

## *Athletic Development*

*Athletic Development* offers a rare opportunity to learn and apply a career full of knowledge from the best. World-renowned strength and conditioning coach Vern Gambetta condenses the wisdom he's gained through more than 40 years of experience of working with athletes across sports, age groups, and levels of competition, including members of the Chicago White Sox, New York Mets, and U.S. men's 1998 World Cup soccer team.

The result is an information-packed, myth-busting explanation of the most effective methods and prescriptions in each facet of an athlete's physical preparation. Gambetta includes never-before-published and ready-to-use training approaches in

- sport-specific demands analysis,
- work capacity enhancements,
- movement skills development,
- long- and short-term training program progressions, and
- rest and regeneration techniques.

*Athletic Development* explains what works, what doesn't, and why. Gambetta's no-nonsense approach emphasizes results that pay off in the competitive season and reflect his work at the highest echelons of sport. Merging principles of anatomy, biomechanics, and exercise physiology with sports conditioning applications and four decades of professional practice, this is the definitive guide to performance-enhancing training.

*"What a thrill it is to gain easy access to Vern Gambetta's years of research, experience, and expertise! The detailed descriptions and photos in Athletic Development show exactly how to apply the conditioning drills and exercises to your own training program. Use this book to train your athletes to their maximum potential."*

Anson Dorrance  
Women's Head Soccer Coach  
University of North Carolina  
18 National Championships

*"Vern Gambetta's new book is his magnum opus of sport training. This book takes on the most difficult task of blending state-of-the-art science with practical application. The effort is both elegant and easily usable. This book will be a classic among top coaches."*

William A. Sands, PhD  
Head - Sport Biomechanics and Engineering  
U.S. Olympic Committee, Sport Science

*"Work capacity, strength, speed, agility, quickness, plyometrics, coordination, skill, and program design have never been presented in a more intelligent and useable manner. Vern Gambetta has written the blueprint to creating successful athletes."*

Tim Lang  
Strength & Conditioning Coach  
DePaul University

*"Athletic Development is an excellent presentation of Vern Gambetta's time-tested methods. It will help coaches design sport-specific programs that get results. Apply the information in this book and watch your athletes succeed!"*

Jose Vazquez  
Head Strength Coach  
Texas Rangers

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