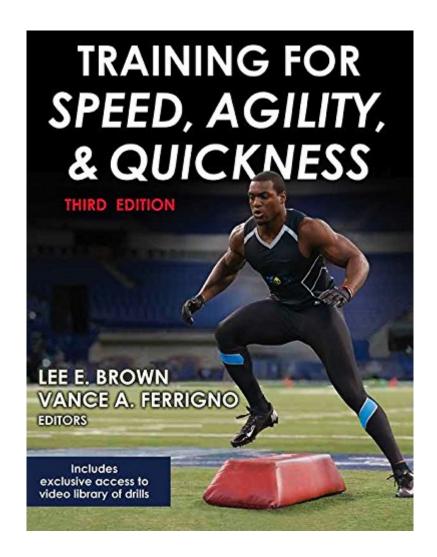
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Training For Speed, Agility, And Quickness-3rd Edition (Enhanced Edition With Video)





Synopsis

Todayâ ™s athletes are bigger, stronger, faster, and more agile than ever before. Exhibiting a combination of power, speed, and quickness, theyâ ™ve raised the bar on performance, competition, and training. Training for Speed, Agility, and Quickness: Enhanced Edition is the complete workout guide you need in order to perform a step ahead of the competition. This total training package offers 49 video clips of the most effective drills and exercises for developing movement skills, letting you see how to perform key tests and execute the best and most complex drills in the book. Sample training programs are included for these sports:â ¢Baseball and softballâ ¢Football and rugbyâ ¢Basketball and netballâ ¢Combat sportsâ ¢Track and fieldâ ¢Soccerâ ¢Lacrosseâ ¢Tennis and Badmintonâ ¢Racquetball and squashThe top sport and conditioning experts present the best information on testing, techniques, drills, and training programs to maximize athletesâ ™ movement capabilities. The book includes 262 drills and proven assessments for customizing programs and tracking progress. If youâ ™re serious about elevating your performance, Training for Speed, Agility, and Quickness: Enhanced Edition is a must have.

Book Information

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Customer Reviews

This new edition is is a must have for individuals in the performance training field. It provides a comprehensive list of drills for speed and agility that apply to numerous sports. This new edition also outlines some innovate techniques for athlete assessment that I will use with my athletes. Its a fantastic book at a great value.Patrick EstesFAFS,CSCS,USAW

I have the 2nd version and loved it, so I figured I'd purchase the 3rd edition. There's some new stuff and updated content, so I feel that it's worth it in the end.

Everything came as expected. It shipped fast, everything was brand new and unused. I would definitely refer to others.

Great follow up to the last edition. Not just a "re-boot", but fresh new info presented in a great format.

Nice and handy for any strength and conditioning coach

Great book to help with programming.

Great book very informative

Videos on line are great.

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