



# **52-Week Basketball Training (52-Week Sports Training Series)**

*Chip Sigmon*

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Designed for both male and female players, this book helps athletes develop the strength to set screens and convert three-point plays, the speed to run the court and get into position, the balance to change direction on a drive, the quickness to get loose balls and blow by a defender for easy baskets, and the explosive jumping power to block shots and grab rebounds.

Chip Sigmon, athletic trainer for The Epicenter for Sports Performance Facility, a division of OrthoCarolina Medical Group, and former head strength and conditioning coach for the Charlotte Hornets and the Charlotte Sting, provides everything that coaches and players need to get that competitive edge and keep it year-round as they learn to

- develop fitness in the off-season,

- improve speed and power in the preseason,

- maintain a high level of conditioning through the regular season, and

- perform at peak abilities in postseason competition.

*52-Week Basketball Training* presents daily workouts for optimal training throughout the year so that players can withstand the rigors of the sport. Thorough explanations and detailed illustrations provide clear instruction on how to perform each of the 192 drills and exercises.

By following Sigmon's year-round training program, players will become stronger, more dominant, and more confident on the court.

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52-Week Basketball Training (52-Week Sports Training Series) can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to place every word into pleasure arrangement in writing 52-Week Basketball Training (52-Week Sports Training Series) however doesn't forget the main place, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information can easily drawn you into new stage of crucial contemplating.

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