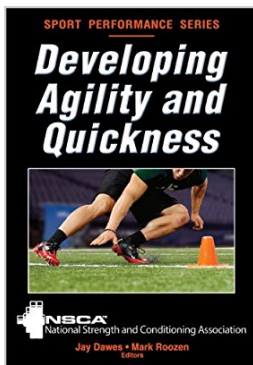


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The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport.

Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles.

Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make *Developing Agility and Quickness* a key part of your conditioning program, and get a step ahead of the competition.

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“Developing Agility and Quickness *bridges the gap between science and practical training for agility and quickness. It’s an invaluable resource for improved sport performance.*”

Lee Brown, EdD, CSCS*D, FNSCA, FACSM -- Director of the Center for Sport Performance at California State University, Fullerton; Author of *Training for Speed, Agility, and Quickness*

“Developing Agility and Quickness *does a great job of combining research and in-the-trenches knowledge. To help athletes be the best they can, today's coaches need to have the latest advice on training agility and quickness, which this book provides.*”

Eleanor Frankel -- Editor in Chief, *Training & Conditioning* magazine

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