



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

By Paul Gamble

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## Strength and Conditioning for Team Sports: Sport-Specific Physical Preparation for High Performance, second edition By Paul Gamble

*Strength and Conditioning for Team Sports* is designed to help trainers and coaches to devise more effective high-performance training programs for team sports. This remains the only evidence-based study of sport-specific practice to focus on team sports and features all-new chapters covering neuromuscular training, injury prevention and specific injury risks for different team sports. Fully revised and updated throughout, the new edition also includes over two hundred new references from the current research literature.

The book introduces the core science underpinning different facets of physical preparation, covering all aspects of training prescription and the key components of any degree-level strength and conditioning course, including:

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

Bridging the traditional gap between sports science research and practice, each chapter features guidelines for evidence-based best practice as well as recommendations for approaches to physical preparation to meet the specific needs of team sports players. This new edition also includes an appendix that provides detailed examples of training programmes for a range of team sports. Fully illustrated throughout, it is essential reading for all serious students of strength and conditioning, and for any practitioner seeking to extend their professional practice.

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### Editorial Review

#### 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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