



101 Fundamentals for Developing Football Speed

Mike Srock, Zach Johnson

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101 Fundamentals for Developing Football Speed is a user-friendly and well-illustrated book of drills and strength training exercises for speed development in football and other team sports. Combining proper technique and correct movements with a sound cycle, the use of the drills in this book should develop and produce excellent athletes.

Included in the book:

- Basic movements and positioning
- Dynamic warm-up
- Fast leg series
- Circle drills
- Speed technique drills
- Explosive starting drills
- Change of direction drills
- Jump rope drills
- Speed development in the weight room

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Frank Anderson:

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