



Sports: Is it All B.S.?

Michael Yessis

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Believe it or not, no one is a naturally born athlete. People are born with natural talent, but there is always a potential to jump a little higher, take seconds off your running time, or throw a ball harder or further.

Many of the so-called "facts" we have all been led to believe about player development and athletic training are exploded in this fascinating look at player development. Dr. Yessis then explores some of the ways that coaches and athletes can achieve better results on and off the field.

For example: B.S.: Youngsters should not throw a curveball Fact: The danger is in how it is described and taught.

B.S.: How fast you run or throw is determined at birth. Fact: Coaches do not know how to improve technique or the physical qualities as they relate specifically to running or throwing.

B.S.: You must stretch before running or playing. Fact: Static stretches done before participating worsen your ability to perform

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