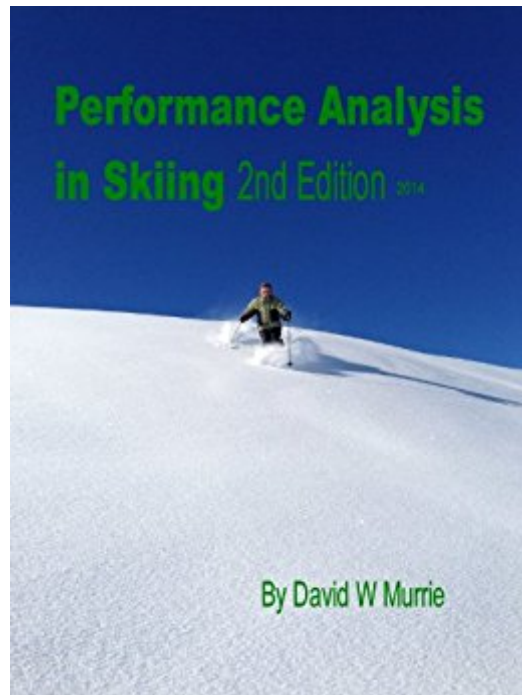




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Performance Analysis In Skiing (Applied Sports Science Series)



Synopsis

14 video links, 19 additional internet links, 32 illustrations and 30 top tips. Distilling a study of the technical works by Joubert, Sheddon, Witherall, Elling, Le Master and Harb with the latest science from biomechanics. Practical, sports science guidelines for observing and analysing performers in motion. This e-book is about observing and analysing skiers and skiing videos; for those who are interested in either improving performance or in the technical aspect of skiing. It is for ski instructors, aspirant coaches, advanced skiers, or students of sports science that want to appreciate and analyse skiing performance based on good evidence, sound reasoning and the fundamental movement actions. This book will compliment and augment your existing sports-specific knowledge to take an objective look at skiing technique. Encouraging advanced skiers to continue to improve and think deeper than `copy` this; the content highlights `key points` for appreciating, observing, analysing and improving technical competency. Providing insight into problem solving, sports technical discussions, appreciating why different technical models exist and supporting developing skiing performance effectively; the book is designed to provoke thoughtful technical reflection. Optimised for Kindle Fire this e-book includes many additional Internet links for extension material, but the text is designed to be read without them e.g. on a basic reader (even if no links are ever viewed). Depending on your platform, suggested video links may need to be viewed separately on the internet (please try the sample, or read via downloading the free Kindle App to your computer). David has coached in many countries and worked in performance analysis across a wide range of sports; from the fledgling British Snowboard Association through Track & Field athletics, Premiership football, Indian Premier League cricketers and Olympic Swimmers as well as skiers and Ski Associations. David is currently a visiting lecturer in sports science and coaching at the University of Bangor.

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Performance Analysis in Skiing (Applied Sports Science) [Kindle Edition] is a publication that will prompt healthy discussion. Ski Teachers, Coaches at whatever level will be challenged to really sharpen up their understanding of the fundamentals of movement and observation. The perennial Art vs Technique viewpoints are covered, but the pressure is on to "Really try to understand how the body works and how the boots and skis work before offering advice". (Gulp! Must do my homework)./* Most Important to enjoying this Kindle Edition */Download and install the Free Kindle Reader App to your computer.Why do we need the Reader App?As we know, the traditional Kindle can't reproduce video. But there are video links in the text that you need to view.I bought this Kindle edition and immediately spotted the issue of the links to Youtube clips not being able to play on the traditional paper-white Kindle.So the good news is: With a basic Kindle device you can read the book text. (But don't try to click on the youtube links).To view the video reference material, you need a faster device.For perfect results - Download the free App From this website to your PC/Mac/ phone or other device so you can then also access the additional links - and also view the photos in colour.

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