

# D3c Specalog Aehq5216 Cat Cat Product Services

Up and Down

Breathing for Warriors

The Midrange Theory

Handy Dad

Football's Principles of Play

The Modern Soccer Coach: Position-Specific Training

*D3c Specalog Aehq5216 Cat Cat  
Product Services*

Downloaded from [intra.itu.edu](http://intra.itu.edu) by guest

## EMMALEE WALLS

### Up and Down Triumph Books

In recent years, player development has been a hot topic in the soccer world. With more pressure on coaches to win than ever before, the modern game seems to be less about actual players and more about tactical systems. In many places, the majority of training sessions are structured so that each player receives the same training as his or her teammates, even though they are asked to perform different functions. As a result, players do not receive specific feedback and lack the ability to produce functional skills in the heat of a game. Aimed at football coaches of all levels, and players of all ages and abilities, *The Modern Soccer Coach: Position-Specific Training* seeks to identify, develop, and enhance the skills and functions of the modern soccer player whatever their position and role on the pitch. This book offers unique insight into how to develop an elite program that can both improve players and win games. Filled with practical no-nonsense explanations, focused player drills, and more than 40 illustrated soccer templates, this book will help you - the modern coach - to create a coaching environment that will take your players to the next level. Understand how the concept of player development needs to change as players progress in the game. Examine how learning styles have changed and how coaches must adapt accordingly. Enhance your players' performance levels with innovative exercises and ways to share feedback and critical information. Includes chapters and exercises for developing Center Backs, Full Backs, Holding Midfielders, Attacking Midfielders, Wide Attackers, and Center Forwards. Learn

how certain coaches can move their players from 'interested' to 'committed'. Develop ways to maximize the talent levels of your players.

### *Breathing for Warriors* St. Martin's Essentials

Dr. Belisa Vranich's ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they're asking their body to take on next-level demands, but failing at life's most essential skill: efficient breathing. Proper breathing is the world's most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, *Breathing for Warriors* is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

### *The Midrange Theory* Thomas Nelson

The host of HGTV's *Room Crashers* presents twenty-five awesome projects for dads to build with their kids—including skate ramps, zip lines, go-carts, and more! On his popular home improvement

show, Todd Davis is known for transforming interiors with eye-popping DIY design. But in *Handy Dad*, he uses his know-how to create twenty-five simple yet super-fun projects that dads can build with their kids. Dads can choose from projects that range from basic to challenging and take anywhere from five minutes to a full weekend. Readers are given all the directions they need to grab materials that can be found around the house or at the local hardware store and get to work banging up a sweet BMX ramp or half-pipe, building a tree house or tire swing, or throwing together a slip-and-slide or tie-dye station for an afternoon of fun. With plenty of color photographs, easy-to-follow instructions, and detailed illustrations, *Handy Dad* is chock-full of creative and inexpensive ways to keep kids (and dads) endlessly entertained.

### *Handy Dad* Chronicle Books

He was a small-town boy who burst onto the international golf scene with a dramatic hook shot from deep in the woods to win the Masters—before the game he loved almost killed him. Opening up about the toll that chasing and achieving his dream of being a champion golfer took on his mental health, Bubba Watson shares his powerful story of the breaking point that gave him clarity. Bubba Watson is known as the big-hitting left-handed golfer who plays with the pink driver—the small-town kid who grew up as a child golf prodigy before going on to win two Masters Tournaments, competing in the Olympics, and rising to be the number two golfer in the world. But every dream comes with a price. Feeling that he was never good enough, Bubba began to let the constant criticism from fans and commentators haunt his thoughts. Success in the game he loved was killing him. In *Up and Down*, Bubba opens up about his debilitating anxiety attacks, the death of his father and namesake, adopting his children, and how reaching a breaking point professionally and

personally drew him closer to his family and God. Golf is what Bubba Watson does, but it is not who he is. Through his story, you'll learn how Bubba: Overcame his anxiety and feelings of inadequacy Found his true identity not in the standards of the world, but in the God who already knows he is enough Learned to trust God with his gifts, family, and biggest dreams Became the husband, father, friend, and mentor he was called to be Life, like golf, is filled with ups and downs. Up and Down is the inspiring story of an imperfect man striving to become the best person he can be—wherever the course may take him.

#### **Football's Principles of Play**

From one of basketball's foremost experts in the field of analytics, a fascinating new perspective on how to watch and think about the game. At its core, the goal of any basketball team is relatively

simple: take and make good shots while preventing the opponent from doing the same. But what is a "good" shot? Are all good shots created equally? And how might one identify players who are more or less likely to make and prevent those shots in the first place? The concept of basketball "analytics," for lack of a better term, has been lauded, derided, and misunderstood. The incorporation of more data into NBA decision-making has been credited—or blamed—for everything from the death of the traditional center to the proliferation of three-point shooting to the alleged abandonment of the area of the court known as the midrange. What is beyond doubt is that understanding its methods has never been more important to watching and appreciating the NBA. In *The Midrange Theory*, Seth Partnow, NBA

analyst for *The Athletic* and former Director of Basketball Research for the Milwaukee Bucks, explains how numbers have affected the modern NBA game, and how those numbers seek not to "solve" the game of basketball but instead urge us toward thinking about it in new ways. The relative value of Russell Westbrook's triple-doubles Why some players succeed in the playoffs while others don't How NBA teams think about constructing their rosters through the draft and free agency The difficulty in measuring defensive achievement The fallacy of the "quick two" From shot selection to evaluating prospects to considering aesthetics and ethics while analyzing the box scores, Partnow deftly explores where the NBA is now, how it got here, and where it might be going next.

*The Modern Soccer Coach: Position-Specific Training*

Best Sellers - Books :

- [Haunting Adeline \(cat And Mouse Duet\)](#)
- [I Will Teach You To Be Rich: No Guilt. No Excuses. Just A 6-week Program That Works \(second Edition\) By Ramit Sethi](#)
- [Are You There God? It's Me, Margaret.](#)
- [The Legend Of Zelda: Tears Of The Kingdom - The Complete Official Guide: Collector's Edition](#)
- [Twisted Love \(twisted, 1\)](#)
- [The 48 Laws Of Power](#)
- [The Seven Husbands Of Evelyn Hugo: A Novel](#)
- [Think And Grow Rich: The Landmark Bestseller Now Revised And Updated For The 21st Century \(think And Grow Rich Series\)](#)
- [Dog Man: Twenty Thousand Fleas Under The Sea: A Graphic Novel \(dog Man #11\): From The Creator Of Captain Underpants](#)
- [The Summer Of Broken Rules By K. L. Walther](#)