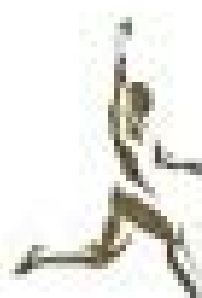


Unveiling the secrets behind how the best teams win



GAME

THE ART OF SPORTS SCIENCE

CHANGER

DR. FERGUS CONNOLLY
with PHIL WHITE

foreword by Jim Harbaugh

Fergus Connolly

Game Changer



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Balance training load in order that all players are new and ready to play at their finest in competition • Extremely big. Broadcasting rights only generate billions: ESPN paid \$5. Create a winning team culture Turner Sports activities/CBS shelled out \$10.ve gotten stuck in stats, mired in backroom politics, and diverted by the services arms competition, many have lost sight of what should' and the newest NBA TV deal came in at a awesome \$26.4 billion. As the benefits for winning have improved, it's no real surprise that sports group budgets have followed suit. Sure, the athletic system at the University of Texas earned \$161 million last year, but the Longhorns also spent \$154 million over the same period. Fifteen various other college athletics system also racked up over \$100 million in annual expenditures. But that's kid's play when compared to outgoings at the world's most effective team, Manchester United, which spent a lot more than \$500 million in 2015. Teams in all sports have tried just about every gimmick to " • His TTPP Model not only helps players continually progress but also stops treating them such as a disposable commodity and rather prioritizes athlete wellness. their way to better performance. But mainly because they'4 billion to show the national college basketball tournament through 2024; The lessons of game day time then can be used to create valuable learning encounters in training, evaluate the quality of your team' Create reasonable, immersive learning encounters for specific players and the complete team that deliver described outcomes In Video game Changer, Fergus Connolly displays how to improve performance with evidence-based evaluation and athlete-focused schooling. Through his unprecedented experiences with groups in professional soccer, basketball, rugby, soccer, Aussie Rules, and Gaelic soccer, in addition to with elite military devices, Connolly has uncovered how to break down the common elements in all sports with their basic components so that each minute of any game could be better analyzed, whether you're a player or a trainer.ve been their main focus all along: the overall game itself.s overall performance, and house in on what's working and what isn't. Video game Changer also shows you how to expand schooling focus from players' •hack" Combining the latest evidence-based methods and lessons from business, psychology, biology, and many other fields, is the first book of its kind that helps coaches, sportsmen, and casual supporters: Develop a cohesive idea that improves efficiency through defined objectives, strategies, and tactics • physical characteristics to also advance sports athletes technically, tactically, and psychologically. Put statistical evaluation and technology into context so teams can bypass the hype and obtain meaningful results • Identify dominant characteristics to maximize during training and limiting factors to improve • The difficulty is that all this spending often does not yield greater results. Structure player development with a new, holistic model that puts athlete health first and helps decrease the chance of damage and burnout •Team sports like football, basketball, soccer, and rugby are hugely popular around the world, on both college and professional levels, and such popularity implies that they are big business.Video game Changer Rethink coaching and organizational leadership and enhance communication, group dynamics, and participant interaction •6 billion to broadcast college football playoffs for twelve years;



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The sports science strategy is the way virtually all sports, specifically group sports activities are trending. He has worked for groups in the NFL, NBA, Premier Group and NCAA football—so he has a history that's well-rounded and relevant to all or any sport. This publication is very insightful and well-written. I recommend it. C, POWERFUL or coaching. Talks lots of micro and macro concepts. Thought there will be more science. More of a reference guide than a read. Game Changer is an excellent contribution to the field of coaching and with application. Competitive sport for both professional and youth sports athletes is very different today than it was 10 years ago and will continue to evolve with each passing decade. Recreational to Professional- It applies to all. What else can be said about Fergus and Phil composing this amazing book. 'You Win With People' -- Dr. This is really for anybody seeking to really intensify their video game. It's extraordinarily well researched and the content is amplified by Dr. Many thanks guys for this ..Phenomenal read PHENOMENAL Every page seems to take you straight down a rabbit hole of info but most of all, self inquiry. The Publication can be read easily from cover to cover or grab out certain principles you want to get insight on & most importantly, you don't have to be an athlete to take it. Five Stars One of the best sports activities science books ever..It is the book I wish I had when I started. It's the book everyone should have when they begin in S&Game Changer Good book Not bad, but references to numerous sports.It must be an essentially required, you can't work in the industry, unless you read this, sort of book. Training better every season gets you more practical knowledge that you'll utilize... Game Changer is an excellent contribution to the field of training and with program to all sports. The additional beauty of it is every one of the principles which can be applied to other areas of life and also business. Connolly's first hands experience working most recently with Jim Harbaugh's groups. Does Credibility No Longer Matter? I found the content of this book to be extremely tangential, and initially couldn't realize why. Whether you are a mother or father, a entrepreneur, a teacher, the stuff covered in this publication help you be a Game Changer.. His degrees are in technology, and his insufficient sports science information is usually highlighted in his not really citing an individual reference throughout the reserve. No appendix, no end-of-chapter works cited, nothing at all. To say that this publication is definitely grounded in sports technology is ridiculous, and the author's hiding behind the Artwork of sports science does not excuse his for his lack of education on the topic of which he is writing. If you are looking for a book about sport technology, buy a publication about sport science. Video game Changer truly highlights the art of sports science, sun and rain of human being connection that allow a trainer to optimize practice and schooling rather than just system it. Don't buy, get from library, look at it first. This book provides current lessons that continue to inspire and instruct professional and youth instructors and athletes. With topics which range from leadership to psychology to understanding laws of winning and concepts of winning teams, most of the insights shared can also be carried over in to the everyday lives of recreational sports athletes, sports followers, parents, and working professionals. The Book could be read easily from cover to cover or grab out certain principles ... I am no where near a higher level coach, but there's so much they placed into this book that can be used from a young kid's rec league, all the way up to the pros. Connolly and Phil White cover in depth what it takes never to just perform well on the field or the court, but how to come in with a perspective that you earn in life too. to understand the technique and theory of group sports better this is book for you If want to comprehend the strategy and theory of team sports better this is reserve for you. But then it became quite clear. This text supplies the insight that may push a coaches ability to another level. Let's start with the author's credentials: It's no coincidence that there is absolutely no information regarding the author's education or

knowledge to be found anywhere in the book, and that is without doubt because he hasn't an individual degree in Sports Research.. Having the privilege to learn from authors Connolly and White provides a refreshing modify of perspective into the world of sport performance. Current and Relevant Insights Into Elite Performance That Also Inspire and Teach Game Changer provides a refreshing perspective into elite performance in sports activities from both the player and coach point of views. The task of balancing psychosocial and tactile factors into practice and training can limit the real-existence applicability, but if performed correctly could be a game changer. Having the privilege to learn from authors Connolly and White . I would highly recommend this book to you Fergus Connolly and Phil Light do an incredible job of laying out a different thought process when it comes to sports.Exclusive insight into elite performance and sport Fergus brings an extremely exclusive perspective to elite functionality, and this book information that in a powerful way. If you're a coach, don't mind spending time in training, an intrigued mother or father, or simply simply a lover of most things sports, I would recommend this book for you.



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