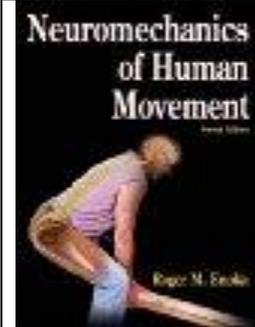
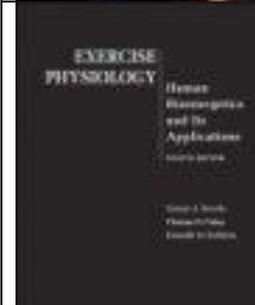
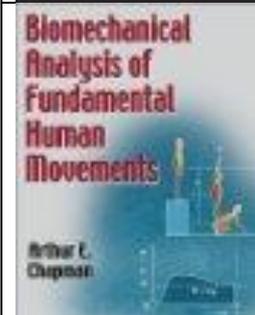
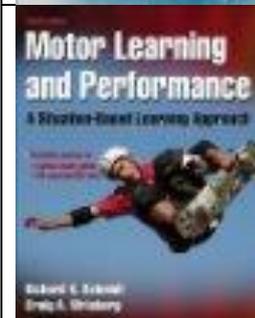
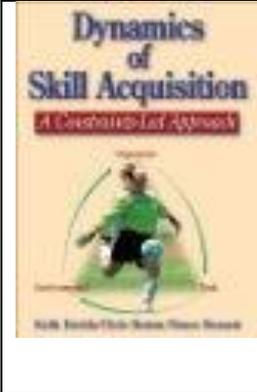
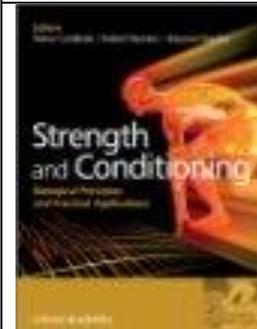


# BOOK RECOMENDATIONS

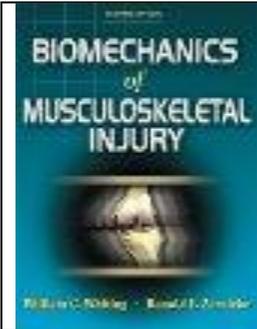
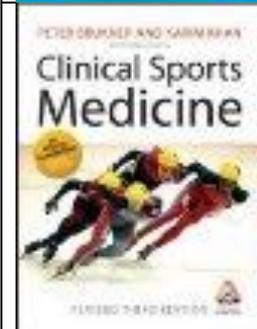
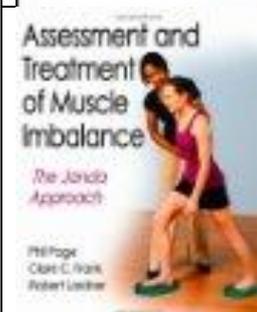
In the internet age, with the information abundance, it is increasingly harder and harder to select the right information (books, DVDs) to spend your limited time and attention to. As my good friend used to say, "It is more important to know what NOT TO read than to know what to read." Having a decent list of books can spare you both time and money. Hopefully, this short list of books may provide you with such a solution.

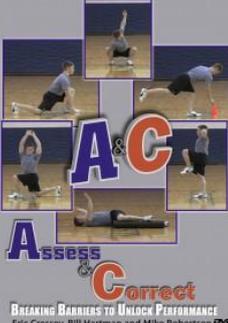
## BASIC SPORT SCIENCE

	<p><b>Neuromechanics of Human Movement</b> Roger Enoka</p>	<p>This book is going to provide you with the basic scientific framework for the study of human movement. You will gain the basic biomechanical understanding of kinematics and kinetics, along with neuro-physiological basics of motor system. It also covers topics like fatigue, electro-muscular stimulation, EMG, etc.</p>
	<p><b>Exercise Physiology: Human Bioenergetics and Its Applications</b> George Brooks, Thomas Fahey and Kenneth Baldwin</p>	<p>When it comes to exercise physiology this is THE book. Very thorough and detailed and it is not for faint hearted. George Brooks is one of the leading researchers regarding lactate metabolism and the 'father' of lactate shuttle. If you are really interested in how the things work within the body, what limits the performance, then this is the book.</p>
	<p><b>Biomechanical Analysis of Fundamental Human Movements</b> Arthur Chapman</p>	<p>Most of the biomechanical books start with the mechanical laws and apply them to human movement, but this book start with the human movement and explain the laws that governs them. Basic human movements are covered (walking, running, jumping, throwing, etc), so you will gain an insight into their analysis.</p>
	<p><b>Motor Learning and Performance w/Web Study Guide - 4th Edition: A Situation-Based Learning Approach</b> Richard A. Schmidt Craig A. Wrisberg</p>	<p>Schmidt is one of the leaders in motor control field and 'father' of schema theory. This book provides starting and basic knowledge of motor control, learning and performance and it is very practical with coaches on mind. With this book you will gain knowledge of 'traditional' (information processing model) of motor learning and performance.</p>

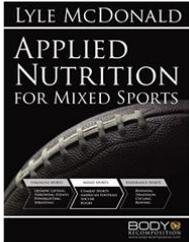
	<p><b>Dynamics of Skill Acquisition: A Constraints-Led Approach</b> Keith Davids, Chris Button and Simon Bennett</p>	<p>One of a kind. I was very pleased with this book and the whole constraints-led approach to motor control/learning. The book covers topics such as complex systems, ecological psychology, affordances, constraints, self-organization and emergent patterns, decision making, feedback, practice design. You will gain insights into constraints-led approach of motor learning, a theory that starts where the traditional approach stops. You can find my review of this book on <a href="#">amazon</a>.</p>
	<p><b>Strength and Conditioning: Biological Principles and Practical Applications</b> Marco Cardinale, Robert Newton, Kazunori Nosaka</p>	<p>I don't have this one, but I have heard very good reviews on it. Make sure to check the content of the book since it covers a lot of interesting (and practical) topics. Vern Gambetta made a review of the book so make sure to <a href="#">check it out</a>.</p>

## INJURIES

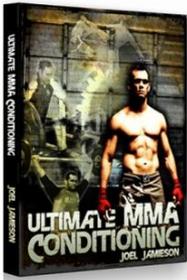
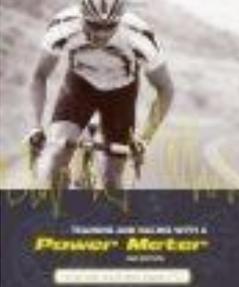
	<p><b>Biomechanics of Musculoskeletal Injury, Second Edition</b> William C. Whiting, Ronald F. Zernicke</p>	<p>When it comes to explaining biomechanics of the injury this is the book to get. It is going to provide you with the foundations regarding the musculoskeletal injuries.</p>
	<p><b>Clinical Sports Medicine Third Revised Edition</b> Peter Brukner, Karim Khan</p>	<p>A book that should be consulted every time you deal with injured athlete. One part of the book covers the basics of sport medicine, while the other part of the book covers regional problems. This is truly a masterpiece and you should own this one.</p>
	<p><b>Assessment and Treatment of Muscle Imbalance: The Janda Approach</b> Phillip Page, Clare Frank, Robert Lardner</p>	<p>To be honest I have this one, but I haven't read it. I was in the doubt whether to put Shirley Sahrman's or Kendal's book instead of this one, but I decide to choose this one. The content and the reviews look promising. I suppose that this will cover the basic on muscular imbalances.</p>

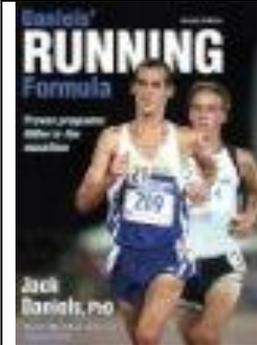
	<p><b>Assess &amp; Correct</b> Mike Robertson, Bill Hartman, Eric Cressey</p>	<p>I really love Cressey's stuff. He somehow bridges the gap between research, physical therapy and coaching/training. This product will give you ready to use practical system for assessment and correction of movement impairments.</p>
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**NUTRITION**

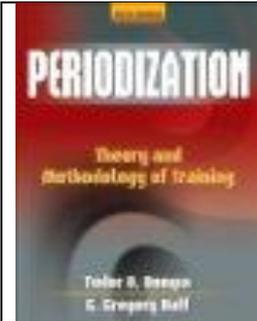
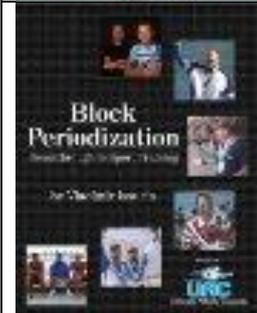
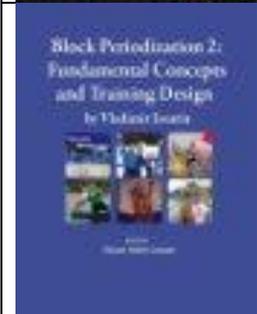
	<p><b>Applied Nutrition for Mixed Sports</b> Lyle McDonald</p>	<p>When it comes to sport nutrition look no further. Lyle McDonald is the man to go to. For more info make sure to check out my full <a href="#">review</a> of this awesome little manual. I am also a big fan of Lyle's writings. Make sure to read everything on <a href="http://Bodyrecomposition.com">Bodyrecomposition.com</a></p>
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**ENERGY SYSTEM DEVELOPMENT**

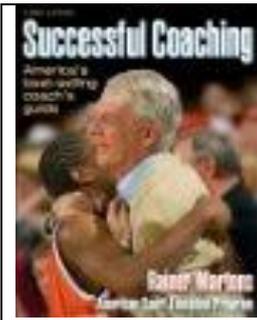
	<p><b>Ultimate MMA Conditioning</b> Joel Jamieson</p>	<p>In my opinion, one of the best books on energy system development and a little bit on planning/programming. It covers theory and focuses on combat sports. This is a must read book for any combat athlete. Make sure to visit <a href="http://www.8weeksout.com">www.8weeksout.com</a> for info on the book</p>
	<p><b>The Conditioning Handbook: Getting in Top Shape</b> Brian Jones</p>	<p>Although I also love Ross Enemait stuff (even if he is more into HIIT), The Conditioning Handbook will give you more practical example without too much theory. This is why I think it goes hand in hand with Joel Jamieson's book because they complement each other.</p>
	<p><b>Training and Racing with a Power Meter</b> Hunter Allen and Andrew Coggan</p>	<p>Cycling book, but very usable to all other sports. Some concepts are covered very well (like cycling form – sport form), and it is based on objective measurements (cycling power), thus it is very scientific. One of the best books on energy system development even if it is cycling book.</p>

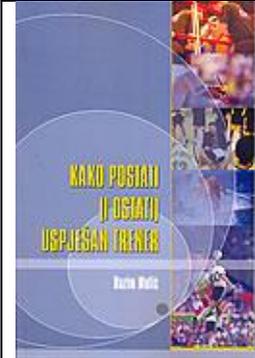
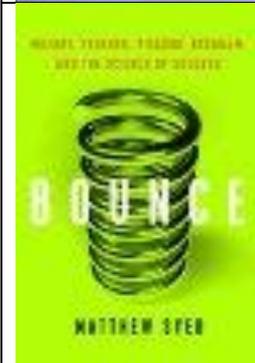
	<p><b>Daniels' Running Formula - 2nd Edition</b> Jack Daniels</p>	<p>Similar to Power Meter book, this is a running book aimed at running from 800m to ultra-marathon. Anyway, Daniel's system is worth checking since he based his work on vVO2max and provides excellent system for tracking training workloads.</p>
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## TRAINING THEORY

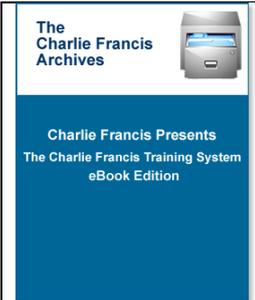
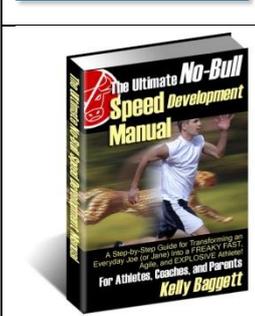
	<p><b>Periodization-5th Edition: Theory and Methodology of Training</b> Tudor Bompa and G. Gregory Haff</p>	<p>Even if it gets a lot of bitching from the internet gurus I still think this it is a great starting point for all coaches interested into training theory and it is going to provide you with the starting viewpoint on the problems of training.</p>
	<p><b>Block Periodization</b> Vladimir Issurin</p>	<p>I really love Issurin, since he is really clear to the point without all that 'Ruski secrets' B.S. attitude. One of the best recent books on training theory, planning and programming.</p>
	<p><b>Block Periodization 2: Fundamental Concepts and Training Design</b> Vladimir Issurin</p>	<p>In my opinion I think you should read this one BEFORE reading Block Periodization, because it cover basic principles of training on which Block periodization book is based on. This combo of Issurin's books should be on every coach's book shelf.</p>

## SPORT PSYCHOLOGY

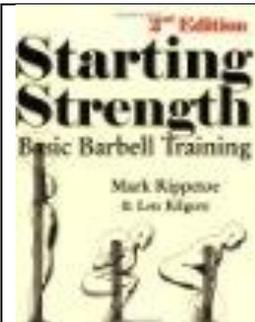
	<p><b>Successful Coaching - 3rd Edition</b> Rainer Martens</p>	<p>The more I am experienced as a coach, the more I see the huge importance of sport psychology – from 'manipulating' stress, arousal and concentration, changing mindsets, reinforcing certain behaviors/habits, communication to team culture. This book should be a starting point in your sport psychology journey. I wish I have read this one a little bit sooner.</p>

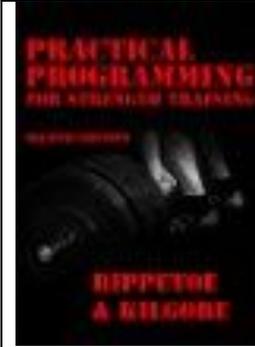
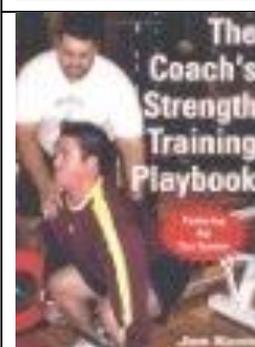
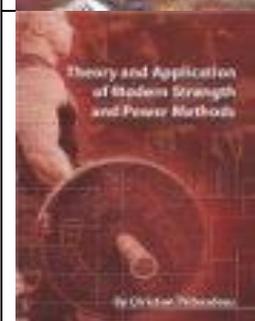
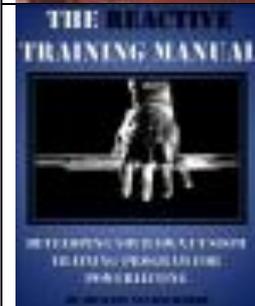
	<p><b>KAKO POSTATI (I OSTATI) USPJEŠAN TRENER</b> Hazim Mulić</p>	<p>I had to put this one here, even if it is on Croatian. Actually, the author is my neighbor from Pula, Croatia. Anyway, the title of the book is “How to become (and stay) successful coach” and it deals with everyday coaching problems and provides great examples from the trenches.</p>
	<p><b>Bounce</b> Matthew Syed</p>	<p>This is more like a summary of couple great books like <a href="#">Outliers</a>, <a href="#">Talent is overrated</a> and <a href="#">Mindset</a>. It provides some great information on expertise development, choking, mindset. Great and easy read.</p>

**SPEED & Power**

	<p><b>The Charlie Francis Training System</b> Charlie Francis</p>	<p>What to say about late Charlie? He was one of a kind. Start with this book and check all of his writings and DVDs. When it comes to building speed, he is the man to study.</p>
	<p><b>The Ultimate No Bull Speed Development Manual</b> Kelly Baggett</p>	<p>I am big fan of Kelly and his work. This book is practical manual and very easy to follow and mostly based on Charlie Francis work. This is required reading. Make sure to check also Vertical Jump Bible and articles by Kelly.</p>

**STRENGTH**

	<p><b>Starting Strength (2nd edition)</b> Mark Rippetoe and Lon Kilgore</p>	<p>If you are starting with (serious) strength training, even if you are advanced lifter, this is the book about the basics. It covers basic compound movements: squat, deadlift, bench press, standing press and clean, along with assistance lifts. If you want to learn how to lift and why get this one. It is a true gem.</p>

	<p><b>Practical Programming for Strength Training</b> Mark Rippetoe and Lon Kilgore</p>	<p>Starting strength is a book about the technique of the lifts, while this book is about programming. It covers basic differences in programming training based on the level of the lifter. I have read this one couple of times and every time I re-read it I discover something new, along with putting me right back to the track of fundamental stuff and KISS principle. Lyle McDonald made a pretty good review for <a href="#">amazon</a>.</p>
	<p><b>The Coach's Strength Training Playbook</b> Joe Kenn</p>	<p>If I would need to pick one book I would need to recommend to a non-strength athlete or his coach this one would be it. Joe developed TIER system for strength training which is very interesting and very influential on my own planning/programming. This is a small book, but you will re-read it couple of times.</p>
	<p><b>Theory and Application of Modern Strength and Power Methods: Modern methods of attaining super-strength</b> Christian Thibaudeau</p>	<p>One of the best overview of strength training methods. From isometrics, eccentrics to contrast sets, supersets, EMS. Everything is here.</p>
	<p><b>RTS Manual</b> Mike Tuchscherer</p>	<p>This book is directed to powerlifters, but anyway, Mike has created very interesting training system based on auto-regulation. It is worth checking since a lot of concepts can be used in everyday training. You can find an overview of his system at my <a href="#">blog</a>.</p>
	<p><b>5/3/1: The Simplest and Most Effective Training System to Increase Raw Strength</b> Jim Wendler</p>	<p>The best thing I can say of 5/3/1 is that I am using a variation of it with my pro soccer athletes. It is simple, straight-forward and it works.</p>

### About the author

Mladen Jovanović is a physical preparation coach from Belgrade, Serbia, currently serving the position of head physical preparation coach for [FC RAD](#), soccer club from Belgrade. Mladen was involved in physical preparation of professional, amateur and recreational athletes of various ages in sports such as basketball, soccer, volleyball, martial arts and tennis. You can read more articles from Mladen on his blog: [www.complementarytraining.com](http://www.complementarytraining.com)