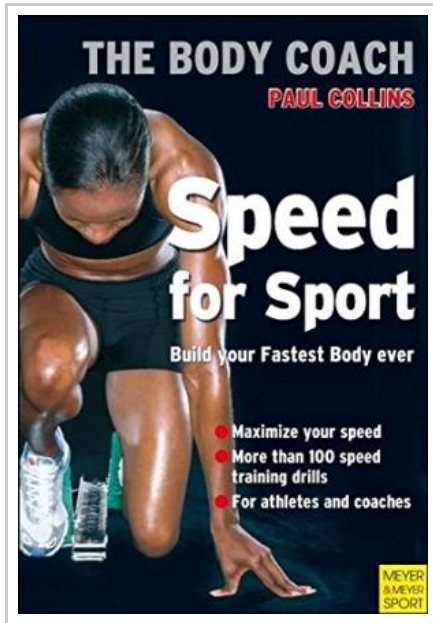




Speed for Sport

By Paul Collins

Meyer & Meyer Fachverlag Dez 2008, 2008. Taschenbuch. Book Condition: Neu. 24x16.5x cm. Neuware - Maximize your speed More than 100 speed training drills For athletes and coaches Speed for Sport(TM) is an excellent source of information for athletes, coaches, parents and teachers alike. The Body Coach®, Paul Collins, Australia's Personal Trainer(TM) provides step-by-step coaching with over 100 of the latest speed training drills used by world class athletes and sporting teams for developing speed, agility, reaction and quickness for the following sports: AFL and NFL Baseball and Softball Basketball and Netball Boxing and Martial Arts Cricket, Hockey and Lacrosse Football, Rugby League/Union Soccer and more . Speed for Sport(TM) includes training drills using agility poles, mini-hurdles and speed ladders. It also includes sample speed training sessions to help maximize your speed potential as an individual or part of a team sport and gain that extra step over your competition. 208 pp. Englisch.



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