



The Gambetta Method (2nd edition): Common Sense Training for Athletic Performance

By Vern Gambetta

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A super 2nd edition of Vern's highly popular Gambetta Method book is now available! This new 140 page edition contains 19 more chapters--chock-full of practical & easy to implement athletic performance training and rehabilitation information, ideas, techniques and methods. The new Gambetta Method covers a comprehensive view of Vern's philosophies and theories behind the proven and successful techniques used in all of the Gambetta Sports Training Systems services, programs/seminars, and products. Do not expect pat conventional wisdom from this compilation of Vern's published articles! Vern thinks "outside the box". The information represents a synergy of Vern's own interpretation of sport science research and his practical coaching experience. The result is a book that covers virtually every major aspect of training from planning, to rest, to testing. Find out why the Gambetta Method is so successful in training speed, plyometrics, balance, functional strength, explosive power, agility, core training, periodization, assessing athletic qualities, training the young athlete, planning for peak performance and assembling a performance team. Whether you are a coach, athletic trainer, physical therapist or athlete, this new edition of The Gambetta Method will be a valuable and much referred to source for optimum athletic performance enhancement and rehabilitation!

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Editorial Review

About the Author

Vern heads his own consulting firm, Gambetta Sports Training Systems in Sarasota, Florida. He was the conditioning consultant for the US Men's 1998 World Cup Soccer team. He has worked as a conditioning coach and consultant for the Tampa Bay Mutiny, Chicago Fire, and the New England Revolution in Major League Soccer. He was Director of Conditioning for the Chicago White Sox from 1987 to 1996. Vern is recognized internationally as an expert in training and conditioning and has worked with world class athletes and teams in a variety of sports. He is a popular speaker and writer on conditioning topics, sports performance enhancement, and rehabilitation. He presents lectures and gives seminars and clinics not only throughout the United States, but has also done so in Canada, Japan, Australia and Europe.

Vern's coaching experience spans 30 years at all levels of competition. He has coached both cross country and track and field at the high school level at a highly successful records. From 1977-1982, he headed the women's track and cross country program at the University of California, Berkeley. His cross country teams won three Region 8 titles and finished in the top ten at Nationals four consecutive years.

Vern served as the first director of the TAC Coaching Education Program, an innovative program designed to upgrade the standard of track and field coaching in the US. Vern also served on the advisory editorial board of the I.A.A.F. technical journal, *New Studies In Athletics*. He was the editor of the TAC technical journal, *Track Technique*, from 1980 through 1988. He edited the TAC Coaching Manual and has authored six books. He also served on the faculty of the National Coaching Institute in Canada.

Vern received his BA from Fresno State University and his Masters from Stanford University.

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