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## Performance Assessment for Field Sports: Physiological, Psychological and Match Notational Assessment in Practice (Paperback)

By Christopher Carling, Thomas Reilly, A. Mark Williams

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. What are the most effective tools, techniques and technologies available to coaches and sport scientists in the assessment of player and team performance? This is the first book dedicated to the assessment of performance in field sports such as soccer, rugby, hockey and lacrosse. It provides detailed and clear information about the laboratory and field-based methods that can be used to evaluate improvements in individual and team performance, from basic physiological assessment to the use of video and information technologies. Standing at the interface between sport sciences and sport coaching, the book examines a wide range of performance criteria, including: \* physiology \* strength, conditioning and fitness \* decision-making \* coordination and motor skills \* sport specific skills \* team play. Integrating cutting-edge theory, research and technology with best practice in applied sport science, this book is important reading for all students of sport sciences, kinesiology, human movement science, sports performance, or sports coaching. Christopher Carling is Head of Sports Science at Lille Football Club....



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