

## L Allenamento Funzionale Nel Basket Fip Federazione

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un lavoro essenzialmente pratico che illustra i diversi esercizi per sviluppare la forza la forza specifica e l'elevazione nei giocatori di pallacanestro vengono proposti numerosi esempi di lavoro aerobico basati sul lavoro intermittente oltre alla pianificazione delle sedute delle settimane e dei cicli di allenamento viene infine trattata la valutazione funzionale delle capacità del giocatore con mezzi moderni ergojump optojump ecc chiude il testo un capitolo sulla preparazione fisica giovanile

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