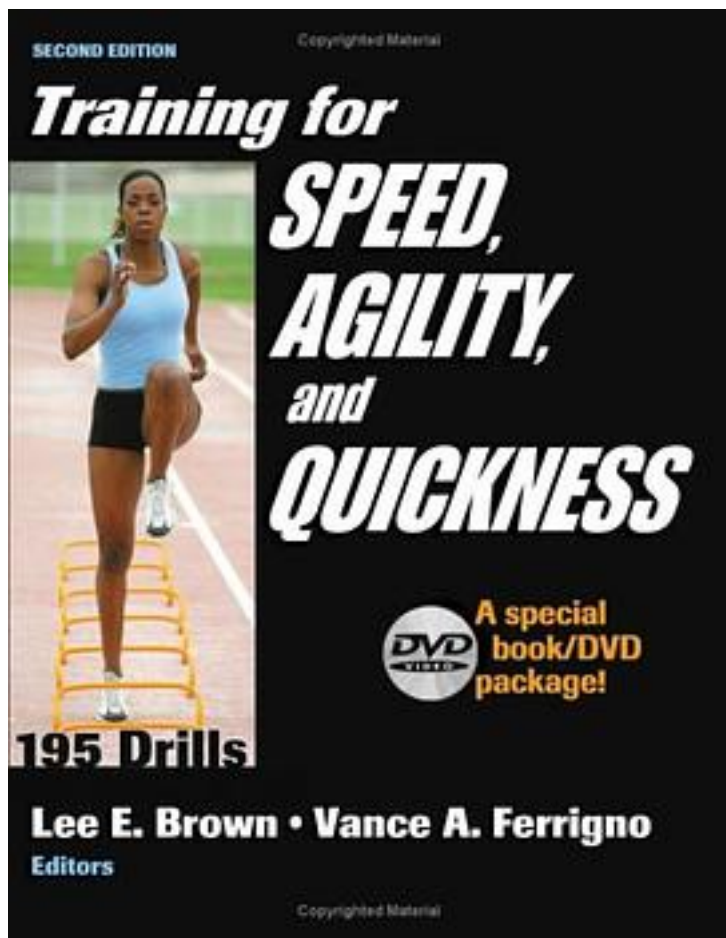


Training for Speed, Agility, and Quickness



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Not only are modern athletes larger and more muscular than their predecessors, but they also move with swiftness and power never seen before. "Training for Speed, Agility, and Quickness" is the workout guide and DVD package you need in order to

perform a step ahead of the competition. What elevates this book to become the ultimate training resource is the bonus DVD, ideal for both athletes and coaches. It allows you to see exactly how to perform key tests and execute the best and most complex drills from the book. Sample training programs are included for the following sports - baseball and softball, basketball, soccer and field hockey, volleyball, football, tennis, netball, cricket, rugby and Australian rules football. Top sport and conditioning experts present the best information on testing, techniques, drills, and training programs available to maximize athletes' innate movement capabilities. The book contains 195 drills, many of which are fully illustrated, while the most complex drills and useful tests to track athletic skills and progress are featured on the DVD. Build the movement skills to excel in sports with "Training for Speed, Agility, and Quickness". This is not an official book from SAQA' International.

作者介绍:

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