



# 101 Conditioning Games And Drills for Athletes

*Jay Dawes, Chris Mooney*

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## **101 Conditioning Games And Drills for Athletes** Jay Dawes, Chris Mooney

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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### **From reader reviews:**

#### **David Ochoa:**

A lot of people always spent all their free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book 101 Conditioning Games And Drills for Athletes it is quite good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book provides high quality.

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