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Autore	Samonà, Alberto
Titolo	La nuova dimensione urbana in Francia : i grands ensembles e la modificaione della forma della città / Alberto Samonà
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Autore	Gamble Paul
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Nota di contenuto	Cover; Training for Sports Speed and Agility : An evidence-based approach; Copyright; Contents; Figures; Tables; Acknowledgements; Part I: Theory of sports speed and agility development; 1. Introduction : What defines sports speed and agility?; 2. Foundations of speed and agility expression in sports; 3. Assessing physical parameters of speed and agility; 4. Athleticism and movement skills development; Part II: Developing physical capabilities for speed and agility; 5. Strength training for speed and agility development; 6. Speed-strength development and plyometric training 7. Metabolic conditioning for speed and agility performance8. Lumbopelvic 'core' stability; 9. Warm-up methods and mobility training; Part III: Developing technical and perceptual aspects of sports speed and agility; 10. Technical aspects of acceleration and straight-line speed development; 11. Developing change of direction capabilities and expression of sports agility; Part IV: Designing the programme; 12. Planning and scheduling: Periodisation of training; References; Index
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