
Condition The Nba Way

From Hang Time to Prime Time

LeBron James vs. the NBA

My Basketball Touch and Feel

Chasing Perfection

KD

Money Players

Basketball the Right Way

Total Fitness the NBA Way

NBA Basketball Basics

High-performance Sports Conditioning

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Condition the NBA Way
Letters to a Young Athlete
Elevated
By the Grace of the Game
NBA Power Conditioning
The Science of Basketball
Toughness
Furious George

Sprawlball
The Road to the NBA
Giannis

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MCDANIEL MCGEE

From Hang Time to Prime
Time Human Kinetics

This guide was written by 14 leading strength and conditioning coaches of the NBA who share crucial secrets to success on the court. It includes BC (Basketball Conditioning) Power Rating, an innovative self-test

created especially for this book, consisting of 8 physical tests which will monitor your improvement as an athlete. This will enable you to compare yourself to other players and add a new dimension to your efforts to improve your game. The guide will help you run faster, jump higher, move more quickly, be stronger, and reduce your chance for injury based on

information from NBA strength and conditioning coaches. There are even charts and workout sheets to keep track of your progress. Illustrated.

LeBron James vs. the

NBA Hachette UK

Golden State Warriors insider and bestselling author Marcus Thompson delivers the definitive biography of one of the most extraordinary basketball players in NBA history—Kevin Durant.

The NBA has never seen a player quite like Kevin Durant. Larry Bird wasn't as quick, Magic Johnson didn't have such a range, and Michael Jordan wasn't seven feet tall. Durant handles the ball like Allen Iverson, shoots like Dirk Nowitzki, and has the scoring instincts of Kobe Bryant. He does it in a body that's about as big as Hakeem Olajuwon. But ultimately, Kevin Durant is like no one but himself. After an incredible first season with Golden State, Kevin Durant earned the coveted NBA Finals MVP

award: he was the Warriors' top scorer in every game of the 2017 Finals, helping the team snatch the title from LeBron James and the defending champion Cleveland Cavaliers. As a sports columnist for The Athletic Bay Area, and longtime beat reporter covering the Golden State Warriors, Marcus Thompson is perfectly positioned to trace Durant's inspirational journey. KD follows Durant's underdog story from his childhood spent in poverty outside DC; to

his rise playing on AAU teams with future NBA players; to becoming a star and hometown hero for the Oklahoma Thunder; to his controversial decision to play for the NBA rival Golden State Warriors; to his growth from prodigy into a man, in the first true inside account of this superstar player. KD is a powerful, moving biography of a modern-day legend and an essential read for all sports fans—or anyone who wants to know: what's it like to shoot for

greatness?

My Basketball Touch and Feel Hachette Books
NBA conditioning practices are discussed.

Chasing Perfection
Routledge
Includes a new chapter exclusive to the paperback edition! Three of America's top sports journalists have teamed up to investigate the politics of the National Basketball Association. This work chronicles one season in the NBA and shows the systematic cover-up of corruption over the years--including

scandals involving some of the biggest names in the sport today. 16-page photo insert.

KD Xlibris Corporation
An unflinching memoir from the six-time NBA Champion, two-time Olympic gold medalist, and Hall of Famer, revealing how Scottie Pippen, the youngest of twelve, overcame two family tragedies and universal disregard by college scouts to become an essential component of the greatest basketball dynasty of the last fifty years.

Money Players Penguin
Complete Conditioning for Basketball presents the ultimate in training for the sport from the National Basketball Conditioning Coaches Association, the experts who work daily to maximize the performance potential of the game's top stars. Build your strength and power to be a beast on the boards. Improve your quickness and agility to be a defensive stopper. Increase your vertical jump to rise over defenders for uncontested shots. With over 200

exercises, drills, performance tests, and workouts, plus a 60-minute instructional DVD, Complete Conditioning for Basketball is the most comprehensive training resource for men and women at all levels of competition. Get the most out of your workouts and add new dimensions to your game. Complete Conditioning for Basketball will help you to fulfill your potential and make the most of every opportunity on the court. Basketball the Right Way Mariner Books

Finding a Way to Play is full of stories about girls and women who have gone to great lengths to play the game of basketball. In this book you will read about:* Early pioneers, such as Senda Berenson, who played despite concerns about risks to their health and femininity* Black and Native American women, such as Shoni Schimmel, who endured racial discrimination as they searched for opportunities to play* Lesbians, such as Brittany Griner, who hid their identities for fear of

being denied the chance to play* Women over 50 who ignore aches and pains to rediscover the joys of a childhood passion. Readers will come away with an understanding of the roads women have traveled to bring the game into the future. Those who grew up before Title IX may find themselves or loved ones in the stories of women who kept the earliest flame alive. Total Fitness the NBA Way Harper Paperbacks "The On The Right Path

book series is one that should be read in every household. The life lessons shared through entertaining stories of basketball and faith are invaluable to young minds." - Joel Osteen, Pastor of Lakewood Church "The On The Right Path book series is a slam dunk! The stories are rich with important lessons that kids will enjoy reading. It belongs in every home." - Mike D'Antoni, NBA Coach "The On The Right Path books belong in every school, library, and home, as they

teach invaluable life lessons to children in an entertaining and relatable way." - Kevin McHale, NBA Hall of Famer Join Jayden, Jordan, their little sister Jasmine, and their friend Shai as the group experiences their first basketball camp and learns lessons about life along the way. Parents will love this uplifting book, which encourages children to love others and teaches the importance of making people feel welcome and loved. NBA Coach Brett Gunning and award-

winning author Stacy Padula have teamed up to create the On The Right Path (OTRP) book series. OTRP is also a non-profit organization created by Brett Gunning to guide inner-city youth on the right path to achieving their maximum potential through education, mentorship, and basketball skill development. The core principles of OTRP are guidance, inspiration, and creativity. The book series focuses on six life-skill pillars: Loving Others, Being Unselfish, Staying

Healthy & Strong,
Showing Respect,
Showing Forgiveness, and
Having Fun.

NBA Basketball Basics

Briley & Baxter
Publications

Allen Iverson transcended race, celebrity, and pop culture and emerged from a troubled past to become one of the most successful and highly compensated athletes in the world. Babb examines what drove his successes and failures, getting behind the familiar, sanitized, and heroic version of Iverson-- the

hard-charging, hard-partying athlete who played every game as if it were his last. He brings to life a private, loyal, and often generous Allen Iverson who rarely made the headlines, revealing the back story behind some of Iverson's most memorable moments, and delves deep to discover where Iverson's demons lurked. Over time, Iverson himself came to believe his own hype: that he lived in a world where celebrity is eternal and riches are everlasting. *High-performance Sports*

Conditioning Health Communications, Inc. Michael Jordan is the greatest basketball player of all time. But his pre-eminence is more than just extraordinary athletic ability: the lessons of his life--such as focus, passion, hard work, perseverance and accountability--have shaped him into one of the most revered celebrities of the 20th century. In this inspiring book Pat Williams, motivational speaker and senior vice president of the NBA's Orlando Magic,

reveals Jordan's method for living a life of greatness that we can all incorporate into our lives. Fascinating anecdotes and quotes from those who know Michael best provide a glimpse into a persona as sweeping and immense as any generation has ever witnessed. Peppared with examples from Williams's life and those of other star athletes and celebrities, this uplifting book shows that we are, indeed, all capable of fulfilling our full potential. Readers from all walks of life can

appreciate and aspire to living life like a champion. *NBA Basketball Human Kinetics Publishers* Put more power, strength, and quickness into your game! Now you can, with expert training information from 10 top NBA strength and conditioning coaches-the same people who get Penny Hardaway, Mitch Richmond, Gary Payton and many other all-stars into great shape. Together, these coaches present 122 exercises and drills designed specifically to

improve basketball performance. Whether your goal is to increase your vertical jump, speed, endurance, or strength for shooting or rebounding, you'll find it all, and more, in *>NBA Power Conditioning>*. Part I focuses on Power Preparation-including stretching, nutrition, and conditioning. Part II leaps into strength training, and Part III branches into plyometric, speed, and agility training. Part IV presents the Basketball Conditioning Power Rating System-consisting of eight

tests, and the Complete Power Conditioning Program so you can periodically check and monitor your progress. Players can follow the individual exercises themselves, or coaches can use the book to design a team conditioning program for in- or off-season work. The authors explain the exercises in detail, and provide 215 illustrations to make the program crystal clear. >NBA Power Conditioning> will show you how to work out like the pros and help you

play at the highest level possible.
On The Right Path: Book One Xlibris Corporation
 Perfect for fans of Moneyball and The Book of Basketball, this vivid, thoroughly entertaining, and well-researched book explores the NBA's surge in popularity in the 1970s and 1980s and its transformation into a global cultural institution. Far beyond simply being a sports league, the NBA has become an entertainment and pop culture juggernaut. From all kinds of team logo

merchandise to officially branded video games and players crossing over into reality television, film, fashion lines, and more, there is an inseparable line between sports and entertainment. But only four decades ago, this would have been unthinkable. Featuring writing that leaps off the page with energy and wit, journalist and basketball fan Pete Croatto takes us behind the scenes to the meetings that lead to the monumental American Basketball Association–National

Basketball Association merger in 1976, revolutionizing the NBA's image. He pays homage to legendary talents including Julius "Dr. J" Erving, Magic Johnson, and Michael Jordan and reveals how two polar-opposite rookies, Larry Bird and Magic Johnson, led game attendance to skyrocket and racial lines to dissolve. Croatto also dives into CBS's personality-driven coverage of key players, as well as other cable television efforts, which launched NBA players into

unprecedented celebrity status. Essential reading whether you're a casual or longtime fan, *From Hang Time to Prime Time* is an enthralling and entertaining celebration of basketball history. [The NBA Story](#) Atria Books This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides

information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. *Basketball Sports Medicine and Science* is published in collaboration with ESSKA and will

represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

Man in the Middle

Human Kinetics Strength Training for Basketball will help you create a basketball-specific resistance training program to help

athletes at each position-- guard, forward, or center-- develop strength and successfully transfer that strength to the basketball court.

The Road to the NBA

Coach House Books

A legendary NBA player shares his remarkable story, infused with hard-earned wisdom about the journey to self-mastery from a life at the highest level of professional sports Chris Bosh, NBA Hall of Famer, eleven-time All-Star, two-time NBA champion, Olympic gold medalist, and the league's

Global Ambassador, had his playing days cut short at their prime by a freak medical condition. His extraordinary career ended "in a doctor's office in the middle of the afternoon." Forced to reckon with moving forward, he found himself looking back over the course he'd taken, to the pinnacle of the NBA and beyond. Reflecting on all he had learned from a long list of basketball legends, from LeBron and Kobe to Pat Riley and Coach K, he saw that his important lessons weren't

about basketball so much as the inner game of success—right attitude, right commitment, right flow within a team. Now he shares that journey, giving us a view from the inside of what greatness feels like and what it takes. *Letters to a Young Athlete* offers a proven path for taming your inner voice and making it your ally, through the challenges of failure and success alike.

From the Outside

Strength Training for Sport
Discusses the

fundamental skills of basketball--dribbling, passing, shooting, and rebounding; understanding the team concept; dealing with difficult situations; and more.

Not a Game Simon and Schuster

Chasing Perfection goes behind the scenes of the multi-million dollar, high-stakes world of basketball player development, research and analysis, and the often secretive, cutting-edge methods that NBA franchises use to turn less-expensive,

supporting players into vital parts of championship teams. NBA superstars push as close to perfection as we're likely to see, but they are few and far between. The farther you get from the league's top echelon of talent, the more it's up to the players—and their teams—to develop and utilize their strengths while diminishing and masking their weaknesses as much as possible. There are no perfect basketball players, but there are plenty of perfected ones, who start

with a basis of skill and physical ability and then are refined further and further in order to move closer and closer to their absolute potential. In *Chasing Perfection*, national sportswriter Andy Glockner reveals that, though the concept of player improvement is as old as basketball itself, the current era of Big Data analytics in the NBA is transforming that process more quickly and aggressively than anything we have seen before. Players are learning more and more

about themselves through video and data visualization, seeing how things like diet and sleep can impact their performance, and learning how having healthy joints and role-specific workout plans are lengthening and improving their careers. Teams are internalizing the same lessons, as well as figuring out how to better implement optimal on-court strategies, how to refine their approaches to player acquisition and how to gauge the varying values and success rates of different, crucial team-

building strategies. It's an absolutely fascinating time to be a fan, as the marriage of basketball and technology is bringing two of our most popular and competitive worlds together in compelling fashion. Using the 2014–15 NBA season as a prism to explore this mesh of sport and science, Glockner offers detailed perspective from NBA players, coaches, team management, and media, offering a comprehensive insider's view of how analytics are shaping the basketball we

watch, and how those who are lagging behind in the technology race already are feeling the competitive hit.

Complete Conditioning for Basketball Triumph Books
ESPN basketball analyst and former Duke player Jay Bilas looks at the true meaning of toughness in this New York Times bestselling book that features stories from basketball legends. If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike

Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's SportsCenter and College GameDay. Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches,

teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood—yet vital—attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others—Bilas redefines what it takes to succeed.

How to Be Like Mike

Triumph Books

What can you learn from the most successful companies in the world? The NBA Story will help you understand and adopt the competitive strategies, workplace culture, and daily business practices that enabled the exciting basketball league to become the powerhouse it is today. Today's NBA is filled with larger-than-life figures, like LeBron James, James Harden and Stephen Curry, who effortlessly dominate the

courts. But it wasn't always so glamorous. The multi-billion-dollar league has grown from humble roots into a sports powerhouse that is loved around the world due to savvy digital marketing and a global focus. Thanks to the popularity of individual players and team rivalries, the NBA has survived league mergers and financial crisis. Teams have earned the respect of millions of loyal fans who are dedicated to the success of each and every organization within the

league. Through the story of the NBA, you'll learn: How to keep a dream alive when it seems like no one wants to see it come true. How a company can find their way out of a financial crisis. How presentation is the secret sauce to the success of any show. And how a company can build a loyal fanbase who will do anything to keep them on top.

Disfigured DK Publishing (Dorling Kindersley)
A CBC BOOKS BEST
NONFICTION OF 2020 AN
ENTROPY MAGAZINE BEST

NONFICTION 2020/21 A
NEW YORK PUBLIC
LIBRARY BOOK OF THE
DAY (07/23/2022) Fairy
tales shape how we see
the world, so what
happens when you
identify more with the
Beast than Beauty? If
every disabled character
is mocked and mistreated,
how does the Beast ever
imagine a happily-ever-
after? Amanda Leduc
looks at fairy tales from
the Brothers Grimm to
Disney, showing us how
they influence our
expectations and
behaviour and linking the

quest for disability rights
to new kinds of stories
that celebrate difference.
"Historically we have
associated the disabled
body image and disabled
life with an unhappy
ending" - Sue Carter,
Toronto Star "Leduc
persuasively illustrates
the power of stories to
affect reality in this
painstakingly researched
and provocative study
that invites us to consider
our favorite folktales from
another angle." - Sara
Shreve, Library Journal
"She [Leduc] argues that
template is how society

continues to treat the
disabled: rather than
making the world
accessible for everyone,
the disabled are often
asked to adapt to
inaccessible
environments." - Ryan
Porter, Quill & Quire
"Read this smart,
tenacious book." - The
Washington Post "A
brilliant young critic
named Amanda Leduc
explores this pernicious
power of language in her
new book, *Disfigured ...*
Leduc follows the bread
crumbs back into her
original experience with

fairy tales – and then explores their residual effects ... Read this smart, tenacious book." – The Washington Post "Leduc investigates the intersection between disability and her beloved fairy tales, questioning the constructs of these stories and where her place is, as a disabled woman, among those narratives." – The Globe and Mail "It gave me goosebumps as I read, to see so many of my unexpressed, half-formed thoughts in print. My highlighter got a good

workout." – BookRiot "Disfigured is not just an eye-opener when it comes to the Disney princess crew and the Marvel universe – this thin volume provides the tools to change how readers engage with other kinds of popular media, from horror films to fashion magazines to outdated sitcom jokes." – Quill & Quire "It's an essential read for anyone who loves fairy tales." – BuzzFeed Books "Leduc makes one thing clear and beautifully so – fairy tales are fundamentally fantastic,

but that doesn't mean that they are beyond reproach in their depiction of real issues and identities." – Shrapnel Magazine "As Leduc takes us through these fairy tales and the space they occupy in the narratives that we construct, she slowly unfolds a call-to-action: the claiming of space for disability in storytelling." – The Globe and Mail "A provocative beginning to a thoughtful and wide-ranging book, one which explores some of the most primal stories readers have encountered

and prompts them to ponder the subtext situated there all along." - LitHub "a poignant and informative account of how the stories we tell shape our collective

understanding of one another." - BookMarks "What happens when we allow disabled writers to tell stories of disability within fairytales and in magical and supernatural

settings? It is a reimagining of the fairytale canon we need. Leduc dares to dream of a world that most stories envision is unattainable." - Bitch Media