



NSCA's Strength and Conditioning Manual for High School Coaches

National Strength and Conditioning Association (NSCA)

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In this indispensable resource, the National Strength and Conditioning Association (NSCA) describes how to design a strength and conditioning program for high school athletes. Covers program design, warm-up, stretching and flexibility, resistance exercises, plyometrics, speed development, agility, and offers special sections on exercise physiology and nutrition. Provides sample programs and guidelines, and features over 80 exercises and drills (with complete descriptions and photographs) that coaches can use in their programs.

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