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development of comprehensive training programs for agility and quickness. It is an absolute must-have resource for

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7 agility drills for football to improve your speed and ...

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athletes' fleetness of foot, change-of-direction speed, and reaction time.

Developing Agility and Quickness. [electronic resource]

?The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for th...

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