

# CONTENTS

## PREFACE

— DIETER HACKFORT,

President of the International Society of Sport Psychology (ISSP) ..... 7

<b>CHAPTER 1</b>	Sport Psychology and the Theory of Sport Training: An Integrated Approach .....	8
	<i>Boris Blumenstein, Ronnie Lidor, and Gershon Tenenbaum</i>	
<b>CHAPTER 2</b>	Theory and Methodology of Training: General Perspectives.....	19
	<i>Michael Carrera and Tudor Bompa</i>	
<b>CHAPTER 3</b>	Psychological Factors of Physical Preparation .....	40
	<i>Dave Collins and Alan MacPherson</i>	
<b>CHAPTER 4</b>	Psychological Factors of Technical Preparation .....	62
	<i>Thomas Schack and Michael Bar-Eli</i>	
<b>CHAPTER 5</b>	Psychological Factors of Tactical Preparation.....	104
	<i>Keith Henschen, Traci Statler, and Ronnie Lidor</i>	
<b>CHAPTER 6</b>	Psychological Preparation in Sport.....	115
	<i>Daniel Gould and Sarah Carson</i>	
<b>CHAPTER 7</b>	Periodization and Planning of Psychological Preparation in Individual and Team Sports .....	137
	<i>Ronnie Lidor, Boris Blumenstein, and Gershon Tenenbaum</i>	
<b>CHAPTER 8</b>	Recovery Following Training and Competition.....	162
	<i>Anne-Marie Elbe and Michael Kellmann</i>	
<b>CHAPTER 9</b>	Sport Injury: A Psychological Perspective.....	186
	<i>David Pargman</i>	
<b>CHAPTER 10</b>	A Modern Approach to High-performance Training: The Block Composition Concept .....	216
	<i>Vladimir B. Issurin</i>	
<b>ABOUT THE EDITORS</b>	.....	235
<b>ABOUT THE AUTHORS</b>	.....	236