

SPORT AND CONDITIONING

FOREIGN
RIGHTS
CATALOG



FRENCH PUBLISHER



COLLECTION

October 2022

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O U R P U B L I S H I N G H O U S E

4Trainer is a French brand and has been very involved in **high level sports** for many years. The brand provides all professional clubs and sport federations with **training equipment**, and has been an official supplier for the National Institute of Sport and Performance (INSEP) for nearly 10 years.

Our **publishing department** is the newest addition to the brand, as it was created in 2012. We have developed a collection specifically based on **sport training and physical conditioning**. This collection is designed for physical trainers, sports coaches, physiotherapists, students, and all athletes. At this time, we have **nearly 80 titles**. Some of them have been produced in collaboration with national sport federations (Judo, Volleyball, Boxing).





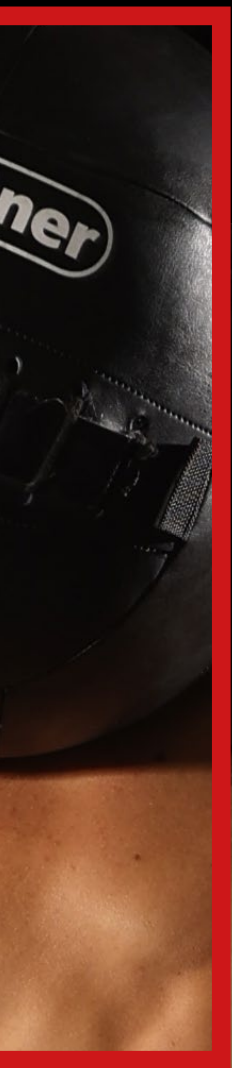
C O N T E N T S

1. NEW RELEASES
2. PHYSICAL CONDITIONING
3. MUSCLE DEVELOPMENT
4. COACH
5. SOCCER
6. JUDO

1



NEW RELEASES



E S

THE FRENCH METHOD

Antoine Martinez, Laurent Mareschal
and Sébastien Offner

Format: 194 × 255 mm

3 books of 128 pages

Date: 2020

The French Method is a true lifestyle combining intensive training, gastronomy and French-style living. In this book set, you will discover:

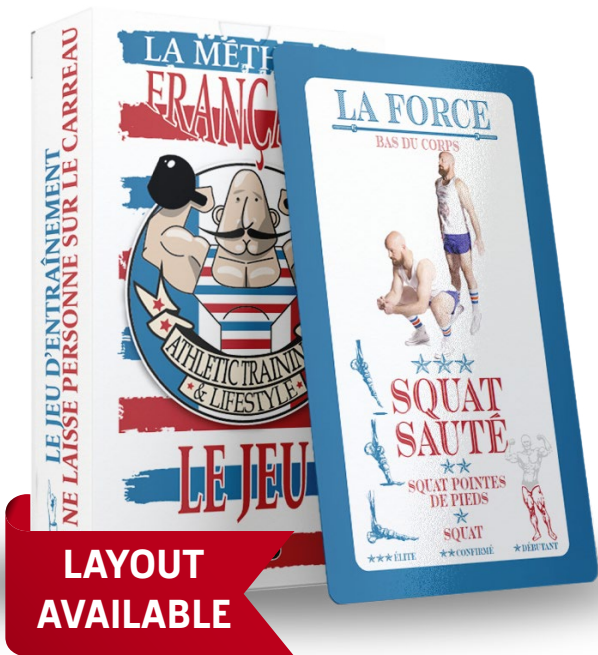
- a training concept that combines good living and good training,
- a personalized 12-week training program,
- 60 recipes of the French gastronomy reviewed and corrected.



39.90€



THE FRENCH METHOD - CARD GAME



LAYOUT
AVAILABLE

Discover a game that reinvents the way you think about sports.

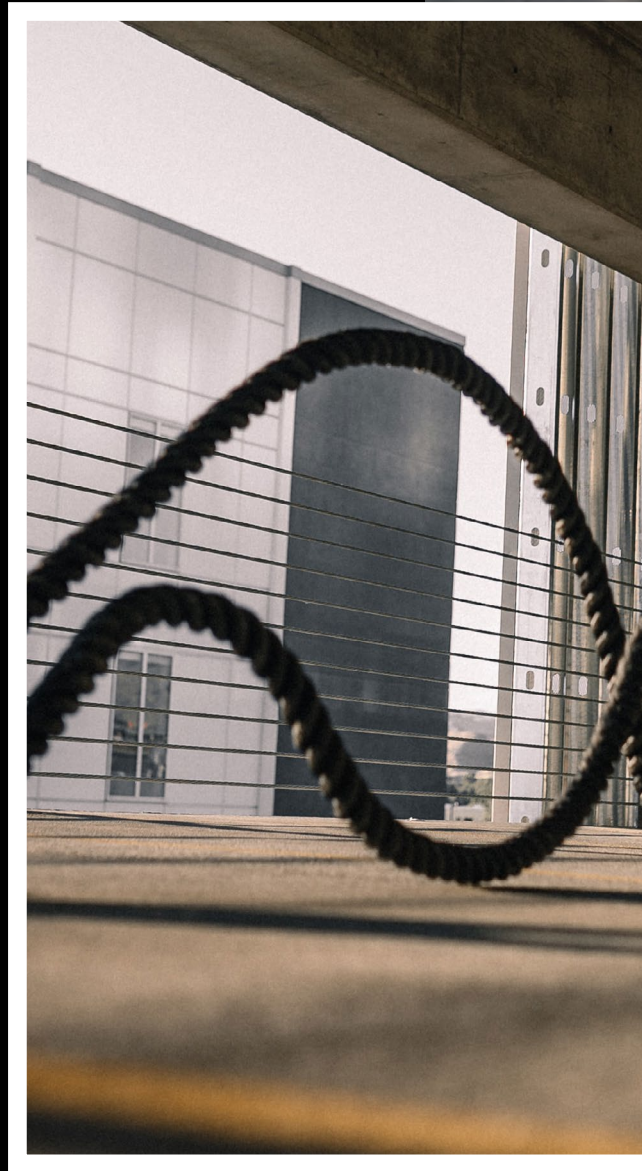
A card game for everyone that will leave no one behind. Get moving with this new kind of game. Discover a sport training card game system that adapts to all levels, from beginners to experienced athletes, to train wherever you want, whenever you want, alone or with friends!



12.90€



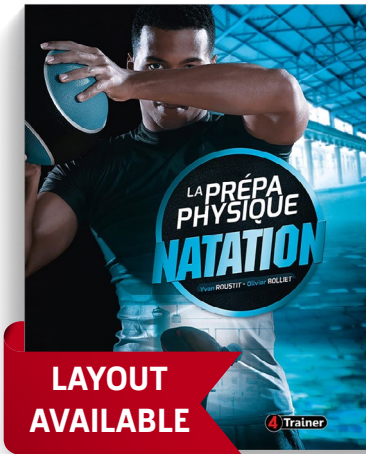
2



PHYSIC
CONDITION



AL
NING



PHYSICAL CONDITIONING SWIMMING

This book focuses on the development of the physical qualities necessary for swimming and the prevention of injuries. The authors propose a program based on the different key periods of the sports season, as well as typical sessions according to the desired objective.

Yvan Roustit and Olivier Bolliet

Format: 194 × 255 mm

116 pages

Date: 2016

24.90€



9 791091 285216



PHYSICAL CONDITIONING POWERBAND

This book exposes, explains and illustrates all the possibilities offered by elastic bands for the physical preparation, whether it is used for muscle building, power work, speed, balance, cladding or flexibility. Many exercises adapted to a variety of objectives and sports.

M. Pradet, B. Parietti and B. Jaffuel

Format: 194 × 255 mm

132 pages

Date: 2016

24.90€



9 791091 285223



PHYSICAL CONDITIONING YOUNG PLAYER

The challenge of training a heterogeneous public, whose physical, psychomotor and emotional characteristics are changing and evolving at different speeds. The physical preparation of these champions in the making deserves special attention to ensure their safety, to spare their body but also to allow them to express their full potential.

Aurélien Broussal-Derval and Laurent Delacourt

Format: 194 × 255 mm

172 pages

Date: 2018

23.90€



9 791091 285308

RIGHTS SOLD:
RUSSIA



PHYSICAL CONDITIONING SOCCER - VOL1

Theoretical support and practical guide for all professional football players (physical trainers, educators, students). It offers a simple training method to set up in the field, with little equipment. Each session consists of a specific theme according to the work research. The aim is to achieve better planning and improve overall performance.

Alexandre Dellal
Format: 194 × 255 mm
224 pages
Date: 2020

RIGHTS SOLD:
RUSSIA



PHYSICAL CONDITIONING SOCCER - VOL2

The main objective of Tome 2 is to offer, in a very illustrated and practical way, original sessions, playful with or without a ball, easy to set up on the pitch throughout the season. Soccer is considered a mixed activity requiring qualities of endurance, power and liveliness, but above all, the ability to repeat efforts of high intensity.

Alexandre Dellal and Javier Mallo
Format: 194 × 255 mm
176 pages
Date: 2017

RIGHTS SOLD:
RUSSIA
SPAIN

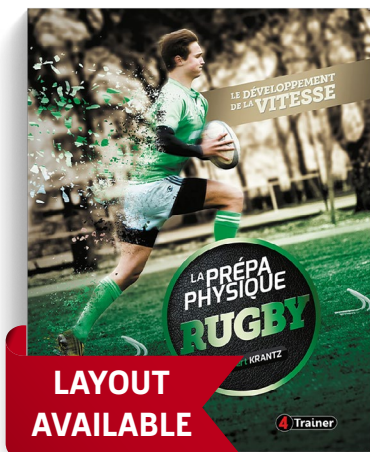


PHYSICAL CONDITIONING WOMEN'S SOCCER

A better training when we take into account the physiological and psychological particularities. This book provides an optimal understanding of the functioning and the behavior of the player during her practice, including detecting the specificities of her traumatology, with the goal of providing a more relevant reathletization.

Geoffrey Mémain and
Maxence Pieulhet
Format: 194 × 255 mm
212 pages
Date: 2021





PHYSICAL CONDITIONING RUGBY - SPEED

Little by little, rugby has kept pace with the very high-level sport, which has been “absorbing” and then “revolutionary” for nearly 30 years, the content and methods of physical preparation. In this book, the author tackles the development of speed in a precise, in-depth and highly illustrated way; one of the major qualities in rugby.

Norbert Krantz

Format: 194 × 255 mm

160 pages

Date: 2017

24.90€



9 791091 285315



PHYSICAL CONDITIONING RUGBY - STRENGTH

Hard work, self-sacrifice, patience, repetition, a taste for effort. It is with this state of mind that the author puts into perspective the classical methods of physical preparation for the benefit of players of all levels and proposes in a very detailed programs and practice planning.

Xavier Mondenx

Format: 194 × 255 mm

176 pages

Date: 2018

24.90€



9 791091 285346



PHYSICAL CONDITIONING BASKETBALL

The reference book, enriched and updated! A complete new chapter on plyometry. More than 1000 photos and exercise diagrams. 200 illustrated sessions and full workouts. Physical conditioning basketball comes back with even more methods and tests to help you define your goals and how to achieve them. Players will reach their maximum strength.

F. Kuhn,
B. Grosgeorge and G. Veta

Format: 194 × 255 mm

368 pages

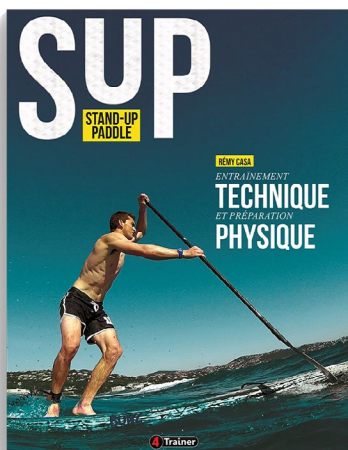
Date: 2022

RIGHTS SOLD:
RUSSIA

24.90€



9 791091 285940



STAND-UP PADDLE

This book on Stand-Up Paddle takes up the technical fundamentals of this sports. It also offers analysis and specific physical preparation exercises. Development of strength, endurance, speed, flexibility... A resolutely practical and richly illustrated book that will allow all rowers, beginners and experts, to progress on their board

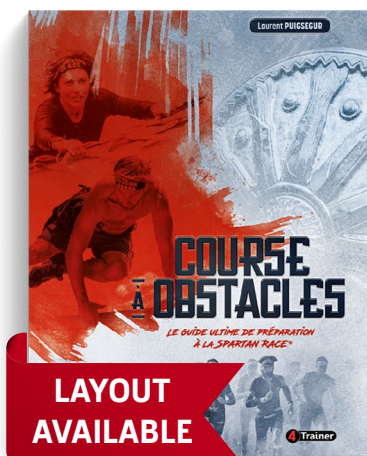
Rémy Casa

Format: 194 × 255 mm

152 pages

Date: 2017

24.90€



LAYOUT AVAILABLE

OBSTACLE RACE

The Spartan Race® – and any obstacle course – is a complete discipline: physical, technical and cerebral. On the starting line, the profiles are varied. From beginner to expert, everyone can express their strengths: endurance, power, precision, mental strength. Train, set your goals and join the ranks of millions of Spartans around the world!

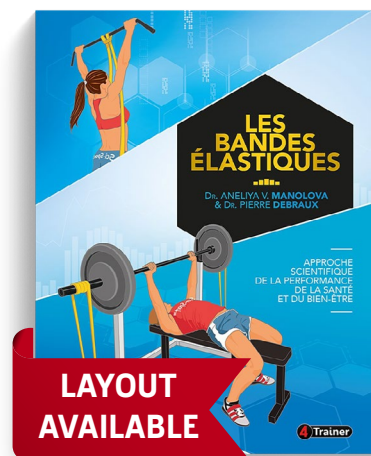
Laurent Puigsegur

Format: 165 × 240 mm

240 pages

Date: 2021

26.90€



LAYOUT AVAILABLE

ELASTIC BANDS

It is only in recent years that its specific properties and their effects on muscle work have been studied by scientists and sports professionals, demonstrating the benefits of their use on the human body. This is the first book dedicated to the specificity of elastic bands and their use in muscle building, physical preparation and injury prevention/rehabilitation

Aneliya V. Manolova
and Pierre Debraux

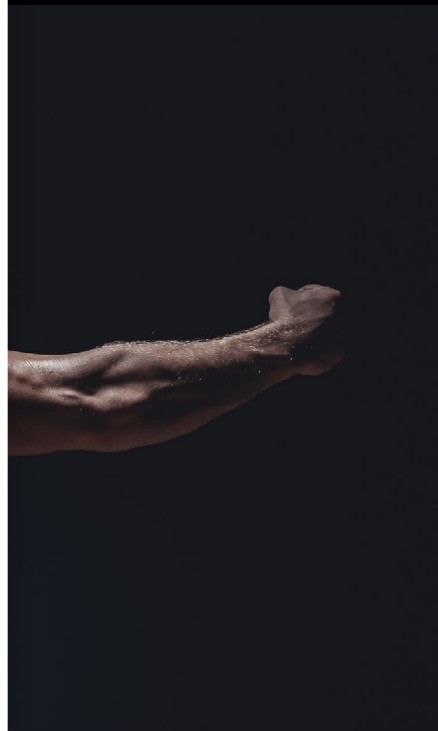
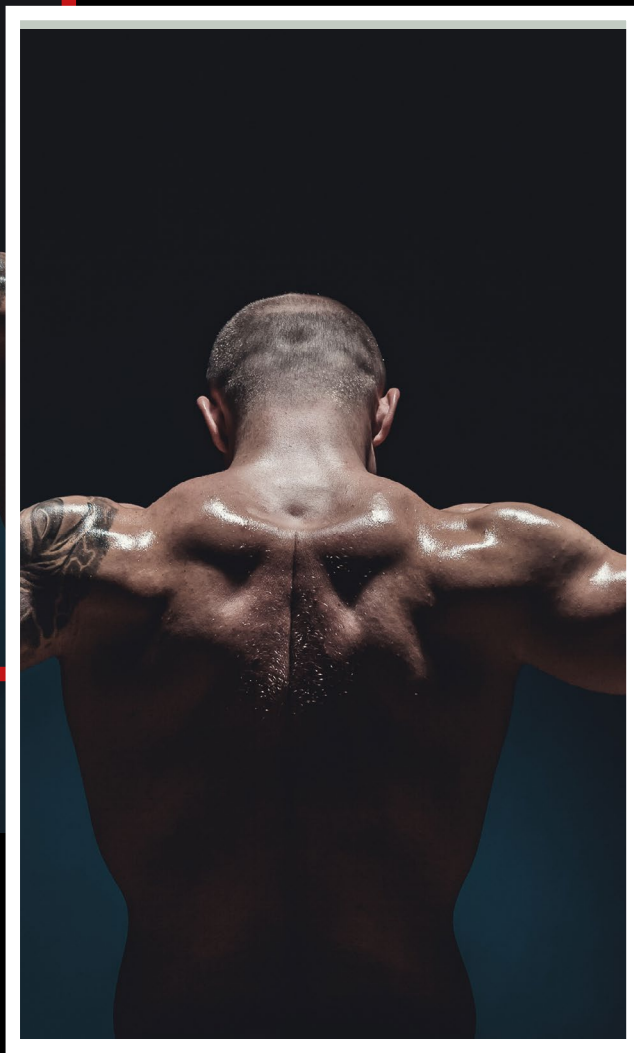
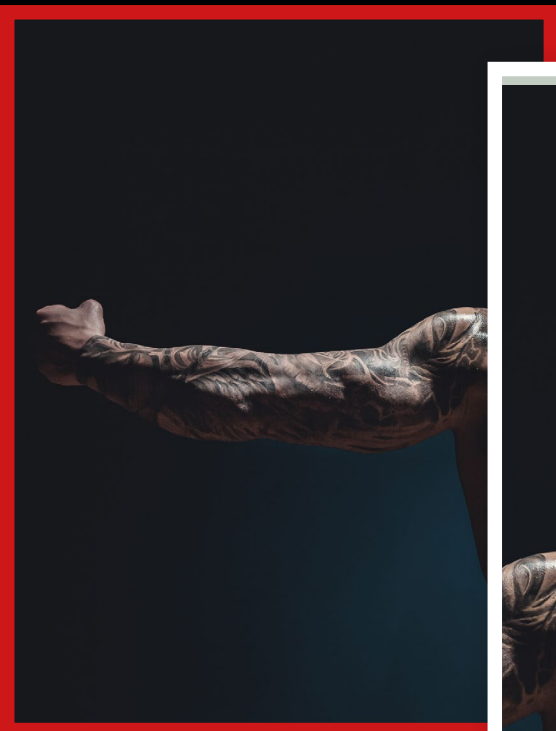
Format: 194 × 255 mm

204 pages

Date: 2018

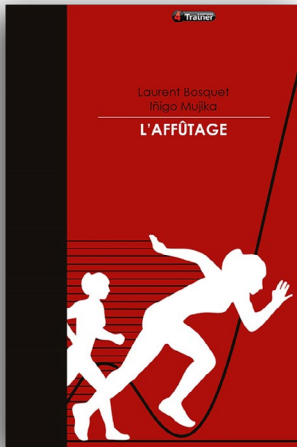
24.90€





3

MUSCLE
DEVELOPMENT



SHARPENING

The training period and especially the focus on sharpening are one of the essential phases in the physical preparation of an athlete.

Sharpening represents this key moment when the whole puzzle comes together

Laurent Bosquet and Inigo Mujika

Format: 110 × 180 mm

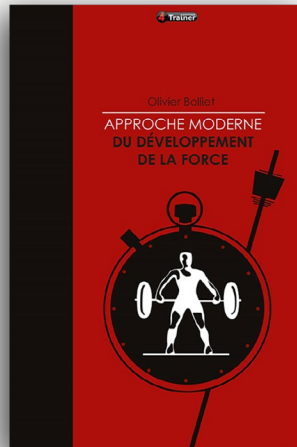
58 pages

Date: 2016

13.50€



9 791091 285148



MODERN APPROACH OF THE STRENGTH DEVELOPMENT

This is the first French-language book to explore in depth the concepts of Tempo and Time Under Tension. Practical and precise, this book is a formidable weapon for anyone who wants to enrich their approach to strength and be effective during his sessions in the weight room..

Olivier Bollier

Format 110 × 180 mm

88 pages

Date: 2013

13.50€



9 791091 285063



THE NEW WEIGHTLIFTING

New updated and enriched edition with a reinforced practical approach of the discipline. A reference for all coaches and athletes. More than 200 pictures to understand the best posture and 100 planned session to workout as a pro. All the advices and guidance you need to rediscover weightlifting.

Renaud Lechevalier

Format: 194 × 255 mm

248 pages

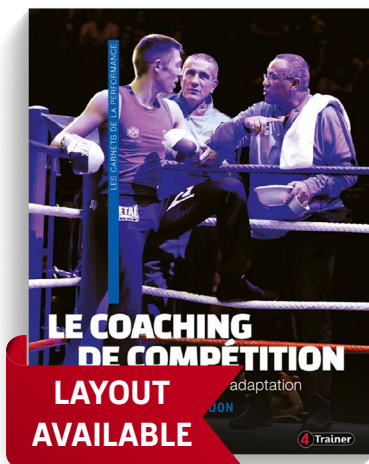
Date: 2022

34.90€



9 791091 285933

СО4СН



COMPETITION COACHING

A book for the teachers of French Savate Boxe, but also for the competitors and coaches of many other sports who must be able to draw ideas and feedback for their own progress, through theoretical contributions from different disciplines, fact sheets that shed light on key points such as the tactical scheme or the conduct of interviews.

Jérôme Huon

Format: 194 × 255 mm

96 pages

Date: 2019

18.⁹⁰€



9 791091 285490



SPORTS EDUCATOR'S ESSENTIALS

This book offers proposals and ideas for sports educators. It is a guideline to ensure diversity during training and some follow-up ideas to keep in touch with your athlete's evolution.

This book gives you the essential ideas to be the best coach possible and lead your athletes to victory thanks to training and tactics.

Stéphane Reignier and Didier Godfrey

Format: 110 × 180 mm

136 pages

Date: 2016

15.⁰⁰€



9 791091 285230



AGILITY FOR TEAM SPORTS

The rapid changes of directions happening in collective sports constitute a group called «agility» which is distinguished into three categories: planned agility, reactive agility, active and proactive agility.

This book tends to answer questions about planned agility, muscle strengthening, reactive agility but also physiological load.

Bernard Grosgeorge and Stevy Farcy

Format: 110 × 180 mm

120 pages

Date: 2016

19.⁰⁰€

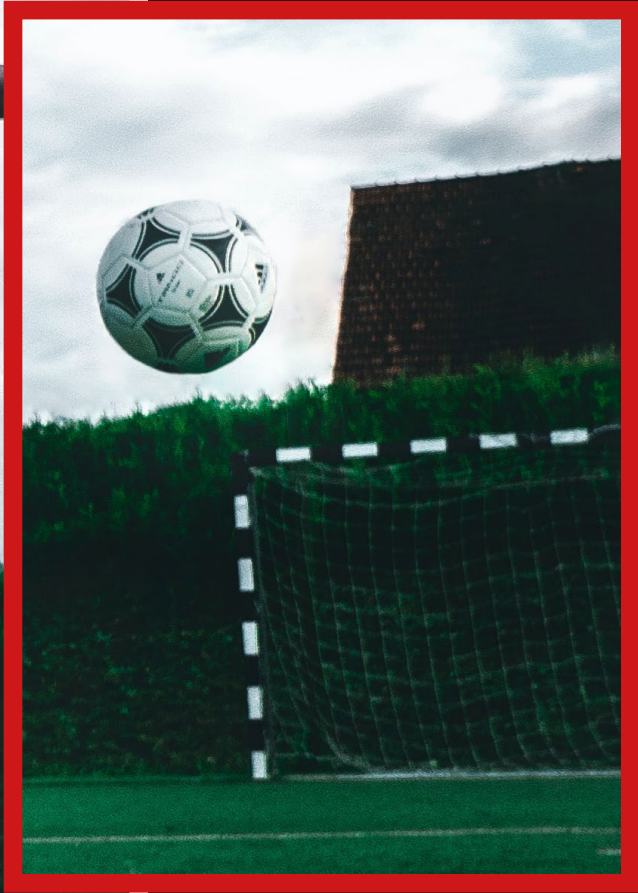


9 791091 285254

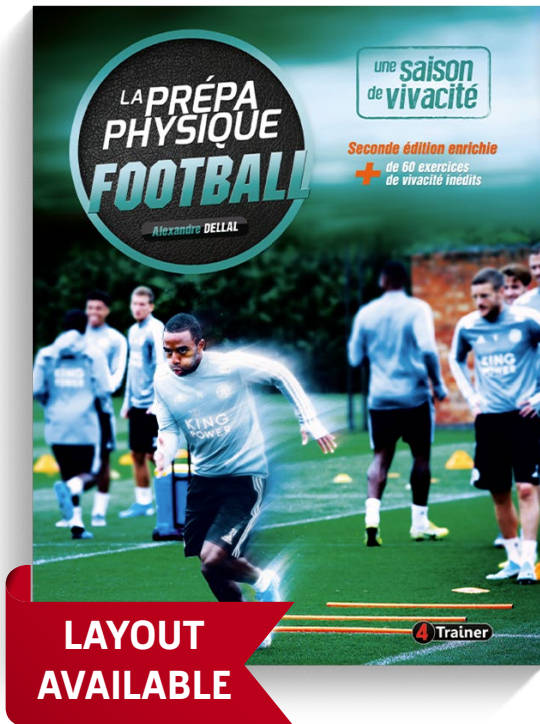
5



S O C C E R



PHYSICAL CONDITIONING SOCCER - VOLUME 1



Alexandre Dellal
Format: 194 × 255 mm
224 pages
Date: 2020

Speed, precision, modern football calls for reactions and technical achievements. To achieve a high level of performance on the field, the players must work their speed.

Theoretical support and practical guide for all professional football players (physical trainers, educators, students), *Physical Conditioning - Soccer* is the reference book on the work of vivacity in this discipline. It offers a simple training method to set up in the field, with little equipment. Each session consists of a specific theme according to the work research (support work, liveliness, explosiveness, etc.).

The aim is to achieve better planning and improve overall performance (athletic, technical and tactical).

RIGHTS SOLD:
RUSSIA

24.90€



Le conditionnement physique

À l'entraînement, les CSP sont perçus comme étant positivement favorables à la performance. Ils sont donc recommandés pour les joueurs professionnels et amateurs. Ils permettent de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

Le conditionnement physique

Il est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

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| Qualité | Unité | Test |
|--------------|-------|-----------|
| Vitesse | m/s | 100m |
| Endurance | km/h | 5000m |
| Force | kg | 1RM |
| Agilité | s | 505 |
| Coordination | s | Beep Test |

LES QUALITÉS PHYSIQUES

Le conditionnement physique est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

CAPACITÉS PSYCHOPHYSIQUES

- MOINS D'ÉNERGIE
- MOINS D'EFFORT
- MOINS DE FATIGUE
- MOINS DE DOUTES
- MOINS DE BLESSURES
- MOINS DE MALADIES
- MOINS DE PERTES DE TEMPS

Il est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

ATELIER DE PRÉ-VIVACITÉ N°1

Le conditionnement physique est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

ATELIER DE PRÉ-VIVACITÉ N°2

Il est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

Le conditionnement physique

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ATELIER DE PRÉ-VIVACITÉ N°3

Le conditionnement physique est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

ATELIER DE PRÉ-VIVACITÉ N°4

Il est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

ATELIER DE PRÉ-VIVACITÉ N°5

Le conditionnement physique est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

ATELIER DE PRÉ-VIVACITÉ N°6

Il est un élément clé de la préparation physique des joueurs professionnels et amateurs. Il permet de développer les qualités physiques et de maintenir un haut niveau de performance pendant toute la saison.

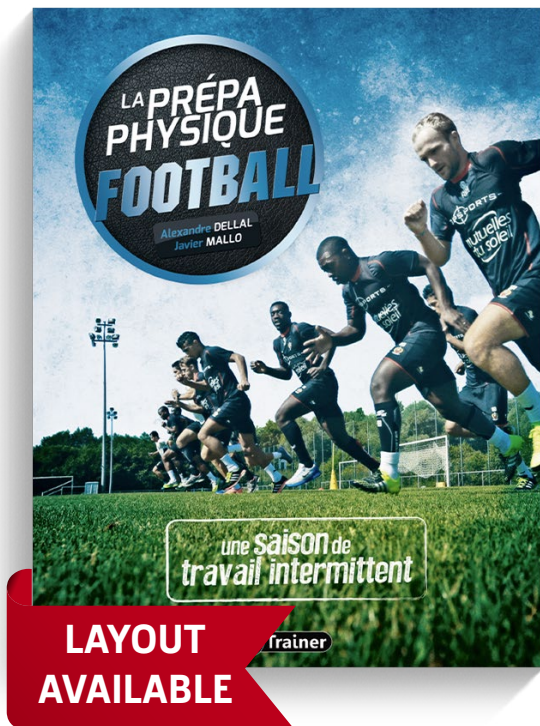
Le conditionnement physique

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PHYSICAL CONDITIONING SOCCER - VOLUME 2



Alexandre Dellal and Javier Mallo

Format: 194 × 255 mm

176 pages

Date: 2017

The main objective of Tome 2 is to offer, in a very illustrated and practical way, original sessions, playful with or without ball, easy to set up on the pitch throughout the season.

Soccer is considered a mixed activity requiring qualities of endurance, power and liveliness, but above all, the ability to repeat efforts of high intensity.

Intermittent efforts are thus regularly used in modern soccer, in order to develop all these factors of performance and to allow the players to express their technical and tactical qualities to the best. Through more than 140 sessions, this book offers a pannel of intermittent exercises in all their forms, with or without balls, and makes it possible to set up a multitude of intermittent workouts on the field throughout the season.

RIGHTS SOLD:

RUSSIA
SPAIN

24.90€



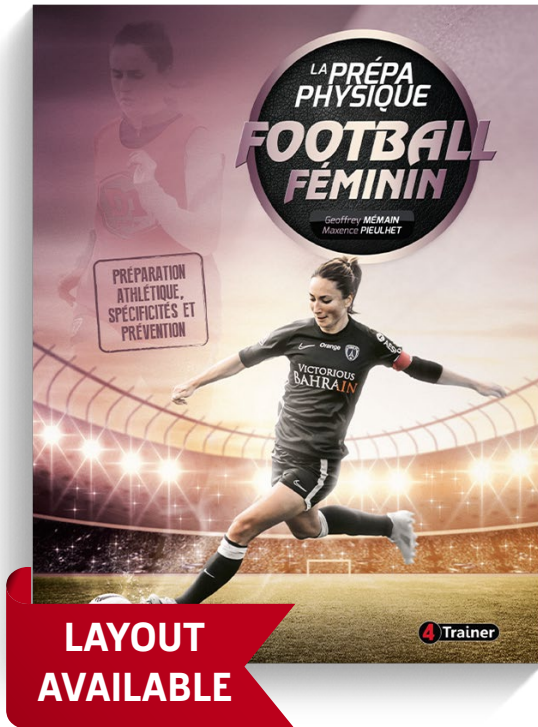
PHYSICAL CONDITIONING WOMEN'S SOCCER

Geoffrey Mémain and Maxence Pieulhet

Format: 194 × 255 mm

212 pages

Date: 2021



The differentiation of women/ men is a reality increasingly taken into account in sports practice: the French Football Federation has just created a specific diploma, the Women's Football Coach Certificate (training plan for the 2020-21 season).

Physical Conditioning - Women's Soccer is part of this dynamic and demonstrates that we will better train footballers if we take into account their physiological and psychological particularities. Written for physical trainers and trainee preparers, this book provides an optimal understanding of the functioning and the behavior of the player during her practice, including detecting the specificities of her traumatology, with the goal of providing a more relevant reathletization.

24.90€



THE WINNING TEAM'S SECRETS

Andy Hyeans

Format: 194 × 255 mm

96 pages

Date: 2019



What makes the difference between a team that wins and one that doesn't?

The author wanted to share here this dimension of analysis and optimization of sports performance, as well as the tools that make it possible to measure it.

While it is developing in many countries for many sports (by FIFA in football, but also in basketball, volleyball, rugby, cricket, etc.), this approach is still too confidential in French sport. Reading this book is about understanding performance in team sports, measuring the intra, inter and supra-individual aspects of performance and optimizing interactions for a winning team, perhaps yours!

23.90€



1 L'ITINÉRAIRE DE L'ÉQUIPE CHAMPIONNE

La performance collective est un phénomène complexe qui résulte de l'interaction de multiples facteurs individuels, relationnels et collectifs. Cette dimension relationnelle est au cœur de la performance collective et constitue le véritable secret des équipes championnes. Pour mieux comprendre ce phénomène, il est essentiel de se pencher sur la dimension relationnelle de la performance collective, à la fois individuelle et collective. Cette dimension relationnelle est au cœur de la performance collective et constitue le véritable secret des équipes championnes.

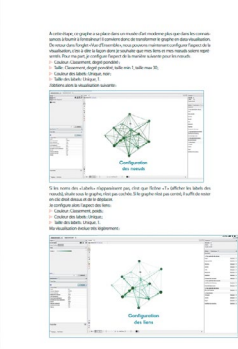
Ma carte de la performance

LA PERFORMANCE DU JOUEUR, DU SOUS-GROUPE ET DE L'ÉQUIPE



à l'information

La performance collective est un phénomène complexe qui résulte de l'interaction de multiples facteurs individuels, relationnels et collectifs. Cette dimension relationnelle est au cœur de la performance collective et constitue le véritable secret des équipes championnes. Pour mieux comprendre ce phénomène, il est essentiel de se pencher sur la dimension relationnelle de la performance collective, à la fois individuelle et collective. Cette dimension relationnelle est au cœur de la performance collective et constitue le véritable secret des équipes championnes.






6

J U D O



 **FRANCE
JUDO**



**JUDO FOR
4-5 YEARS OLD**

27.00€



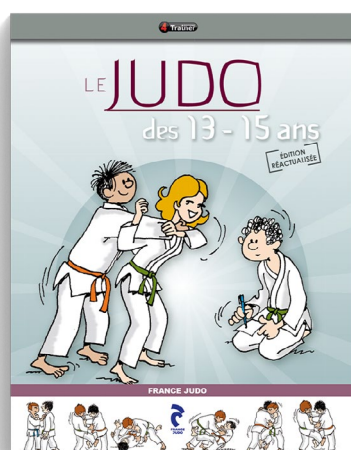
**JUDO FOR
6-8 YEARS OLD**

28.50€



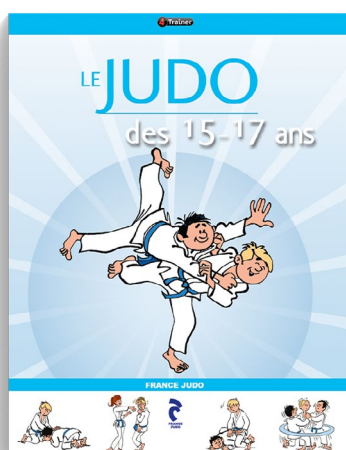
**JUDO FOR
9-12 YEARS OLD**

27.00€



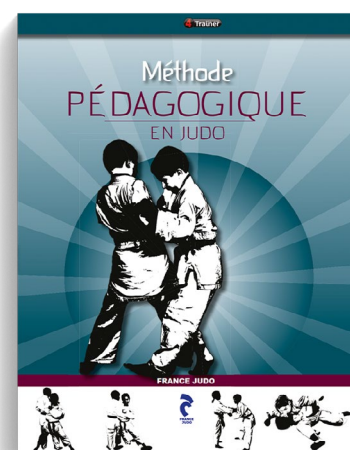
**JUDO FOR
13-15 YEARS OLD**

27.00€



**JUDO FOR
15-17 YEARS OLD**

29.50€



**TEACHING METHODS
FOR JUDO**

22.00€



The French Judo Federation has been producing for almost half a century, in line with the pedagogical culture of the discipline, reference and didactic manuals. The collection, intended for judo teachers, but also for PE teachers, proposes a complete pedagogical progression from the evaluation reference frame to the technical program specific to each stage of the child's development. Each age group is the subject of a dedicated volume, and its content has been elaborated by federal executives and enriched by judo teachers over time. The books thus offer a playful and progressive approach of judo for children, to better accompany them from initiation to opposition to the technicality of judo movements.

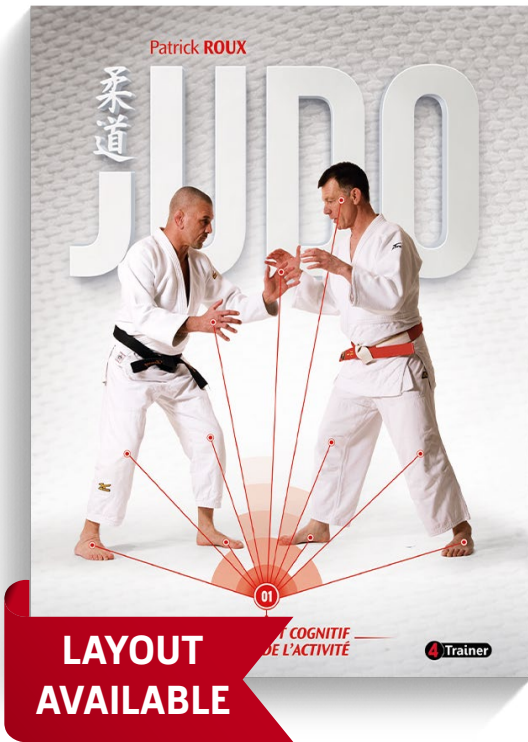
JUDO - TRAINING MANUAL

Patrick Roux

Format: 194 × 255

152 pages

Date: 2021



This book offers a unique analysis of combat situations and defines the concept of cognitive training of judoka, which offers a more adapted and effective alternative to the concept of «mental preparation». Taking as his starting point his professional career in the world of high performance, Patrick Roux exposes his reflections and provides answers to the questions that judokas, competitors, teachers and coaches often ask themselves:

- What are the key points, tactical skills and technical skills that need to be developed to become effective?
- What can make the difference during training and competition?
- What are the rules of action, constants and variables that must be analyzed before developing a teaching or training program?

29.90€



The collage displays several pages from the book. On the left, a page titled '01 « DEVENIR ENTRAÎNEUR » OU L'INFLUENCE DE MA FORMATION' features a photo of two judokas. In the center, a large red pyramid diagram is shown, with 'CONSCIENCE / DÉTERMINATION' at the top, 'MÉTIER DE LA FORMATION' in the middle, and 'ANALYSE DES SITUATIONS' at the base. To the right, several pages of text are visible, some with small photos of judo matches and athletes. The pages contain detailed analysis and training insights.

NOTES
