainsi que sur les variations d'exercices. Ce guide vous offre l'information dont vous avez besoin pour devancer vos adversaires.

Contents

Part I: The Total Program
1. A Unified Approach to Training
2. BFS Rotational Set-Rep Program
3. BFS In-Season Program
4. BFS Readiness Program
Part II: Strength Exercises
5. Six Absolutes of Perfect Technique
6. Squat and Squat Variations
7. Power Clean and Quick Lifts
8. Hex Bar Deadlift and Deadlift Variations
9. Bench Press and Bench Press Variations
10. Sport-Specific Auxiliary Lifts
Part III: Speed, Agility, and Flexibility
11. Agility and the BFS Dot Drill
12. Five-Phase Plyometric Program
13. Speed Training
14. BFS 1-2-3-4 Flexibility Program
Part IV: Program Administration
15. Organization and Weight Room Design
16. Weight Training Safety
17. Nutrition
18. Be an Eleven
19. Why Steroids Don't Work

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DVD
156 minutes

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Sports Performance 4 DVD Package/ Trousse de 4 DVD Sports Performance (en anglais seulement)

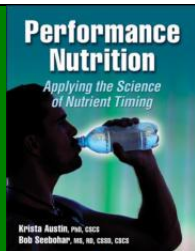
The Sports Performance DVD Series addresses the training demands of serious athletes across all sports. Consisting of four DVDs on power, flexibility, speed, and strength, the series demonstrates that optimum training translates to optimal performance.

La série de DVD Sports Performance aborde les demandes de l'entraînement des athlètes sérieux dans l'ensemble des sports. Composée de quatre DVD sur la puissance, la flexibilité, la vitesse et la force, la série démontre que l'entraînement optimal se traduit en rendement optimal.

DVDs in the series include:

- [Power for Sports Performance](#) - Developed by the Baltimore Orioles' strength and conditioning coaches, this DVD showcases a progressive program in which resistance training is used for building a power base before advancing to a complex power program composed of strength training and plyometrics.
- [Flexibility for Sports Performance](#) - This DVD is based on the Stretch to Win system, made famous by Ann Frederick and Chris Frederick, who have worked with such elite athletes as the Philadelphia Eagles' Donovan McNabb, as well as numerous Olympians, and pro players in the NFL, MLB, and NHL.
- [Speed for Sports Performance](#) - Including dynamic warm-ups; plyometrics; and variable, resisted, and assisted speed training, this DVD not only presents the most effective exercises and drills for improving speed and quickness, but also provides guidance to combine training techniques into a complete speed-development program.
- [Strength for Sports Performance](#) - In this DVD, Allen Hedrick, current head coach of strength and conditioning at the United States Air Force Academy and former United States Olympic Training Center strength and conditioning coordinator, demonstrates resistance training exercises that correspond to the movement patterns, muscle contractions, and energy demands of many sports.

With the capability to print programs and workouts from each DVD, instruction from the Sports Performance DVD Series can be taken directly from the computer to the gym or field. These DVDs form the ultimate training package for coaches and athletes looking to gain an edge in every facet of competition.



Price: \$28.95
Prix : 28,95 \$
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Performance Nutrition (en anglais seulement)

Based on the most current research in nutrient timing, Performance Nutrition blends theory with applied content and real-life examples to show nutritionists, coaches, and athletes how to optimize training, improve performance, and enhance recovery.

Basé sur les plus récentes recherches en synchronisation des substances nutritives, Performance Nutrition mélange la théorie au contenu appliqué et aux exemples tirés de la vie quotidienne afin de démontrer aux nutritionnistes, aux entraîneurs et aux athlètes comment optimiser leurs entraînements, améliorer leur rendement et accélérer leur récupération.

Contents

Chapter 1. Principles of Nutrient Timing

Physiological Basis for Nutrient Timing
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Nutrient Timing, Food Intake, and Body Composition
Conclusion

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Chapter 3. Psychology and Sport Nutrition

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Periodization and Nutrition Planning
In-Season
Off-Season
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Chapter 8. Nutritional Supplementation
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Dietary Supplements
Sport Supplements
Ergogenic Aids
Conclusion
Chapter 9. Nutrient Timing in Changing Environments
Altitude
Heat and Humidity
Cold Exposure
Air Pollution
Conclusion
Chapter 10. Competition Day
Combative Sports (Weight Classified)
Strength and Power Sports
Endurance Sports
Team Sports
Long Duration Sports Requiring Concentration

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