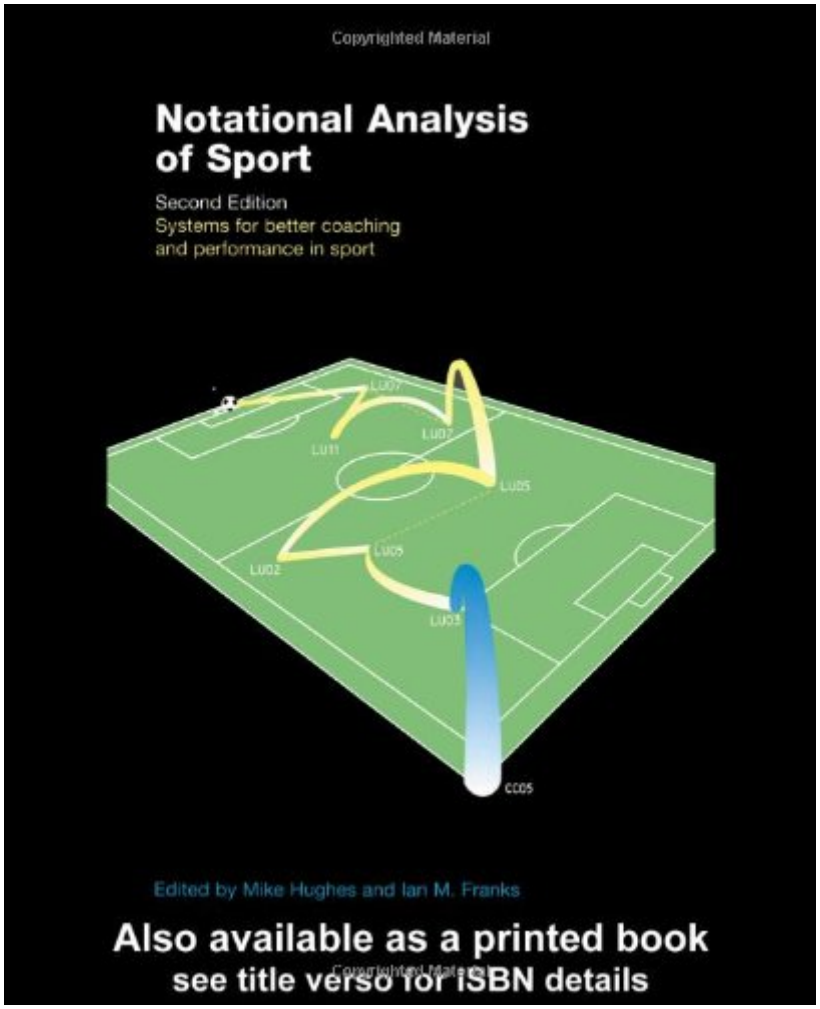
Notational Analysis of Sport: Systems for Better Coaching and Performance in Sport PDF



Notational Analysis of Sport: Systems for Better Coaching and Performance in Sport by ISBN 0415290058

Notational analysis is used by coaches and sport scientists to gather objective data on the performance of athletes. Tactics, technique, individual athlete movement and work-rate can all be analyzed, enabling coaches and athletes to learn more about performance and gain a competitive advantage.

Systems for notational analysis are becoming increasingly sophisticated, reflecting the demands of coaches and scientists, as well as improvements in technology. This new edition is updated with information about the latest technology and research in notational analysis. There's also practical

guidance for constructing notational systems for any sport and relating data to real-life performance and coaching.

Notational Analysis of Sport: Systems for Better Coaching and Performance in Sport Review

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