



101 Agility Drills (101 Drills)

Patrick McHenry, Joel Raether

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Presents over 100 drills designed to develop an athlete's ability to stop, start, and change the direction of the body (or body parts) rapidly and in a controlled manner. Each series of drills uses a logical progression to maximize performance, while using minimal and readily-available equipment, including: Boxes, cones, dots, hurdles, and ladders. Each drill is thoroughly explained and illustrated. Ideal for coaches and athletes of all activities and at all skill levels.

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