



Training for Speed, Agility, and Quickness-3rd Edition

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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* is the complete workout guide you need in order to perform a step ahead of the competition.

With this total training package, you'll have exclusive online access to a video library of the most effective drills and exercises for developing movement skills, and you'll see how to perform key tests and execute the best and most complex drills from 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* is a must have.

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, please visit www.saqinternational.com.

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