



## 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**  
[ 2.42 MB ]

### Reviews

*If you need to adding benefit, a must buy book. It is actually rally interesting throgh reading time period. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Olen Mills**

*An extremely awesome ebook with perfect and lucid reasons. This is certainly for all who statte there was not a well worth looking at. Your daily life span will likely be convert as soon as you complete looking over this book.*

-- **Anahi Heaney**