

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.

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