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Training for Speed, Agility, and Quickness, 3E Brown, Lee, Ferrigno, Vance, 2014-11-13 The ultimate training resource for athletes and coaches includes more than 262 exercises and drills programming and exclusive access to online video library Assessments provide parameters for individual programs and sport specific training

Successful Coaching Rainer Martens, 2012-02-17 As America's best selling coaching text Successful Coaching has helped over a million coaches develop their coaching philosophies improve their communication teaching and management skills and understand their responsibilities as a coach The updated fourth edition of Successful Coaching offers students as well as new and veteran coaches a comprehensive guide to every aspect of coaching Written by Rainer Martens a respected and renowned sport psychologist longtime coach and lifelong competitive athlete Successful Coaching Fourth Edition details the principles knowledge and skills that will help coaches build a foundation for their decisions and actions Working through the text coaches will define their philosophy identify their objectives and determine their coaching style Next coaches will learn how to become skilled communicators and motivators by applying psychological principles and recommendations for positive management of athletes behavior Knowing the skills required for each sport is as important as knowing how to teach and shape those skills With Successful Coaching coaches will become more effective instructors as they learn the games approach to teaching technical and tactical skills a proven method of helping athletes become smart tactical players of their sports Successful Coaching also discusses the team management responsibilities of the coach and details how to manage relationships with athletes other coaches administrators medical personnel officials parents and the media Also addressed are the legal responsibilities of a coach and strategies for reducing risk Readers will find the latest research in the fields of physical training and nutrition including new

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Developing Agility and Quickness NSCA -National Strength & Conditioning Association,Jay Dawes,Mark Roozen,2011-10-10 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 the kill and match winning point These are all reasons agility and quickness are such prized physical attributes in modern sport Efforts to become markedly quicker or more agile however aren t always successful Genetic limitations technical deficiencies and inferior training activities are among the major obstacles Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world the National Strength and Conditioning Association NSCA hand picked its top experts to present the best training advice drills and programs for optimizing athletes linear and lateral movements Make Developing Agility and Quickness a key part of your conditioning program and get a step ahead of the competition **Agility Training** Steve Plitt,2017-05 Agility Training For

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Boost Your Performance: Unleashing Speed, Agility, and Quickness Pasquale De Marco,2025-07-13 In the fiercely competitive world of sports speed agility and quickness are the keys to unlocking athletic greatness Whether you're a seasoned athlete seeking to refine your skills or an aspiring competitor eager to make your mark this comprehensive guide provides the ultimate roadmap to transforming your body into a finely tuned machine Delve into the scientific principles that govern these essential qualities and discover how to optimize your training regimen for maximum results Learn the art of efficient movement patterns unlocking the secrets of biomechanics to maximize your speed and agility Harness the power of strength training plyometrics and flexibility exercises to build a foundation for exceptional performance But speed agility and quickness are not solely defined by physical attributes This book delves into the psychology of peak performance teaching you how to cultivate mental toughness maintain focus under pressure and develop the unwavering belief in your abilities that separates champions from the rest Through a combination of expert insights practical drills and inspiring stories of athletic achievement this book will guide you on a transformative journey towards becoming a faster more agile and quicker athlete Unleash your inner potential and leave your mark on the field court or track Within these pages you'll discover The science behind speed agility and quickness and how to optimize your training to maximize these qualities Step

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Speed & Agility Revolution Jim Kielbaso, 2005 A how to manual for developing athleticism and fitness through athletic conditioning Speed and Agility Revolution includes detailed information on warm up flexibility sprinting speed development agility training strength training and program development

Training for Health, Strength, Speed, and Agility. For the Instruction of Amateurs and Others John P Thornton, 2023-07-18 This book is a comprehensive guide to training for health strength speed and agility It covers a wide range of exercises and training techniques as well as the principles of effective training A great resource for anyone looking to improve their fitness and athletic performance This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

Ultimate Speed & Agility Jim Kielbaso, 2011-12 This book breaks down speed and agility mechanics in an easy to understand format for coaches and athletes This book contains photographs and diagrams that cover over 100 drills and exercises for maximum athletic enhancement It is a great resource for competitive athletes in any sport and a welcome addition to any strength and condition coach or trainer s library This book is designed so that parents and athletes as well as their coaches can work on the drills together as well

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National Strength and Conditioning Association experts Developing Speed is your guide to elite level speed development regardless of your sport In addition to the scientific coverage of speed development this guide helps you assess your current ability and identify your areas of greatest need Using this information along with the most effective drills and exercises you ll have the tools and information for creating your own speed development program Publisher description *Training for Speed, Power & Strength* Isabel Walker,2006

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