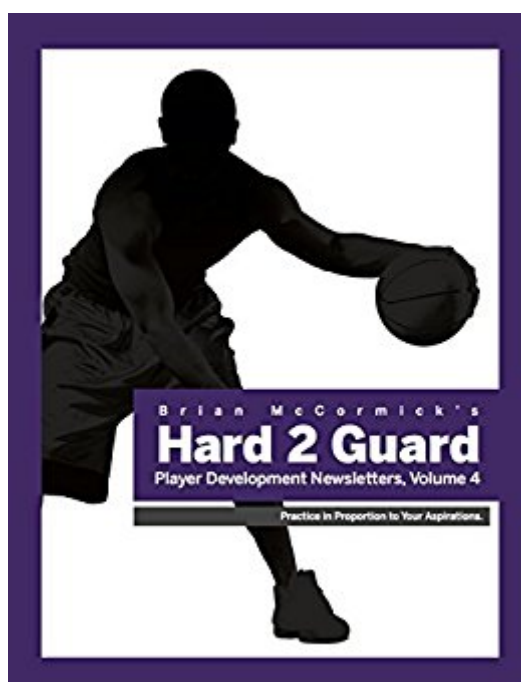


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# Brian McCormick's Hard2Guard Player Development Newsletters: Volume 4



## Synopsis

Brian McCormick's Hard2Guard Player Development Newsletters, Volume 4 answers the questions many coaches do not think to ask. Has Dwight Howard improved his skill level or his confidence? Are coaches wasting time with their defensive slide drills? What is a "Rondo" and how do you do it? Should basketball coaches try to reduce the incidence of ACL injuries? If so, how? Why is Vitamin Water bad for athletes and why is coconut water better? Volume 4 references motor learning research, recent exercise science studies and NBA action to inform, instruct and challenge the international audience of basketball coaches, administrators, strength trainers, parents, players and students of the game.

“The Hard2Guard Player Development Newsletters are a great resource for coaches and parents. Brian McCormick seeks to understand how coaches can better facilitate progress with their players. His personal views combined with how he links his broad interests in learning, psychology and human performance are thought provoking. The newsletter is helpful to the practitioner trying to bridge the gap between the art and science of coaching.”

John McCarthy, Ed.D. Director, Institute for Athletic Coach Education, Boston University

“Each week Brian McCormick's Hard 2 Guard newsletter includes ideas ranging from coaching strategies, athletic development, strength training, nutrition, skill development and basketball strategy. There is something every week for the coach seeking a greater understanding of how and what to coach in our game. Brian gives it to you in his no-holds-barred writing that is both entertaining and educational. I highly recommend the Hard 2 Guard newsletter to anyone interested in coaching!”

Mike McNeill Assistant Coach, Canada Basketball Senior Women's National Team

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