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SPORT

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PUBLISHER

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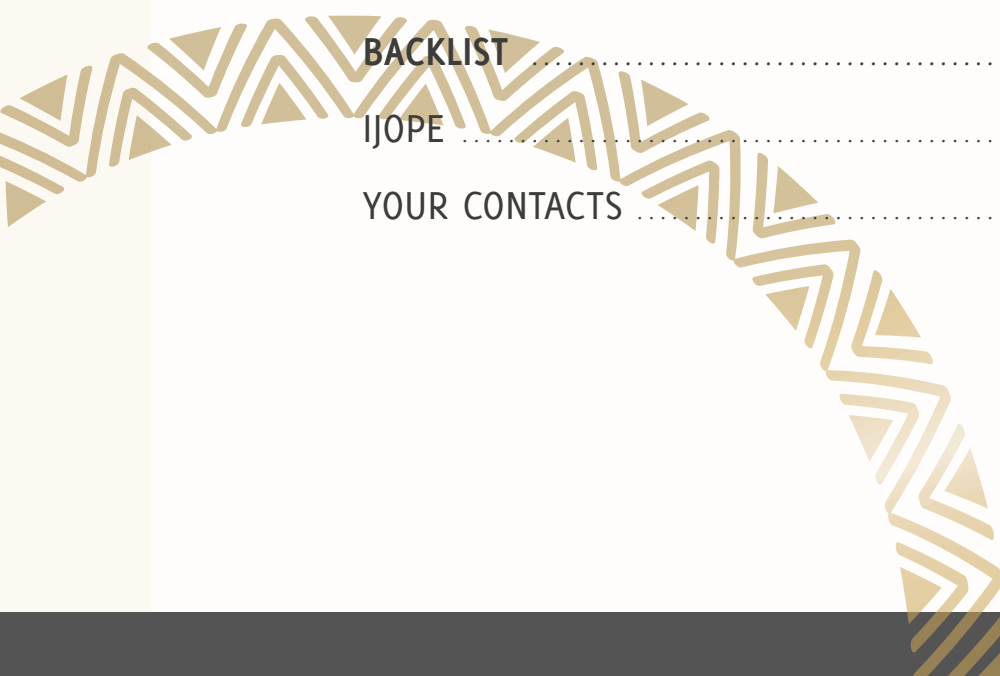




SPRING 2025

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WHO IS MEYER & MEYER SPORT?

Meyer & Meyer Sport is Europe's leading specialist sport publishing house. Founded in 1984 in Aachen, Germany, it is widely accepted as one of the best sports publishers in the world. Meyer & Meyer Sport is renowned for the quality of its products and authors—many are leading figures and experts within their respective fields.

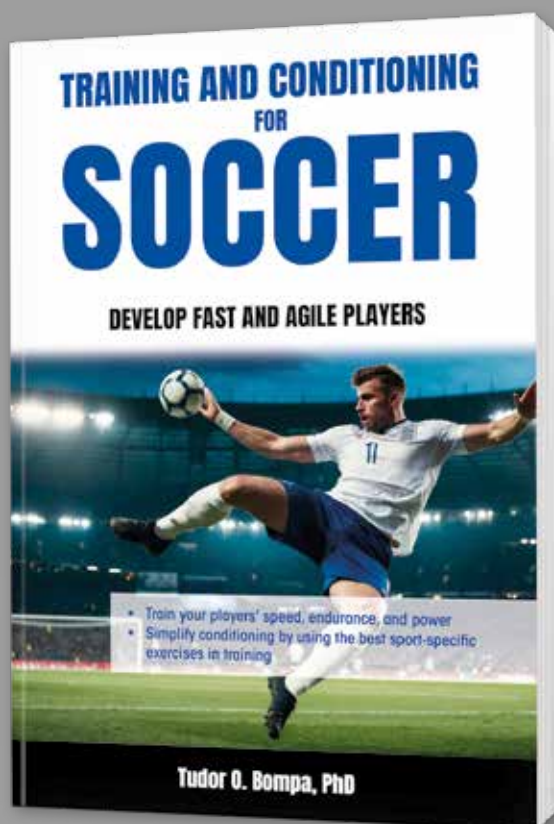
Meyer & Meyer Sport publishes books on a broad range of subjects in sport, fitness, strength training, and health. Its focus is on providing quality content for its readers. With this in mind, Meyer & Meyer Sport produces books on **core training**, i.e., foundational information for the beginner or average enthusiast; **elite training** for the more advanced athlete; **core coaching**, i.e., foundational information for the new coach or parent coach; and **elite coaching** for the more advanced coach of elite-performance athletes and teams. Additionally, its list includes **narratives** and **biographies**, all with sport as their central theme.

With a list of more than 2,000 titles in both English and German, the company provides a range of products from handbooks, practical how-to guides, and self-improvement manuals to biographies, the inspirational and the fun. Meyer & Meyer Sport is also home to numerous prestigious academic books, journals, and theses in the field of Sports Science.

TRAINING AND CONDITIONING FOR SOCCER

MARCH 2025

DEVELOP FAST AND AGILE PLAYERS



Training and Conditioning for Soccer is the perfect book to help coaches introduce strength training and conditioning into their training programs.

The reader is given information on the fundamentals of the game, physiological demands, and training methodology needed to develop strength and power. Then, the best training methods for developing game- and position-specific endurance are introduced. Also included are brief discussions of those more popular yet ineffective training methods used today, clarifying why the methods in this book are superior for training speed and agility. Finally, there are sample training plans for developing each physical ability as well as the best strength training exercises to incorporate into practice.

Written by Tudor Bompă, the creator of periodization training, this is the best guide for introducing strength training into soccer practice to develop faster and more agile players!

TUDOR O. BOMPA, PHD, revolutionized many aspects of Western training methods when he introduced his groundbreaking theory of periodization in Romania in 1963. Dr. Bompă also applied his principle of periodization to the development of strength, speed, agility, and endurance. He has personally trained 11 Olympic medalists (four gold), has served as a training and planning consultant to eight other Olympic and world champions, and as an adviser to coaches and athletes worldwide.

256 p., b/w, 200 photos & illus.

Paperback, 6" x 9"

ISBN (print): 9781782552819

ISBN (eBook): 9781782555551



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GETTING TO GRIPS

A UNIQUE BREAKDOWN OF BATTING IN CRICKET FOR COACHES AND PLAYERS

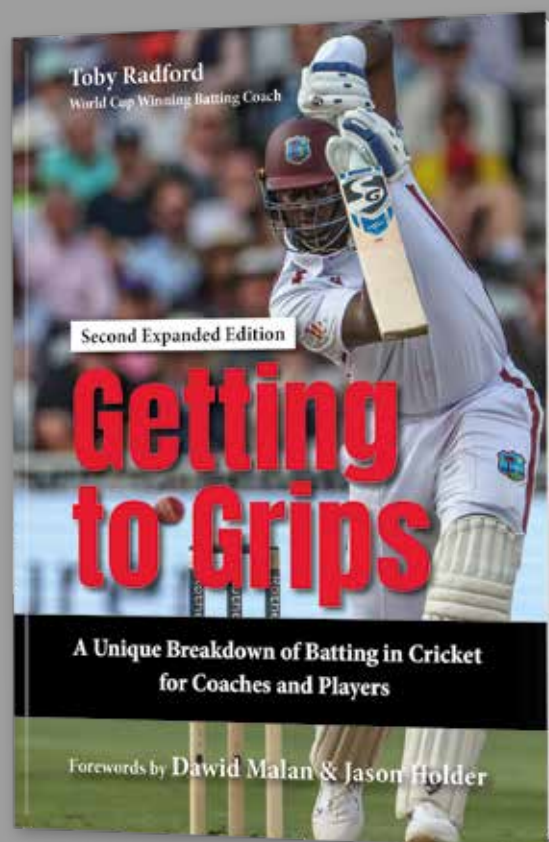
SECOND EXPANDED EDITION

APRIL 2025

Getting to Grips is for cricket coaches and players of all ages. It offers skills, drills, and practical solutions to common batting problems. Author Toby Radford uses his experience as an international batting coach to offer invaluable insight into what makes the world's best players so successful.

This second expanded edition includes new technical analysis of international and county batsmen and offers practical guidance for players preparing for, and managing, their innings as well as how to cope with any unwanted yet inevitable runs of poor form. For coaches, there is a new and detailed breakdown of how to structure a one-to-one session with a batsman to quickly improve and maximize their potential.

The effective techniques, skills, and drills are the same Toby uses with the world's top batsmen in the West Indies, in Bangladesh, and with the ECB, and are all offered here to help take playing or coaching to the next level.



TOBY RADFORD is widely regarded as one of the best batting coaches in the game. Toby was head coach when Middlesex was crowned English T20 Champions in 2008, and batting coach when the West Indies won the T20 World Cup in Sri Lanka in 2012. Following a successful spell as an England and Wales Cricket Board (ECB) national coach, Toby launched the Middlesex Cricket Academy. In 2010 Toby set up the West Indies High Performance Centre in Barbados. He coached top players in the Caribbean for 10 years. Toby is currently batting coach for Kent County Cricket Club.

Second Edition

202 p., in color, 214 photos & illus.

Paperback, 5.5" x 8.5"

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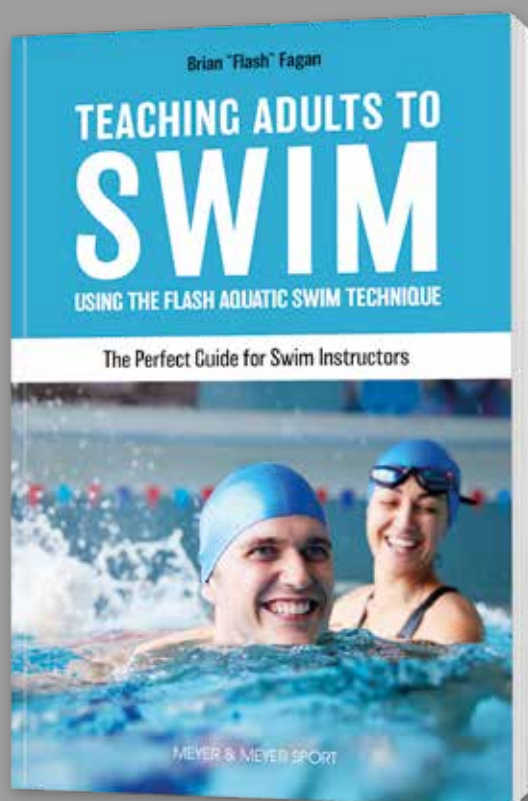
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TEACHING ADULTS TO SWIM

USING THE FLASH AQUATIC SWIM TECHNIQUE—THE PERFECT GUIDE FOR SWIM INSTRUCTORS

MAY 2025



In the US, more than half of adults either cannot swim or don't have all the basic swimming skills. *Teaching Adults to Swim* gives swim instructors lesson plans, tips, and advice that will help their adult swim students to overcome their fear of the water and learn to swim.

Using his Flash Aquatic Swim Technique, swim coach Brian Fagan provides detailed instruction for the swim instructor. With comprehensive lesson plans, instructors are shown how to teach the four main swim strokes: freestyle, backstroke, breaststroke, and butterfly. This book is the instructor's guide to troubleshooting fear of the water or correcting poor swimming skills. There are even chapters on workouts to build stamina and swim equipment so that the student can easily transition from beginner to intermediate swimmer.

With this book, instructors can put their adult swimmers at ease in the water. Their students will be swimming the length of the pool, treading water, and even jumping into the deep end with confidence.

BRIAN "FLASH" FAGAN has taught and coached swimming for more than 30 years. His students have ranged from children to seniors, beginners to professional athletes. Brian is a Level II US Masters swim coach and a certified adult swim instructor. He is the founder of Flash Aquatics Swim Technique and is currently the director of Adult Swim Instruction at the Rutherford Swim Association. Brian and his wife, Renee, live in New Jersey and Florida.

176 p., b/w, 63 photos & illus.

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FREE SPEED

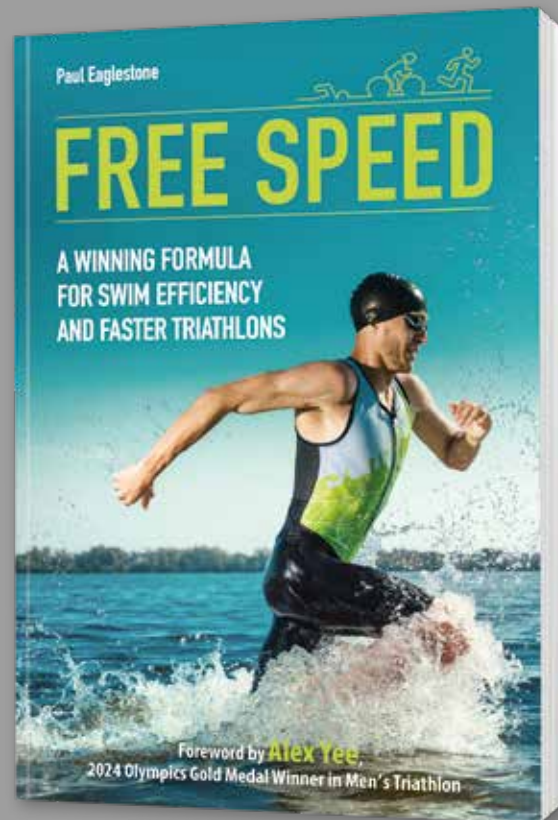
A WINNING FORMULA FOR SWIM EFFICIENCY AND FASTER TRIATHLONS

MAY 2025

Free Speed is coach Paul Eaglestone's breakthrough training method that combines efficient swimming technique with a pace-setting formula to achieve faster triathlons. By measuring efficiency through stroke count against time-specific goals and with Paul's swimming technique, the triathlete is able to preserve energy for the cycling and running legs of the triathlon without sacrificing pace in the water.

Paul explains how to train and practice using the best swim technique and how to improve pace over short distances using his 17/20 method before progressing to race distance. He also covers the other aspects of triathlon swimming—basic equipment, race planning, open water swimming, starts and turns, and more. The readers are given the tools to design their own training sessions based on their own specific goals and targets, and always with an eye on getting the most out of each session.

Swim faster triathlons with *Free Speed*!



PAUL EAGLESTONE has coached swimming and triathlon for 30 years, and he is still taking athletes to the podium today. Paul was Alex Yee's swim coach throughout Yee's teens. Athletes use Paul's methods in coached sessions as well as in their own self-directed training. He is passionate about spreading his training ideas, which are simple but highly effective, to as many people as possible, particularly those who may not have their own coaches. Paul currently resides in the United Kingdom.

232 p., b/w, 70 photos & illus.

Paperback, 6" x 9"

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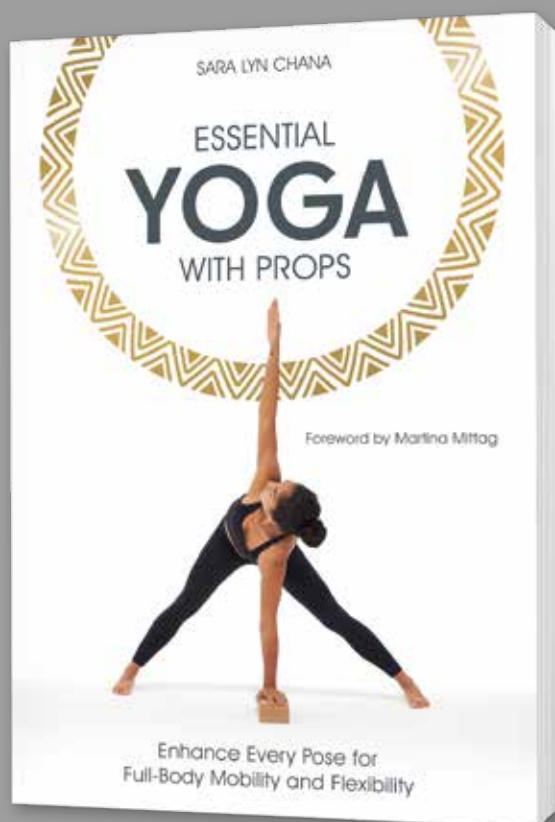
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ESSENTIAL YOGA WITH PROPS

ENHANCE EVERY POSE FOR FULL-BODY MOBILITY AND FLEXIBILITY

MARCH 2025



Essential Yoga With Props is the perfect guide for yoga practitioners at all levels. Beginners are given basic instruction on correct yoga postures, whereas the use of yoga props challenges experienced yogis by improving their form and attaining precise body alignment. Those with physical disabilities and who may struggle with their own mobility and balance are encouraged to practice yoga with the support of props.

Within this book are the most important and fundamental asanas, variations, and sequences for strength and alignment, supported stretches, relaxation, and centering the core. By using yoga props, the yogi can better understand each of the yoga poses, and how precise execution can affect total-body flexibility and mobility. Finally, yoga teachers will find the tools to innovatively design their lessons so that they meet students where they are in their personal practice. Using props makes yoga accessible to everyone. Achieve stability, mobility, and flexibility with *Essential Yoga With Props*!

SARA LYN CHANA is a yoga teacher, Pilates trainer, and certified journalist with more than 10 years of professional experience. She completed her 500 hours of yoga teacher training in Hatha, Ashtanga, and Vinyasa Yoga in Goa and Rishikesh, India. In addition to her online yoga programs, she organizes international retreats, training for yoga teachers, as well as one-on-one online coaching for yoga teachers. With her 17-year ballet career and intensive practice in martial arts, her teaching style combines physical awareness with mental strength. Find Sara online at www.saralynyoga.com.

208 p., in color,

242 photos & illus.

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TRAINING WITH KETTLEBELLS FOR STRENGTH AND MOBILITY

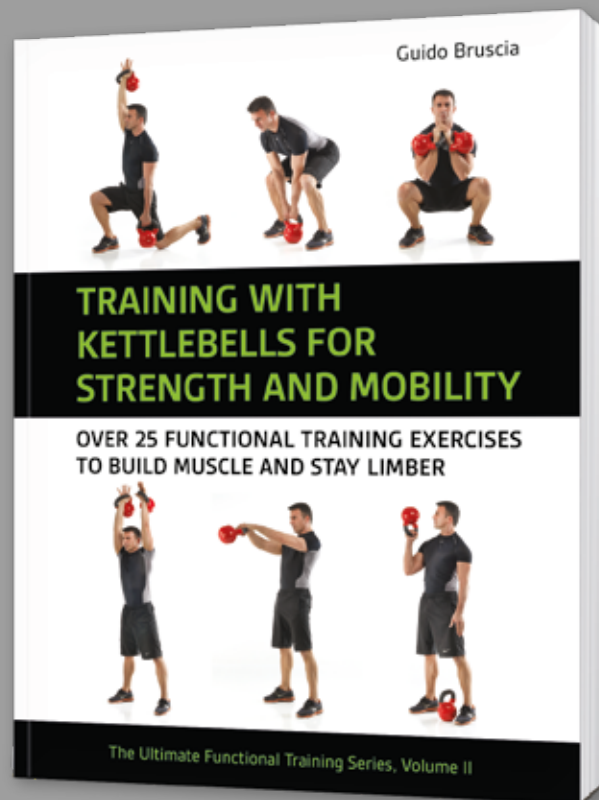
OVER 25 FUNCTIONAL TRAINING EXERCISES
TO BUILD MUSCLE AND STAY LIMBER

APRIL 2025

Volume II in the Ultimate Functional Training Series, *Training With Kettlebells for Strength and Mobility*, includes 25 functional kettlebell exercises that improve strength, build muscle, and reduce the risk of injury.

The exercises target the lower body, core, and upper body. As the reader has progressed in strength and mobility by mastering the bodyweight exercises found in volume I, they will build on their foundation by adding additional kettlebell weight. Also included are sample training plans for strength, hypertrophy, and toning which can be implemented into any workout routine, at home or at the gym. With *Training With Kettlebells*, readers will revolutionize their health and athletic performance!

The Ultimate Functional Training Series is a compilation of the best functional training exercises in four volumes: *Training With Bodyweight*, *Training With Kettlebells*, *Training With Medicine Balls*, and *Training With Sandbags*.



GUIDO BRUSCIA is a master trainer who is well known worldwide for functional and kettlebell training. He is the technical director of the Functional Training School, and he also teaches at institutions for fitness and bodybuilding coaches and personal trainers. He has written several bestselling books. He invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students. Guido lives in Rimini.

200 pages, in color,
102 photos & illus.

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TAEKWONDO POOMSAE 1-8

THE FORMS AND THEIR MEANING IN THE ART OF CLOSE COMBAT

JUNE 2025



Examine the true and deeper nature of taekwondo movement patterns with *Taekwondo Poomsae 1-8*! Within this book are the eight main Poomsae (or movement) forms of Taekwondo. Each move is broken down into steps which are further enhanced by detailed photos. Not only are the movements themselves presented, but the author also organizes each Poomsae based on its effectiveness, highlighting the vital points and nerve centers of the attack. All the techniques presented are easy to learn and can be mastered quickly.

Additionally, the reader will find historical background on Taekwondo, its evolution to the forms we know today, and the philosophy of this type of combat, leading to the reader's deeper understanding of this martial art. It is the perfect book for every practitioner!

SANDRO STÜCKLER has trained under Korean Grandmasters Yoon Dong Il and Park Seung Kwan. He later studied Hap Ki Do techniques under Master Gilbert Neuwirth, and he studied with Grandmaster Shin Ik-Jin. Sandro began focusing on traditional Taekwondo under KwanJangnim Master Dr. Andreas Held. For the past 10 years, he has overseen schools in Graz, Austria, affiliated with the largest Austrian traditional Taekwondo system: Yu-Taekwondo. His teaching includes Taekwondo courses in schools and self-defense programs. Additionally, Sandro conducts training camps, emphasizing practical exercises and in-depth knowledge about Taekwondo.

144 pages, b/w, 418 photos & illus.



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THE MENTAL GAME

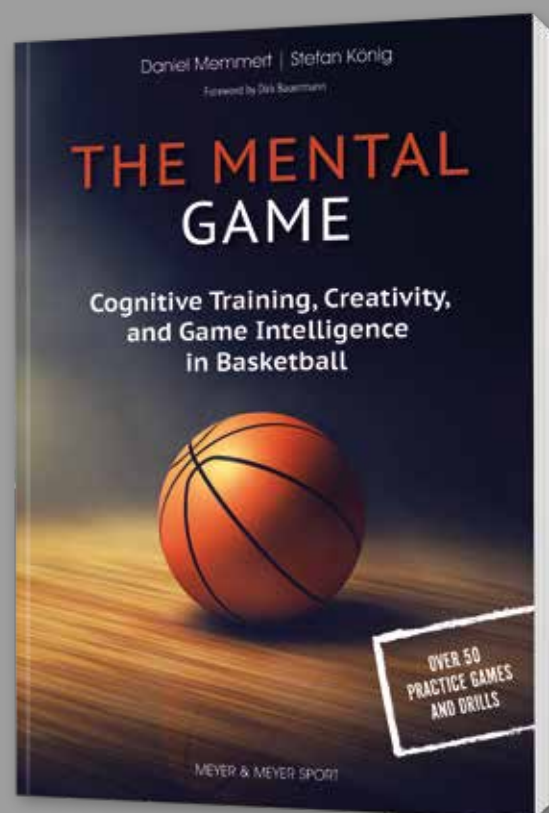
COGNITIVE TRAINING, CREATIVITY, AND GAME INTELLIGENCE IN BASKETBALL

JUNE 2025

World-class basketball players like Nikola Jokic and Caitlin Clark seem to effortlessly conjure not only unusual but also masterful technical and tactical plays on the court. Coaches of elite players know that to be able to play at such a top level requires fast thinking and sharp game intelligence.

This book offers a theoretical framework in which anticipation, perception, attention, and memory processes play a big role in training. Diagnostic tools and useful examples for training cognitive abilities are provided to help the coach and player understand the science behind training mental speed.

To round out training, the authors also include more than 50 game activities which can be incorporated into practice to train players' cognitive skills and improve their mental game. Dominate on the court by training cognitive creativity and mental speed with *The Mental Game*!



PROF. DR. DANIEL MEMMERT is executive head of the Institute of Exercise Training and Sport Informatics at the German Sports University Cologne. His main research areas are movement science, sport psychology, and sport informatics. He holds trainer licenses in soccer, snowboarding, and alpine skiing, and he is the author of books on modern sport training. In addition, he cooperates with national and international professional clubs, the German national team, and DAX companies. He organized the first international master's degree in Game Analysis.

PROF. DR. STEFAN KÖNIG is a professor at the Sports Center as well as director of the Research Center for Secondary Education at the Weingarten University of Education. His scientific work focuses on training science; school sports research; sports game research; and research methodology.

208 pages, in color,
97 photos & illus.

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We look forward to hearing from you!



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Fall 2024

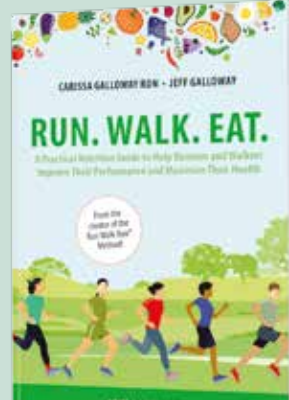


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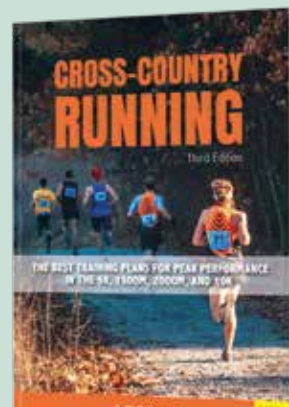
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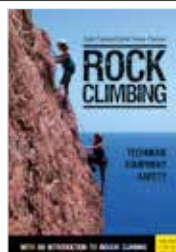
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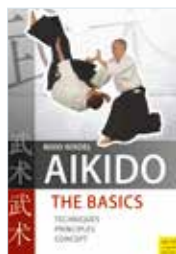
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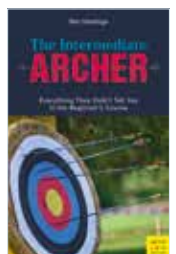
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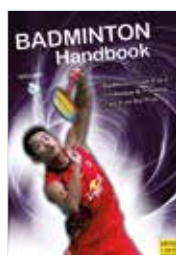
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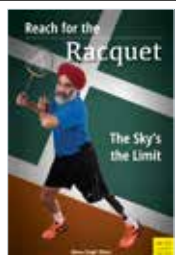
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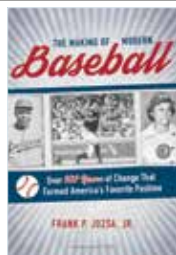
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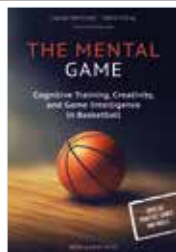
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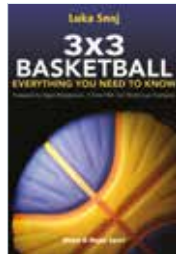
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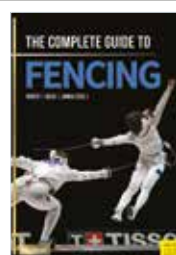
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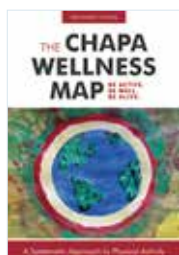
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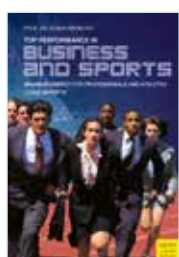
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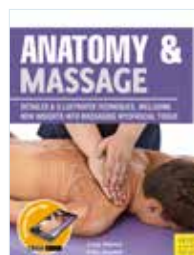


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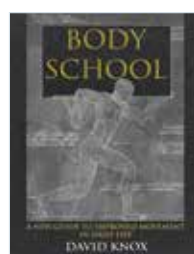
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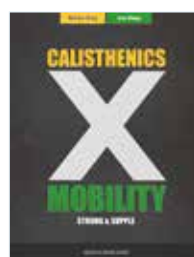
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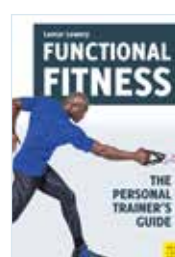
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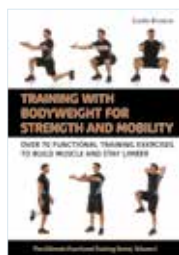
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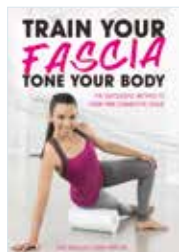
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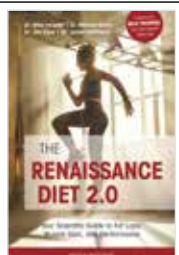
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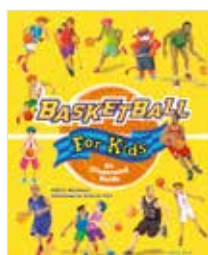


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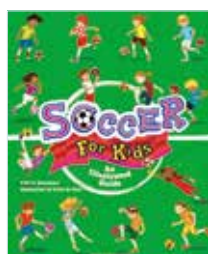
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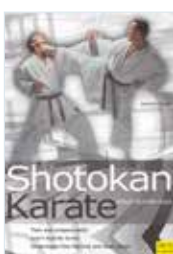


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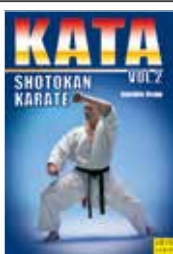
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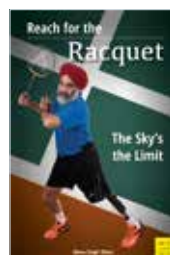
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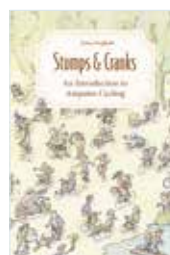
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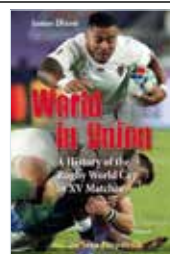


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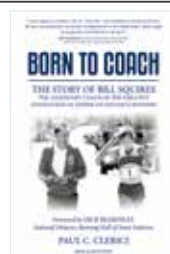
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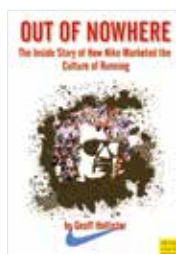
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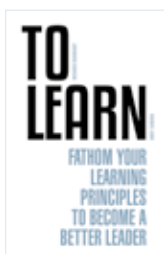
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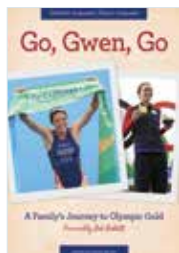
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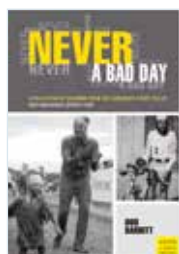
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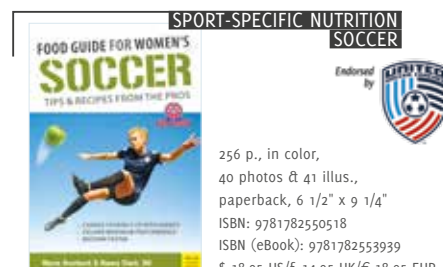
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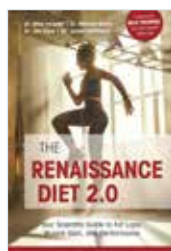
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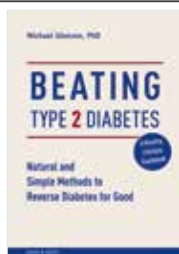
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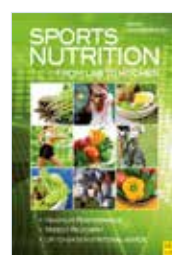
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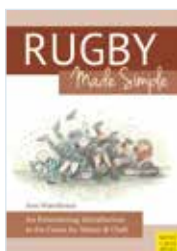
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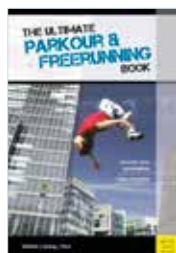
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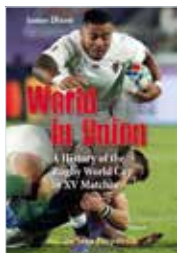
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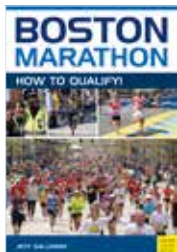
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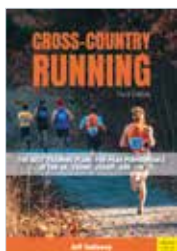
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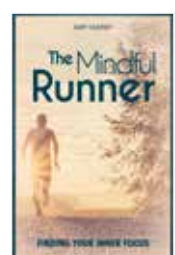
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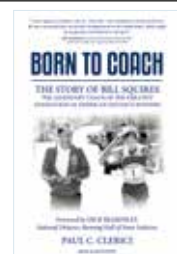
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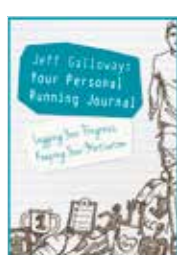


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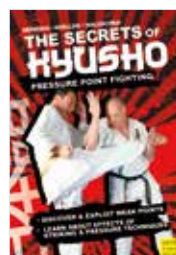


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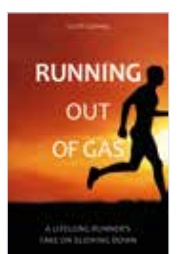


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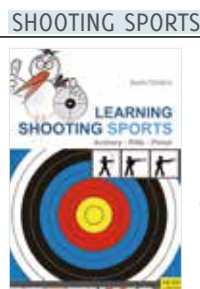
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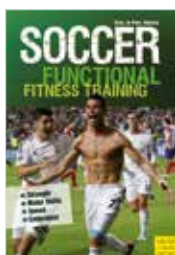
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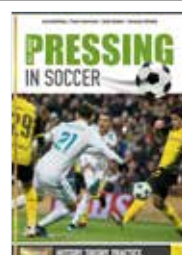
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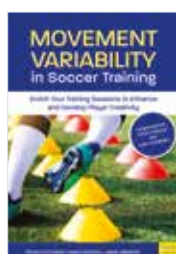
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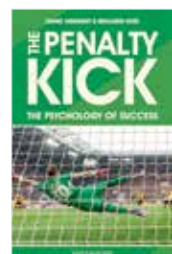
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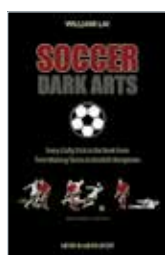
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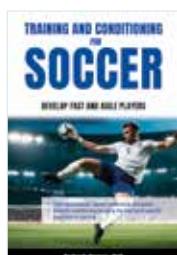
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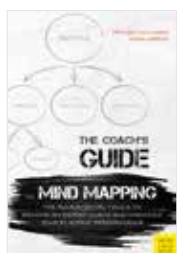
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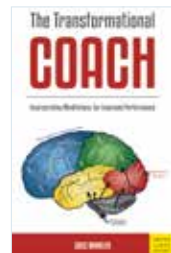
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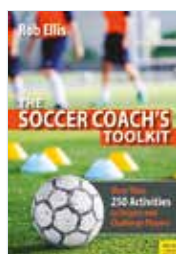
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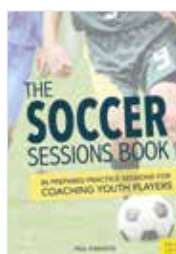


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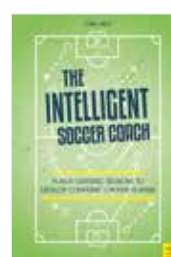
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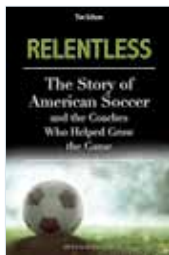


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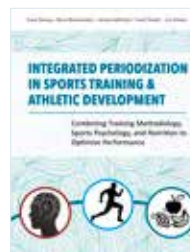
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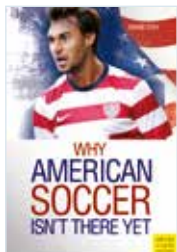
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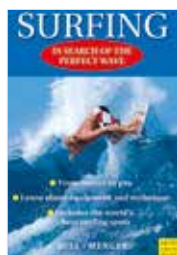
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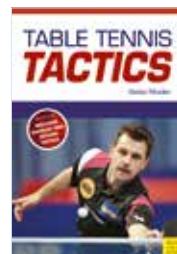
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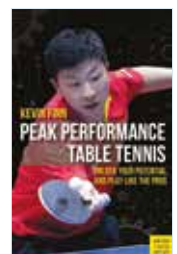
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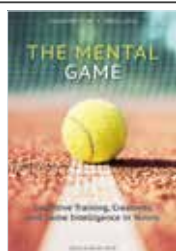
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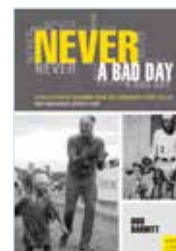


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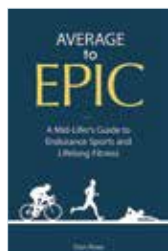
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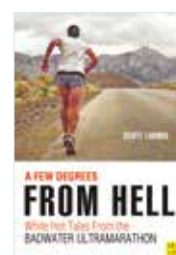


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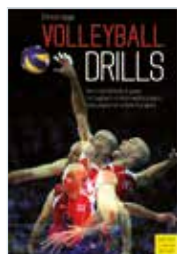


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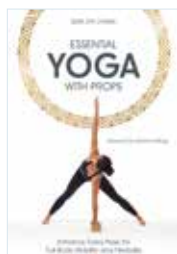
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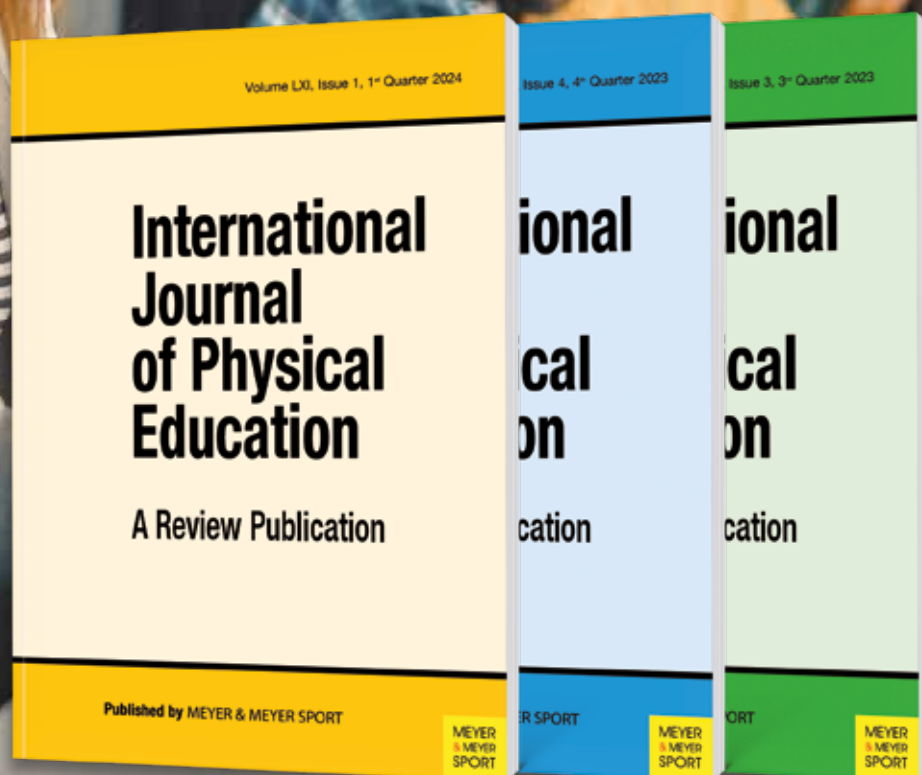
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