



# HUMAN KINETICS SPORTS SKILLS

**HUMAN KINETICS SPORTS SKILLS** includes a comprehensive set of drills, guides, and games for 38 different sports, with more than 80 eBooks and 250 videos. This digital collection supports students and teaching staff in sports disciplines through practical and instruction-focused content, geared around maximizing training, performance, and enjoyment of a wide range of key physical activities.

The eBooks are highly practical, characterized by step-by-step instructions, diagrams, drill illustrations, rules, and game strategies; designed to help users master both the coaching and playing of specific sports.

This rich eBook collection complements the demonstrational videos, which focus on wrestling, tennis, basketball, soccer, baseball, softball, and skating.

With contributions from hall of fame coaches including Morgan Wooten, Mike Krzyzewski, Jerry Krause, Olympic Gold Medalist Dan Gable, Sigi Schmid, and more and content from the American Baseball Coaches Association (ABCA) and American Volleyball Coaches Association (AVCA), this digital collection offers expertise in sports skills education and includes 1000s of drills for 38 different sports and activities..

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