



# Training for Speed, Agility, and Quickness

*Lee E. Brown, Vance A. Ferrigno, Juan Carlos Santana*

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Athletes and coaches serious about performance use speed, agility and quickness (SAQ) drills to gain an extra step on the competition. In this book more than 200 of the best possible drills for developing these three key athletic skills are included, with diagrams showing how to correctly perform the exercises. It also provides all the tools to design customised workouts based on individual athlete needs. SAQ development programmes are included for baseball and softball, volleyball, American football, tennis, soccer, hockey, basketball, netball, cricket, rugby and Australian rules football. Coaches and athletes can use these as guides for customising their own sport-specific SAQ programme.

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