Training for Sports Speed and Agility: An Evidence-Based Approach

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Speed and agility are central to success in a wide range of sports. *Training for Sports Speed and Agility* is the first evidence-based study of all those aspects of athletic preparation that contribute to the expression of speed and agility during competition.

Drawing on the very latest scientific research in the fields of strength and conditioning, applied physiology, biomechanics, sports psychology, and sports medicine, the book critically examines approaches to training for speed and agility. This book further explores the scientific rationale for all aspects of effective training to develop sports speed and agility, comprising a diverse range of topics that include:

- ○ assessment
- ○ strength training for speed and agility development
- ○ speed-strength development and plyometric training
- ○ metabolic conditioning
- ○ mobility and flexibility
- ○ acceleration
- ○ straight-line speed development
- ○ developing change of direction capabilities
- ○ developing expression of agility during competition
- ○ periodization.

Every chapter includes a review of current research as well as offering clear, practical guidelines for improving training and performance, including photographs illustrating different training modes and techniques. No other book offers a comparable blend of theory and practice. *Training for Sports Speed and Agility* is therefore crucial reading for all students, coaches and athletes looking to improve their understanding of this key component of sports performance.

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