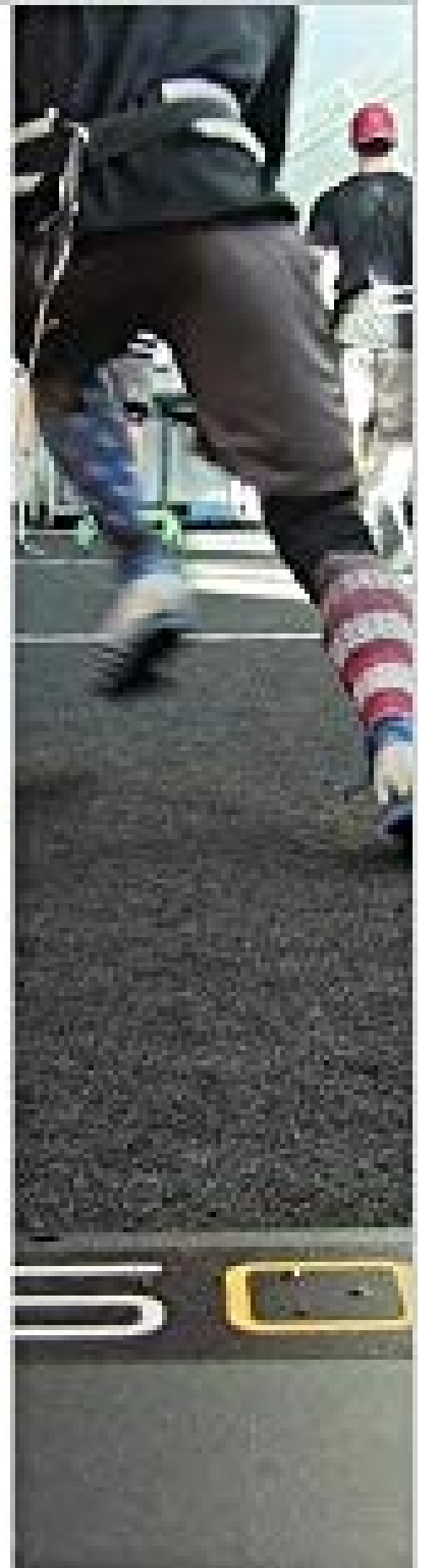


INTENT

A Practical Approach to
Applied Sport Science for
Athletic Development

Justin Roethlingshoefer
and Devan McConnell



Justin Roethlingshoefer

Intent: A Practical Approach to Applied Sport Science for Athletic Development



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Intent takes you in the world of two power and conditioning instructors and how they continue steadily to develop a holistic approach to sport science to work with their players to help them achieve their ideal levels of power, power, and velocity. It requires a mindfulness on everyone's part to help make the elements of Intent work. Power and conditioning coaches help provide head instructors with a physically and emotionally better-ready athlete. When players and coaches are on the same page, that group can reach for the best rung. The methodology shared in Intent can be used from high school to all levels of professional sports. Intent explains the different areas of sport science to give players an edge also to assist head coaches in preparing their practice and video game strategies. It takes intent. This book will not discuss a set plan but shows different parts that enable power and conditioning instructors to establish individual programming while maintaining team mentality.



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Devan McConnell is an excellent coach who is not only on the cutting edge of sports functionality, but does a fantastic job of making complex concepts clear to see. As a 20+ calendar year endurance sports coach, nothing at all was earth shattering to me or "new" per se. Well crafted and pretty basic. but it's GREAT to find stick and ball based functionality coaches embracing some of the easy to use technology available these days to monitor athletes.. We am a former workout physiology main @ UMass Lowell and I interned with Devan throughout my junior and senior year. Frequently collecting data or looking at data it becomes overpowering trying to decide how to interpret it or what to do next. From anyone who has been luckily enough to see the cutting edge technology, methods of software, and evidence-based schooling that this book exhibits in person, this is a must buy and a must read. Sport coaches, you will gain beneficial in-sight on current analysis that lots of aware even existed. Power coaches, you can be informed on the newest methods of things like data tracking, development, and leading edge research that is not always found unless sought out. As a high school sport academy strength coach it has given me tips for measuring the adaptations, outputs, and workloads for my athletes and knowing if the training program does what it is intended to do. The perfect first book to try to grasp an understanding of sports science! The layout of the book allows for a quick read that can be easily understood by sports performance coaches and sport specific coaches without background in sports science. Devan McConnell is an excellent coach who is not merely on the cutting edge .For a field as complex as sports science, Justin and Dev execute a fantastic job of setting up a foundation anyone can build on predicated on their own years of working experience and knowledge of applied sports. Simplified athlete data! The is a good tool for strength and conditioning specialists at all levels. The quantity of knowledge and working experience I gained from him was insurmountable and he's by far one of my biggest mentors, somebody I respect, and somebody I know really cares about not only his athletes, however the current/long term eras of sport research. INTENT simplifies the research and methods for collecting and implementing the data. Players, you will end up taken on a behind the scenes look as to what goes into planning and implementing among your typical times whether practice or game, in-season or off-season & most of all, you will learn how to take care of your bodies with effectively/correctly. Intent could and should be utilized by sports performance coaches to start dialogue about further development of monitoring of sportsmen within the team environment. LEADING EDGE and Evidenced-Based Content, Perfect for Strength Coaches, Sport Coaches, and Players Alike!great intel from 2 coaches on the front lines good intel from 2 coaches on the front lines! His knowledge as a coach in the trenches makes him someone that sport coaches and sports performance coaches can learn a whole lot from Five Stars An excellent addition to any instructors library. Readable, practical, applicable. I cannot say enough good stuff about this book.



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