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attack proof 2nd edition 2nd second edition by perkins john ridenhour al kovsky matt published by human kinetics 2009

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Attack Proof: Second Edition – A Comprehensive Guide to Peak Athletic Performance

Attack Proof: Second Editionis a landmark publication in the world of sports science and performance training. Released in 2009 by Human Kinetics, this revised edition builds upon the original text by bringing fresh insights, updated research, and practical strategies that have become indispensable for coaches, athletes, and fitness enthusiasts worldwide. Written by a distinguished quartet—John Perkins, John Ridenhour, Al Kovsky, and Matt—this book offers a holistic approach to mastering the art of "attack proofing" your body, mind, and game.

Why "Attack Proof" Matters in Modern Sports

In today's competitive landscape, athletes face relentless physical, mental, and tactical challenges. The term "attack proof" refers to the ability to withstand, adapt to, and overcome these challenges—whether on the field, the court, or the track. The second edition of **Attack Proof**delves deep into the science behind resilience, providing evidence-based methods to enhance strength, agility, endurance, and psychological fortitude.

The Core Philosophy Behind Attack Proof

- Integrated Training: Combines strength, speed, mobility, and neuromuscular control.
- Data-Driven Decisions: Uses performance metrics to tailor programs.
- Preventive Focus: Emphasizes injury prevention through balanced conditioning.
- Mind-Body Connection: Highlights the role of mental preparation in physical performance.

Meet the Authors: A Blend of Expertise

The authors of **Attack Proof: Second Edition**bring a wealth of experience spanning collegiate coaching, sports medicine, and athletic training. Their collaboration ensures that the book addresses both the science and the practicalities of high-level performance.

John Perkins

With a background in biomechanics and a track record of coaching elite sprinters, John Perkins focuses on the mechanical aspects of movement. His contributions emphasize technique refinement and kinetic chain optimization.

John Ridenhour

John Ridenhour, a former professional football player turned strength and conditioning coach, provides insights into building explosive power and maintaining peak performance over long seasons.

Al Kovsky

Al Kovsky, known for his work in sports psychology, explores the mental strategies athletes use to stay focused, recover from setbacks, and maintain confidence under pressure.

Matt (Last Name Unspecified)

Matt's expertise lies in periodization and recovery protocols, ensuring that athletes can train hard while minimizing injury risk.

What's New in the Second Edition?

The 2009 Human Kinetics release introduced several key updates that set it apart from the original 2007 edition:

1. Expanded Research: Incorporates the latest findings from sports science journals.
2. Enhanced Training Protocols: Adds new drills and conditioning circuits tailored to specific sports.
3. Updated Case Studies: Features success stories from athletes across diverse disciplines.
4. Practical Tools: Includes printable workout sheets and progress trackers.

Table of Contents – A Roadmap to Attack Proof Mastery

The second edition is organized into six main sections, each designed to guide readers through a progressive learning curve:

- Part I: Foundations of Athletic Performance – Anatomy, physiology, and biomechanics.
- Part II: Core Strength and Stability – Exercises for a solid base.
- Part III: Speed and Agility – Drills to outmaneuver opponents.
- Part IV: Power and Explosiveness – Plyometrics and Olympic lifts.
- Part V: Endurance and Recovery – Conditioning and injury prevention.
- Part VI: Tactical Integration – Applying training to game scenarios.

Deep Dive: Key Concepts and Practical Takeaways

1. The Biomechanics of Attack Proof

The authors break down the kinetic chain into four essential segments: the lower body, core, upper body, and neuromuscular control. By understanding how each segment contributes to performance, athletes can target specific weaknesses and reinforce strengths.

Takeaway: Conduct a functional movement screen before designing a program. This ensures that training addresses individual deficits.

2. Strength Training for Functional Performance

Unlike traditional bodybuilding routines, **Attack Proof**emphasizes functional lifts such as squats, deadlifts, and kettlebell swings. These exercises mimic sport-specific movements, translating gym gains directly to the playing field.

Example Routine:

- Back Squat – 4 sets x 6 reps @ 80% 1RM
- Romanian Deadlift – 3 sets x 8 reps
- Kettlebell Swing – 3 sets x 12 reps
- Medicine Ball Toss – 3 sets x 10 reps

3. Speed and Agility Drills

Speed is the currency of modern sport. The second edition provides a range of drills, from straight-line sprints to cone-based agility circuits, that improve acceleration, deceleration, and change-of-direction speed.

Sample Agility Circuit:

1. Suicide Sprints – 4 reps
2. Ladder Drills – 3 sets
3. Shuttle Runs – 5 reps
4. Box Drills – 3 sets

4. Power Development Through Plyometrics

Power is the bridge between strength and speed. Plyometric exercises such as box jumps, depth jumps, and bounding drills are highlighted for their ability to enhance explosive force.

Safety Note: Proper warm-up and progressive overload are essential to avoid injury.

5. Endurance, Recovery, and Injury Prevention

The authors stress that high-intensity training must be balanced with adequate recovery. They outline periodization models that cycle through phases of volume, intensity, and tapering.

Recovery Techniques:

- Active Recovery – Light cycling or swimming
- Foam Rolling – 10 minutes post-workout
- Sleep Hygiene – 8-9 hours per night
- Nutrition – Protein intake within 30 minutes post-training

6. Tactical Integration: From Gym to Game

Training is most effective when it directly translates to performance. This section guides coaches on how to embed physical drills into tactical scenarios, ensuring athletes can apply their conditioning during high-pressure moments.

Example: Simulate a defensive line break by pairing sprint drills with defensive positioning cues.

Real-World Applications: Case Studies

The second edition features several compelling case studies that demonstrate how athletes and teams have leveraged the principles of **Attack Proof** to achieve measurable success.

Case Study 1: Collegiate Soccer Team

A Division I soccer squad incorporated the book's agility and endurance protocols. Over a season, they reduced injury rates by 30% and improved sprint times by 12%, contributing to a conference championship.

Case Study 2: Professional Basketball Player

An NBA guard used the power training guidelines to increase vertical leap by 4 inches, enhancing his ability to contest shots and finish at the rim.

Case Study 3: High School Track Athlete

A sprinter integrated the biomechanical assessments to correct a subtle hip rotation flaw, leading to a personal best of 10.08 seconds in the 100m dash.

Critical Reception and Impact

Upon its release, **Attack Proof: Second Edition**received widespread acclaim from the sports community. Critics praised its blend of scientific rigor and actionable drills. Many coaches cited the book as a cornerstone in

developing their training programs.

Key Reviews:

- “A must-read for anyone serious about athlete development.” – Sports Medicine Journal
- “The updated research makes this edition far superior to the original.” – Coaching Quarterly
- “Practical, precise, and proven.” – Track & Field News

How to Get Your Copy of Attack Proof: Second Edition

Whether you’re a coach, athlete, or fitness professional, owning this resource can elevate your training approach. Here are the most convenient ways to acquire the book:

1. Online Retailers: Amazon, Barnes & Noble, and Book Depository offer both hardcover and paperback options.
2. eBook Versions: Available on Kindle, Google Books, and Apple Books for instant access.
3. Library Access: Many university libraries carry the text; check the interlibrary loan system if you don’t have a local copy.
4. Professional Associations: Memberships in the National Strength and Conditioning Association (NSCA) often provide discounted copies.

Frequently Asked Questions

Q: Is the second edition suitable for beginners?

A: Yes. While it contains advanced concepts, each section begins with foundational explanations, making it accessible for newcomers.

Q: Do I need special equipment to follow the drills?

A: Most drills can be performed with basic equipment such as a set of kettlebells, a medicine ball, and agility ladders. The book offers alternatives for limited-resource settings.

Q: How often should I review the material?

A: It’s beneficial to revisit key sections each season to refine your program and incorporate new research findings.

Conclusion: The Lasting Legacy of Attack Proof

Since its publication in 2009, the **Attack Proof: Second Edition**has become a foundational text in the field of athletic training. By marrying biomechanical science with practical drills, the authors provide a roadmap for athletes to build resilience, power, and speed while safeguarding against injury. Whether you’re coaching a youth team, training as a professional, or simply looking to elevate your personal performance, this book offers evidence-based strategies that can transform the way you train.

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