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Developing Agility and Quickness | NSCA -National Strength ... development of comprehensive training programs for agility and quickness. It is an absolute must-have resource for coaches and athletes who are serious about taking performance to the next level. It is loaded with invaluable training tips and information that the experts in this book have taken a life-time to develop.

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Designing agility and quickness programmes for football is extremely challenging. Mainly because it involves almost constant movement over two 45

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Summary: From the National Strength and Conditioning Association comes this resource packed with more than 100 drills to help in the development of agility and quickness training programs. Applicable to almost every sport, Developing Agility and Quickness focuses on improving athletes' fleetness of foot, change-of-direction speed, and reaction time.

Developing Agility and Quickness.
[electronic resource]

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The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for th...

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Developing Agility and Quickness is an essential training guide for athletes and coaches seeking to excel in today ' s fast-action sports. The drills and training programs in this book will get you a step ahead of the competition, whether you ' re on the court or on the turf.

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