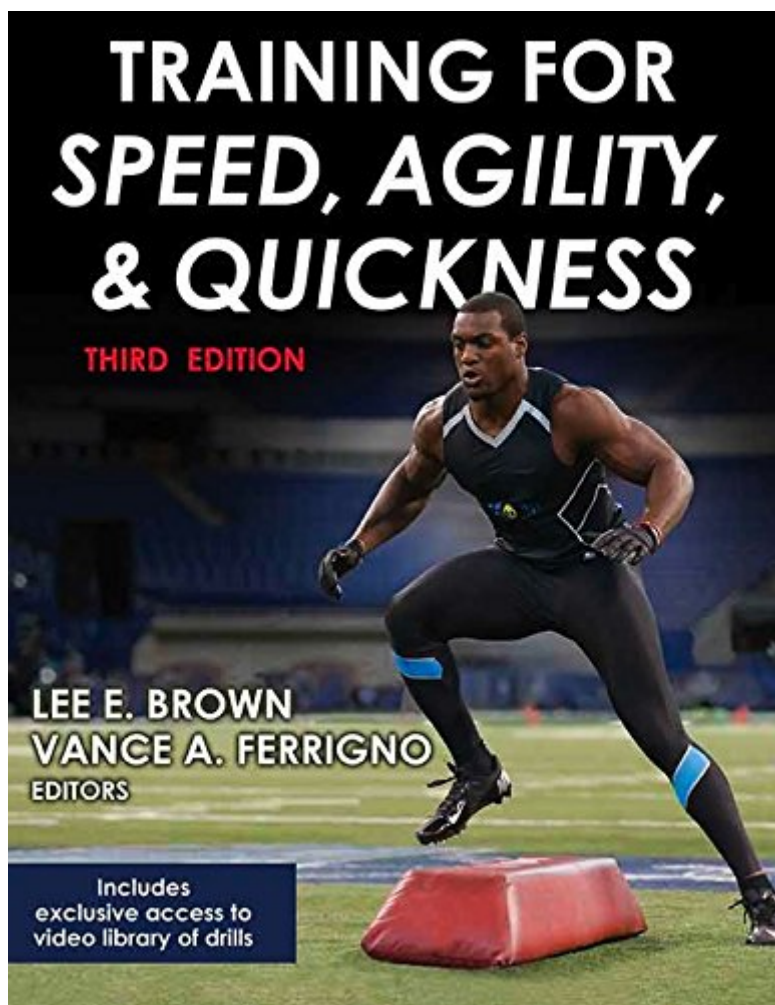


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# Training For Speed, Agility, And Quickness-3rd Edition (Enhanced Edition With Video)



## Synopsis

Today's athletes are bigger, stronger, faster, and more agile than ever before. Exhibiting a combination of power, speed, and quickness, they'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: Baseball and softball, Football and rugby, Basketball and netball, Combat sports, Track and field, Soccer, Lacrosse, Tennis and Badminton, Racquetball and squash. The top sport and conditioning experts present the best information on testing, techniques, drills, and training programs to maximize athletes' movement capabilities. The book includes 262 drills and proven assessments for customizing programs and tracking progress. If you're serious about elevating your performance, *Training for Speed, Agility, and Quickness: Enhanced Edition* is a must have.

## Book Information

File Size: 265649 KB

Print Length: 312 pages

Publisher: Human Kinetics; 3 edition (November 12, 2014)

Publication Date: November 12, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00LPICIO2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #130,859 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Lacrosse #4 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #10 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field

## Customer Reviews

This new edition 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 innovative techniques for athlete assessment that I will use with my athletes. Its a fantastic book at a great value. Patrick Estes FAFS, 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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