



Training for Speed, Agility, and Quickness: Special Book/DVD Package

Lee E. Brown, Vance A. Ferrigno

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Not only are modern athletes larger and more muscular than their predecessors, but they also move with a 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
- 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*.

PLEASE NOTE: This is not an official book from SAQ™ INTERNATIONAL. For details of books including `SAQ™ Soccer`, and SAQ™ Rugby` and official SAQ™ Resources visit www.saqinternational.com.

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Hilda Szymanski:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Training for Speed, Agility, and Quickness: Special Book/DVD Package, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout folks. What? Still don't buy it, oh come on its named reading friends.

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