



Training for Sports Speed and Agility: An Evidence-Based Approach

By Paul Gamble

Taylor Francis Ltd, United Kingdom, 2011. Paperback. Book Condition: New. 242 x 172 mm. Language: English . Brand New Book. Speed and agility are central to success in a wide range of sports. Training for Sports Speed and Agility is the first evidence-based study of all those aspects of athletic preparation that contribute to the expression of speed and agility during competition. Drawing on the very latest scientific research in the fields of strength and conditioning, applied physiology, biomechanics, sports psychology, and sports medicine, the book critically examines approaches to training for speed and agility. This book further explores the scientific rationale for all aspects of effective training to develop sports speed and agility, comprising a diverse range of topics that include: * assessment * strength training for speed and agility development * speed-strength development and plyometric training * metabolic conditioning * mobility and flexibility * acceleration * straight-line speed development * developing change of direction capabilities * developing expression of agility during competition * periodization. Every chapter includes a review of current research as well as offering clear, practical guidelines for improving training and performance, including photographs illustrating different training modes and techniques. No other book offers a comparable...



READ ONLINE
[2.77 MB]

Reviews

It is a of the most popular ebook. I have got study and i am certain that i am going to likely to read again yet again in the future. I am happy to inform you that this is actually the greatest ebook i actually have study inside my very own life and might be he best ebook for possibly.

-- **Alison Stanton**

A whole new eBook with a brand new perspective. it was actually writtern quite completely and useful. I found out this ebook from my dad and i recommended this ebook to discover.

-- **Dr. Wyatt Morissette**