



## **Court Sport: Basketball and Netball Resource List**

### **Books**

[Vertical Foundations – Joel Smith](#)

[Complete Conditioning for Basketball - NBA](#)

[Strength and Conditioning for Team Sports: Sport-Specific Physical Preparation for High Performance – Paul Gamble](#)

[Advanced Strength and Conditioning – Anthony Turner, Paul Comfort](#)

[Science and Application of High Intensity Interval Training – Paul Lauren](#)

### **Journals**

[Statistical analysis of basketball performance indicators according to home/away games and winning and losing teams](#)

[Improving Practice and Performance in Basketball](#)

[Physical Demands of Training and Competition in Collegiate Netball Players](#)

[Strength and Conditioning for Netball: A Needs Analysis and Training Recommendations](#)

[Training load and match-play demands in basketball based on competition level: A systematic review](#)

[Exploring the Justifications for Selecting a Drop Landing Task to Assess Injury Biomechanics: A Narrative Review and Analysis of Landings Performed by Female Netball Players](#)

### **Videos**

[England Netball prepare for international competition with Catapult](#)

[2017 NBA Draft Combine behind the scenes with Devin Williams - NBA Playmakers](#)