



Pliometría: Destrezas Motoras y Ritmo de Movimiento en el Baloncesto (Spanish Edition)

Luis A. Carrero-Santiago

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PLIOMETRÍA es un libro indispensable para maestros de Educación Física, dirigentes, entrenadores deportivos en todas las categorías y jugadores de baloncesto en general. Identifica a través de fotos en secuencia, cómo una destreza motora se convierte en ritmo de movimiento para jugar frente al canasto. Explica además, cómo realizar un entrenamiento pliométrico desde los 9 años, para fortalecer el cuerpo y la mente, y proteger al deportista de lesiones. Este entrenamiento el autor lo denomina Pliometría Rítmica, porque en esta etapa los movimientos a realizarse no son de alto impacto aunque, eventualmente, el resultado de este proceso encamina los jóvenes a alcanzar un desempeño de alto rendimiento.

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