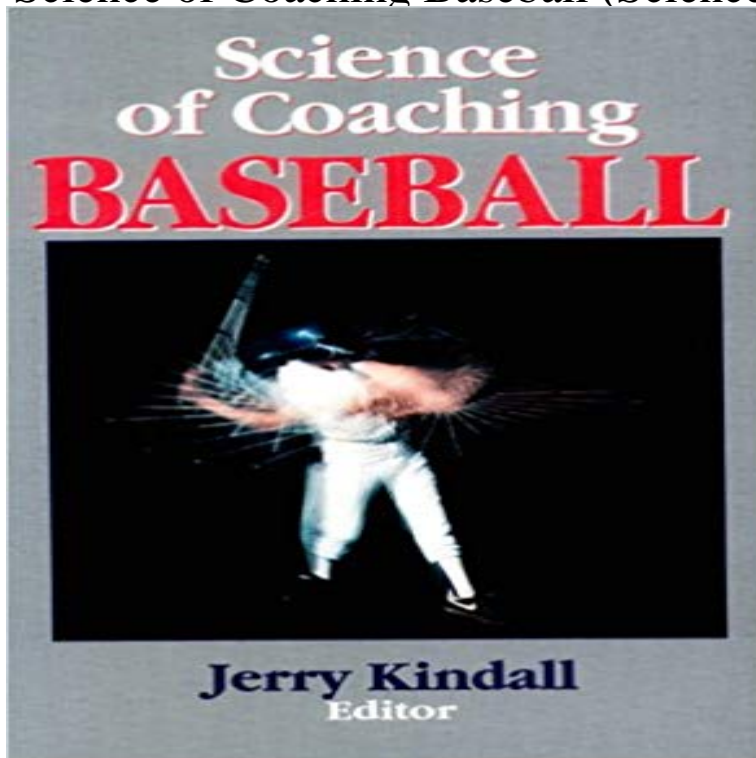


Science of Coaching Baseball (Science of Coaching Series)



Science of Coaching Baseball makes complex scientific principles understandable and shows how to apply them in everyday coaching situations. Jerry Kindall combines forces with a team of sport scientists to explain these sport sciences: Motor learning, Exercise physiology, Sport psychology, Sports medicine, Biomechanics, Nutrition. A chapter is devoted to each discipline, and each chapter contains sections on why the sport science is important for coaches, special application concerns for baseball, how to put the science to work, keys to success, and references and resources.

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