



# Strength and Conditioning for Team Sports: Sport-Specific Physical Preparation for High Performance

By Paul Gamble

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Drawing on the very latest scientific research, *Strength and Conditioning for Team Sports* is designed to help students, coaches, researchers and sports medicine professionals devise more effective high-performance training programs for team sports. The only evidence-based study of sport-specific practice for team sports, this book introduces the core science underpinning any strength and conditioning regime, combining the best of applied physiology, biomechanics, sports medicine and coaching science.

The book addresses all aspects of training prescription and the key components of any degree course related to strength and conditioning, including

- physiological and performance testing
- strength training
- metabolic conditioning
- power training
- agility and speed training
- training for core stability
- periodization
- training for injury prevention.

Each chapter features guidelines for evidence-based training prescription as well as recommendations for novel ways in which to approach physical preparation for team sports players, bridging the traditional gap between sport science research and sport performance. Fully illustrated throughout, this book is essential reading for any serious student of strength and conditioning, and for any coach looking to extend their professional practice.

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### **Editorial Review**

#### Review

'a well written overview of both strength and conditioning, and by justifying what could go into a successful programme for team sports, this is a useful resource for quite a broad audience', *The Sport and Exercise Scientist*

#### About the Author

Paul Gamble has worked in high performance sport for over a decade, during which time he has coached elite athletes in an array of sports and at all ages and stages of development. Paul began his career working in professional rugby with English Premiership side London Irish, and has since worked in a range of sports, most recently serving as National Strength & Conditioning Lead for Scottish Squash. He has published a number of articles in peer-reviewed journals, chapters in edited textbooks and has previously written two textbooks as sole author.

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