



101 Conditioning Games And Drills for Athletes

Jay Dawes, Chris Mooney

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Traditional training can be perceived by athletes as a monotonous chore to be endured rather than enjoyed. 101 Conditioning Games and Drills for Athletes presents 101 skill-based and competitive games designed to help coaches motivate and challenge their athletes while maintaining training intensity, building teamwork, and increasing participant enjoyment. Each game or drill is thoroughly explained, and includes materials needed (if any), the approximate playing area, coaching notes, as well as hints on how to vary the activities.

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