



Speed Training for Teen Athletes: Exercises to Take Your Game to the Next Level (Sports Training Zone)

Shane Frederick

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Speed and agility are important in almost any sport. But to get faster, you dont have to resort to getting on the treadmill. Use these quick and easy exercises to gain an extra step heading downfield for a pass, zoom around the bases, or skate at a breakneck pace. With a little speed training, youll soon blow past your opponents!

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