

101 Agility Drills (101 Drills)

By 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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Editorial Review

About the Author

Patrick McHenry, MA, CSCS*D, PES is the head strength and conditioning coach at Ponderosa High School in Parker, CO. He has a masters in physical education with an emphasis on kinesiology. He is a Certified Strength and Conditioning Specialist with Distinction (CSCS*D), Certified Club Coach with the United States Weightlifting Federation, and a Performance Enhancement Specialist (PES) with the National Academy of Sports Medicine. Patrick has 16 years teaching/coaching experience working with youth, high school, college, and Olympic-level athletes in a wide variety of sports. He has been published in journals, videos, and books. He has also presented at the local, state, and national levels in both strength and conditioning and physical education.

Joel Raether has been an assistant strength and conditioning coach with the University of Denver since the fall of 2002. His primary responsibilities are with men's and women's basketball, men's lacrosse, and skiing. He also assists with the nationally-ranked men's hockey team. Prior to joining the University of Denver strength and conditioning staff, Raether was an assistant strength and conditioning coach at the University of Nebraska at Kearney.

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