MISHA UGRYUMOV

MODERN METHODOLOGY OF DIVERS' PREPARATION

SCIENTIFIC AND PRACTICAL ASPECTS OF PROFESSIONAL COACHING

SENSATION!

For the first time our worldwide diving family can get to know the basic concepts of the Russian diving!

This book had published by Ukrainian Diving Federation just in November 2003. "Misha's book is challenging, original, approachable and cognitive", – just so may be summed up the numerous opinions of Russian speaking diving experts around the world.

The publication kept up to date the following topics: talent selection, development of diver's model characteristics, learning drills, speed and strength development, coordination training, psychological preparation, quantitative and qualitative evaluation of load parameters, training process management, formation of inner motor images, technical mistakes and ways to elimination of them, optimization of physical preparation process, selection of the training process strategy and tactics, structuring and conduct of training sessions and so on.

Professional coaches and divers can find here a really useful, innovative information pioneered in the world diving literature.

These are reasons why makes sense to buy the book of Misha Ugryumov "Modern methodology of diver's preparation. Scientific and practical aspects of professional coaching", 70 pages.

EXTENSIVE AND ESSENTIAL KNOWLEDGE CONCENTRATED IN THE SMALL-VOLUME BOOK!

Cash on delivery. Price – 14,50\$ plus cost of postage from Spain. librosaltos@yahoo.com