

THE BOOK

Speed is the number one factor linked to improving athletic performance in sport. Paul Collins' unique coaching guides you step-by-step through increasing Speed for Sport.

Speed for Sport is an excellent source of information for athletes, coaches, parents and teachers alike. The Body Coach®, Paul Collins, Australia's Personal Trainer™ provides step-by-step coaching with over 100 of the latest speed training drills used by world class athletes and sporting teams for developing speed, agility, reaction and quickness for the following sports:

- AFL, NHL and NFL
- Baseball and Softball
- Basketball and Netball
- Boxing and Martial Arts
- Cricket, Hockey and Lacrosse
- Football, Rugby League/Union
- Soccer, Tennis and more...

Speed for Sport includes training drills using agility poles, mini-hurdles and speed ladders. It also includes the revolutionary 6-Stage Fastfeet® Training Model and sample speed training sessions to help maximize your speed potential as an individual or part of a team sport and gain that extra step over your competition.

THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is the creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years of experience. His clients range from Sporting Teams to World Class athletes including national Olympians and Paralympic World Champions.



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THE BODY COACH

Speed for Sport

PAUL COLLINS

THE BODY COACH

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Speed for Sport

Build your Fastest Body ever

- Maximize your speed
- More than 100 speed training drills
- For athletes and coaches



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SPORT

Speed for Sport

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- Sportsmaster

Medical Disclaimer:

The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. It is sold with the understanding that the author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these exercises are safe for you. Consult your doctor and physical therapist before starting this or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book.

The Body Coach Series

Speed for Sport

**Build Your Fastest Body Ever
with Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sports

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