

TRAINING AND COMPETITION/GAME THEORY IN COMPETITIVE SPORT

Dr. Yitsik Ben-Melech

The coaching profession has become more sophisticated over the years and in the last decade it has become especially complex. If once upon a time coaches could give players a ball and make do with five minutes of jogging as warmup, today training includes many methodological, scientific, psychological, medical and behavioral aspects that coaches must upgrade everything they know and only then make the many decisions expected of them.

In his book **Training and Competition/Game Theory**, Dr. Yitsik Ben-Melech surveys the many components required by the club, coach and organization so that athletes will utilize their potential to the maximum. The book deals with a broad array of sports and does not skip a single element: from physical training, proper organizational structure, required personnel, building training programs, regulation, monitoring and control, to the physical, emotional and biological structure of children and adolescents, developmental differences between boys and girls, coordination, types of coaches and everything else connected to the processes of training, competitions and games.

No one is more qualified than Dr. Ben-Melech to write a book like this. He established and directed the Elite Sports Unit in Israel in the 1980s and was the first to introduce science into Israeli sports. He was an athlete and Olympic coach. He studied training theory in Germany and also earned his doctorate in the sport sciences in Germany, which is known for its integration of science in sport. He was a professional adviser to the Olympic Committee in Kenya, director of the Sport Academies in South Africa and consultant to various clubs in Israel and the world. His book contains both theoretical and practical knowledge, academics and field work. This is what makes Yitsik unique – tremendous knowledge together with extensive experience.

Those who wish to understand sport in depth, and certainly the coaching profession, will cherish this book as a true bible that offers all the components necessary for success in the complex profession of coaching.

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