

ALLENARE L'ATLETA

MANUALE DI METODOLOGIA DELL'ALLENAMENTO SPORTIVO



A cura di **Claudio Brunetti**

Roberto Bucci - Claudio Brunetti -
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Allenare Latleta Manuale Di Metodologia Dellallenamento Sportivo

Pietro Luigi Invernizzi, Sergio Dugnani



Allenare l'atleta Manuale Di Metodologia Dell'allenamento Sportivo:

Allenare l'atleta. Manuale di metodologia dell'allenamento sportivo G. Brunetti, 2010 **DIDATTICA DEL MOVIMENTO UMANO VOL.1** Pietro Luigi Invernizzi, Sergio Dugnani, 2014-08-07 Il testo rivolto a studenti e docenti delle Scienze Motorie nonché agli operatori dell'ambito motorio sportivo istruttori tecnici preparatori Si esaminano dal punto di vista educativo gli aspetti della motricità umana rivisitando qualità come la resistenza la mobilità la forza in una visione globale e strettamente legata al mantenimento della salute considerata in tutti i suoi diversi aspetti Non mancano le indicazioni per una pratica motoria attenta e sicura e per la gestione dei tempi e delle modalità collegate al momento didattico al fine di fissare principi e suggerimenti utili per chi chiamato ad assumere un ruolo attivo nei processi educativi Si esamina il carico motorio non solo dal punto di vista della riuscita esecutiva quindi della performance carico esterno ma anche e soprattutto tenendo presente i processi di presa di coscienza controllo motorio e di adattamento che l'individuo pone costantemente in atto carico interno Si considerano pertanto le variabili generali e specifiche che determinano il training integrato rivolto al mantenimento di una forma fisica consapevole e salutistica **Front Sight** Marco Masetti, 2022-03-24 FRONT SIGHT by Marco Masetti Synopsis FRONT SIGHT is a collection of my notes as a high level Target Shooting Coach who managed to achieve training an Athlete who won a Silver medal at the London Olympics Mainly I speak of the training methodology in the field of Olympic target shooting explaining in detail a method that was innovative in the period 2009-2012 More generally I speak of technical things however interspersed with actual episodes that occurred during competitions and training sessions I recount what were the guidelines for me as an International Coach my beliefs my points of view and also my personal sports education I believe it is a useful guide for the entire Shooting world seeing as I write specifically not only about what was carried out during the National Training Camps but also about the work carried out during individual training sessions I illustrate a training period of 21 weeks with a high level athlete but I do not publish all the 21 weekly work plans and also a work plan developed for a club coach who had contacted me because he needed to train one of his athletes These two chapters can undoubtedly set a good example for those learning to design work plans for themselves or for their Athletes I provide insights into two scientific studies with experiments aimed at obtaining a better and improved level of performance and also a series of Shooting Games to make training more interesting At the end I produce an extensive bibliography of the material cited in this book but which was also useful for me throughout my sports education **Triathlon il manuale** Guido Esposito, Cristiano Caporali, 2013-04-08 Finalmente il libro che mancava in Italia il manuale più completo dettagliato e aggiornato sul Triathlon con tutto quello che si deve sapere training teoria generale e specifica dell'allenamento dalla biochimica ai test ai diversi metodi allenanti tecnica equipaggiamento materiali suggerimenti informazioni pratiche sulle gare storia e leggenda racconti e testimonianze di campioni e semplici amatori Nel Triathlon le frazioni dei tre sport nuoto bici corsa si svolgono senza soluzione di continuità con la frenesia delle transizioni Il libro ne mantiene lo spirito dinamico e

spettacolare con un'esposizione brillante e accessibile e con molte immagini Sport nuovo sintesi di sport antichi il Triathlon aveva bisogno di un metodo nuovo che non fosse solo la somma degli allenamenti tipici delle sue tre discipline sviluppo delle proprie qualità agonistiche percezione dei propri limiti attenzione al valore della pratica sportiva in generale e tutela della salute fisica mentale e spirituale del triatleta attraverso allenamenti stimolanti divertenti e mai monotoni Un must da leggere d'un fiato o da consultare per il principiante per l'atleta più evoluto e per il tecnico gli autori Cristiano Caporali Villafranca di Verona 1969 triatleta esperto in apprendimento motorio laureato in Scienze dell'educazione psicologia cognitiva laureando in Scienze delle attività motorie e sportive Collabora con l'associazione Sportslife www.sportslife.it per quanto riguarda la preparazione atletica Guido Esposito Viareggio 1971 triatleta dal 1994 più volte ironman finisher Laureato in fisica gareggia da podista ciclista e nuotatore istruttore di nuoto e collabora con la rivista Triathlon Prefazione e contributi a cura di Dario Daddo Nardone triatleta e maratoneta giornalista e scrittore di storie di sport per anni responsabile del magazine Triathlete ha collaborato con le riviste Correre e Runner's world e fondato nel 2004 il forum e la rivista Fantatriathlon www.FCZ.it il più importante portale e web community del triathlon italiano visitato quotidianamente da un migliaio di persone **Migliora la tua vita! Manuale di self coaching** Angelo Bonacci, 2015-04-08 T00:00:00+02:00 1796 294 *Atletica Leggera* Paralimpica Vincenzo Duminuco, Mario Poletti, Orazio Scarpa, 2024-12-12 La realizzazione di questo vero e proprio Manuale dell'Atletica paralimpica risponde alla necessità di fornire un adeguato supporto al percorso formativo di 2° livello dei Tecnici che in questi anni hanno operato o solo recentemente si sono approcciati in tale disciplina stato necessario in primo luogo analizzare quanto più materiale fosse stato prodotto in letteratura riguardo gli argomenti scelti la realtà stata decisamente poco favorevole Pochissime risultano essere le pubblicazioni inerenti l'Atletica paralimpica e la maggior parte di esse in particolare quelle scientifiche riportano dati ormai superati da significative modifiche tecniche o tecnologiche riguardanti gli ausili utilizzati intervenute successivamente al periodo di studio analizzato Anche il presente lavoro per le stesse motivazioni evidenziate ma anche per le modifiche regolamentari per il cambiamento o l'istituzione di nuove classi sportive o anche per lo sviluppo delle conoscenze nel campo dell'apprendimento sportivo e innovazioni in ambito metodologico necessiterà di una costante opera di revisione per consentire ai Tecnici e in generale a chiunque si occupi o voglia conoscere l'Atletica paralimpica nelle sue diverse sfaccettature di essere al passo coi tempi L'Atletica di per sé una disciplina con numerose specialità molto diverse tra loro se ad esse aggiungiamo che in ambito paralimpico sono più di 30 le classi sportive che competono e numerose sono anche le branche scientifiche fisiologia biomeccanica ecc e le aree di studio pedagogia tecnica metodologia ecc che concorrono al perseguimento di prestazioni sportive di livello sempre più elevato si possono comprendere le difficoltà e l'impegno richiesti per la realizzazione di questo volume Non essendoci altri testi a nostra conoscenza già pubblicati da altre Federazioni paralimpiche a livello internazionale il nostro lavoro non ha potuto avere i necessari riferimenti che la stesura di un manuale richiederebbe Siamo per convinti che pur con le carenze di impostazione e di

contenuti che un opera prima sicuramente sconta i lettori siano essi tecnici operatori sportivi a vario titolo o semplici appassionati di Atletica paralimpica troveranno informazioni utili per il loro agire I capitoli del testo sono stati suddivisi in tre parti consentendo una modalit di consultazione che segua tale ripartizione Nella prima i contenuti sviluppano il grande tema poco o nulla considerato nell ambito delle pubblicazioni scientifiche dell apprendimento sportivo in condizioni di disabilit al riguardo vengono analizzati gli importanti contributi che le neuroscienze hanno dato in questi ultimi anni La seconda parte cerca di coniugare i principi e le impostazioni metodologiche ormai assodati nel campo dell allenamento sportivo con particolari caratteristiche di adattamento ad atleti con diverse disabilit Nella terza parte vengono presentate e analizzate le diverse specialit di tutte si cercato di dare le informazioni essenziali riguardo la loro origine storica e i momenti che hanno portato al coinvolgimento anche di atleti originariamente esclusi perch non considerati sufficientemente abili I diversi gesti sportivi sono stati analizzati dal punto di vista prettamente tecnico con i necessari adattamenti che le condizioni di disabilit richiedono Tali osservazioni sono state supportate da riferimenti biomeccanici che consentono anche un idoneo intervento di monitoraggio e di eventuali correzioni Per comprendere meglio le caratteristiche distintive delle specialit dell Atletica paralimpica vengono esaminati gli ausili ortesi protesi e attrezzature carrozzina da corsa sedia da lancio frame runner che rendono possibile la pratica agonistica anche agli atleti con disabilit rilevanti Da questa sintetica presentazione facile comprendere che le possibilit di consultazione possono essere molteplici per settore tematico come accennato sopra per singola specialit o aree di specialit per interesse su uno specifico contenuto sia esso relativo ai problemi dovuti all eminegligenza spaziale unilaterale oppure al principio di alternanza del carico di allenamento o ancora alle caratteristiche dell attrezzo frame runner Per una migliore fruibilit e favorevole acquisizione dei concetti espressi abbiamo ritenuto importante corredare il testo con tante immagini esemplificative Tantissime sono state estrapolate da filmati ripresi personalmente nel corso di competizioni alle quali abbiamo avuto la fortuna di partecipare in qualit di tecnici sicuramente la definizione di queste immagini non di elevata qualit ma sicuramente rappresentano aspetti e gesti sportivi che non vengono mai considerati dai fotografi per offrire al grande pubblico che invece riteniamo particolarmente significativi per una idonea analisi della tecnica esecutiva dei diversi atleti e lo stile interpretativo personale che hanno nei confronti della specialit praticata Per poter correggere eventuali errori colmare lacune o migliorare questo lavoro negli aspetti ritenuti pi opportuni invitiamo il lettore ad fornire suggerimenti e proposte ringraziandolo fin d ora per il preziosissimo contributo che vorr offrire

Gli autori **Catalogo dei libri in commercio** ,2002 **Giornale della libreria** ,2001 **Manuale di calisthenics. Teoria e metodologia dell'allenamento con propedeutiche, esecuzioni e programmi** Andrea Neyroz,Federico Fignagnani,Marco Mazzesi,Deborah Carone,2022 *Elementi di teoria, metodologia dell'allenamento e misurazione nello sport* Antonio Cicchella,2018

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