



Sport Specific Speed

Vern Gambetta, Gary Winckler

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Speed is the most prized of all the athletic qualities and like any other motor task, it can be learned and improved on through practice. This book is for the serious coach, performance specialist and athlete seeking to improve all aspects of speed: Improve running mechanics, first step quickness, acceleration, the ability to change direction, and learn how to better apply speed to your game, design speed workouts and integrate strength development with speed development. It is a systematic approach to speed development for all sports.

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