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Sommario/riassunto

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
