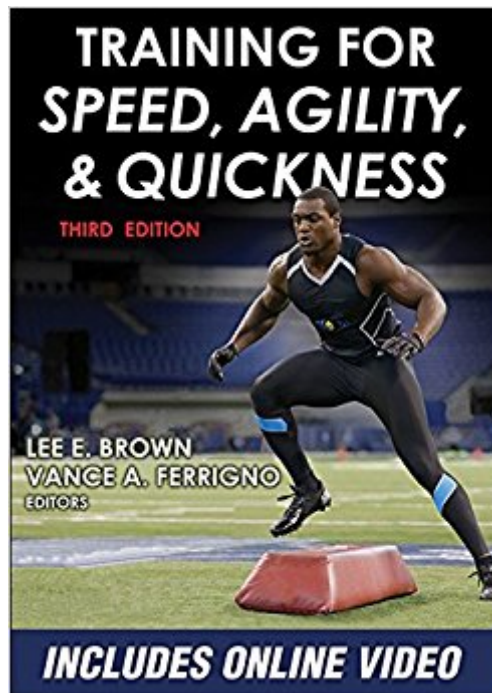




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Training For Speed, Agility, And Quickness-3rd Edition



Synopsis

Training for Speed, Agility, and Quickness is the workout guide you need in order to perform a step ahead of the competition. What elevates this book to become the ultimate training resource is the exclusive access to the online video library of drills, 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, 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 in the online video library. This product is manufactured in United States.

Book Information

Paperback: 312 pages

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Average Customer Review: 4.3 out of 5 stars 20 customer reviews

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Customer Reviews

“Training for Speed, Agility, and Quickness is one of the books that I use frequently when designing training programs for my athletes.” Allen Hedrick, MA, CSCS, RSCC, FNSCA-- Head Strength and Conditioning Coach, Colorado State University at Pueblo, Author of Dumbbell Training “Training for Speed, Agility, and Quickness is a comprehensive resource that will benefit all readers. The recommendations are backed by research and are easily adjusted to the needs of each athlete.” Boyd Epley-- Founder of National Strength and

Conditioning Association, U.S. Collegiate Strength and Conditioning, Coaches Hall of Fame, Nebraska Football Hall of Fame, Lindy's Sports Top 100 Most Important College Football Sports Figures of the Century

Lee E. Brown, EdD, CSCS*D, FNSCA, FACSM, is a previous President of the National Strength and Conditioning Association (NSCA) Board of Directors. In 2014 Brown received the NSCA's Lifetime Achievement award for his work with the Association. Brown holds both a master's degree in exercise science and a doctorate in educational leadership from Florida Atlantic University. Formerly a high school physical education teacher and coach of many sports, Brown is now a professor of strength and conditioning in the department of kinesiology at California State University, Fullerton. He and his wife, Theresa, reside in Buena Park, California. Vance Ferrigno is President of F3 Training Systems, LLC and is also a Nike NG 360 Golf Performance Specialist for the Cliffs Clubs overseeing the golf performance program. Ferrigno earned his bachelor's degree in exercise science from Florida State University and a Fellow of Applied Functional Science from the Gray Institute. His certifications include American College of Sports Medicine's Health Fitness Specialist and Health Fitness Director, National Strength and Conditioning Association's Certified Strength and Conditioning Specialist, USA Weight Lifting Club Coach, USA Cycling Level 2 Coach and Nike NG 360 Golf Performance Specialist. He resides in Travelers Rest, SC.

perfect! a great resource for me and my students!

Good item.

Great

Nice and handy for any strength and conditioning coach

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.

Videos on line are great.

Another great edition from the S&C master Dr. Lee Brown.

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