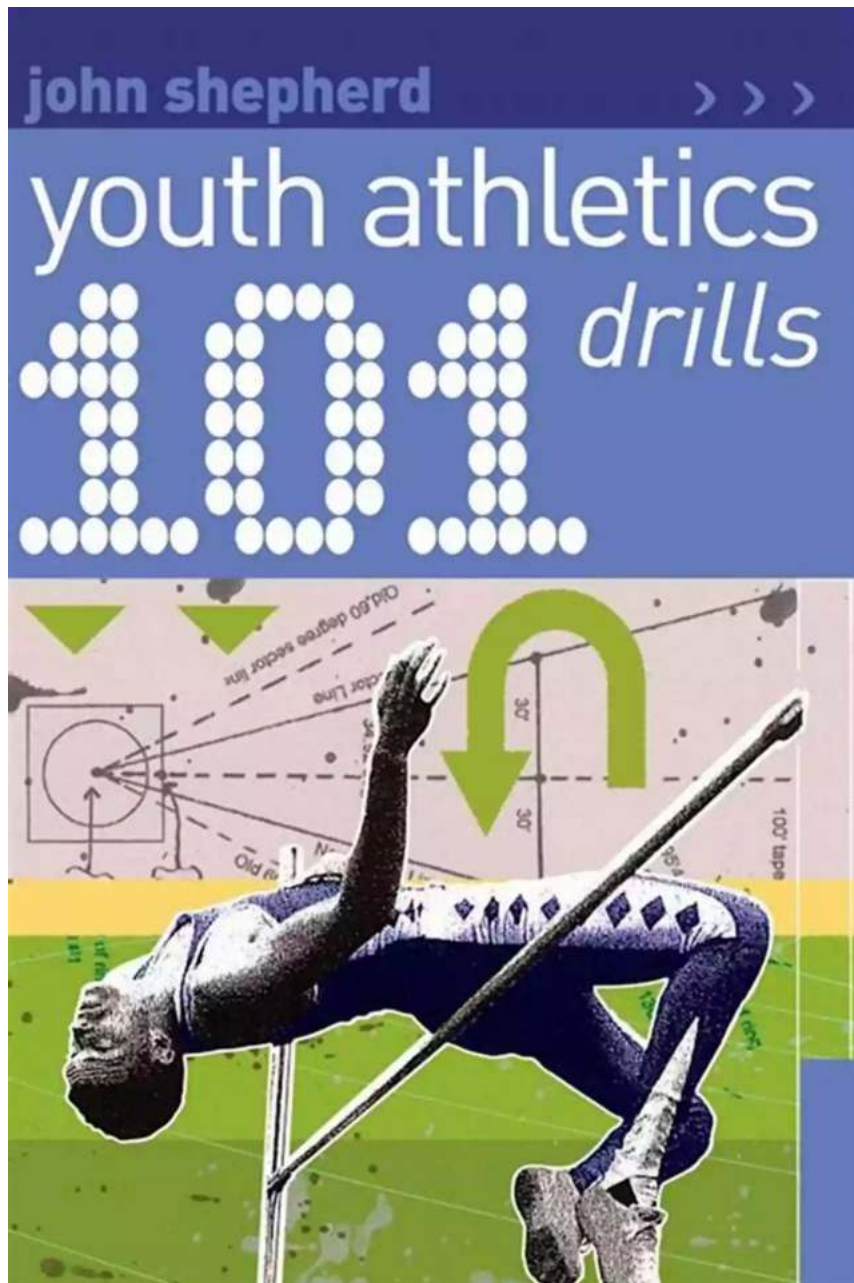


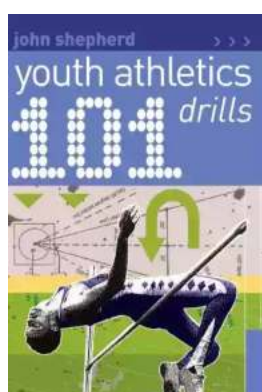
# 101 Youth Athletics Drills: Improve Your Skills with John Shepherd



If you are a young athlete looking to take your skills to the next level, you are in luck! John Shepherd, a renowned athletics coach, has compiled 101 Youth Athletics Drills to help you improve your athletic abilities and excel in your chosen

sport. Whether you are a track and field athlete, a basketball player, or a football enthusiast, this comprehensive guide has got you covered.

Why settle for mediocre skills when you can elevate your game with these drills? Let's dive into this extensive collection and explore how each drill can benefit you.



## 101 Youth Athletics Drills (101 Drills)

by John Shepherd (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2151 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 129 pages



### 1. Speed and Agility Drills

Speed and agility are essential attributes for athletes in almost every sport. In this section, John Shepherd provides a range of drills specifically designed to enhance your speed, acceleration, quickness, and change of direction. From ladder drills that improve footwork to cone drills that emphasize agility, you will gain the necessary skills to outmaneuver your opponents with ease.

### 2. Strength and Power Drills

To excel in sports, athletes need to develop strength and power. This section focuses on drills that target different muscle groups and help build explosive power and overall strength. Whether you are looking to increase your vertical

jump or improve your shot power, John Shepherd's array of exercises will help you become a force to be reckoned with.

### **3. Endurance and Stamina Drills**

An athlete's ability to sustain high levels of performance for extended periods is crucial. The endurance and stamina drills in this section aim to enhance your cardiovascular fitness, improve your stamina, and teach you to maintain peak performance throughout longer sports matches or events. By incorporating these drills into your training regimen, you will be able to dominate your opponents until the very end.

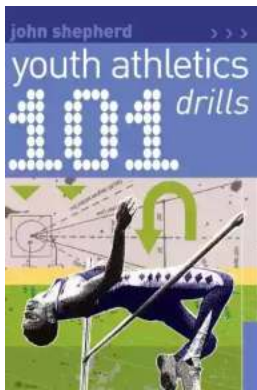
### **4. Coordination and Balance Drills**

Coordination and balance are fundamental skills for any athlete. Whether it's maintaining balance while executing precise movements or coordinating various body parts to perform complex skills, this section offers a wide range of drills to help you enhance your coordination and balance. By mastering these skills, you'll gain a competitive edge and be able to execute technical moves flawlessly.

### **5. Sports-specific Drills**

Finally, John Shepherd provides a compilation of sports-specific drills for various disciplines. Whether you are a sprinter, a long-jumper, or even a basketball player, you'll find drills tailored to your specific sport. These drills cater to the demands and intricacies of each sport, allowing you to develop the necessary skills to excel in your chosen field.

So, why wait? Level up your game and become the athlete you've always aspired to be with *101 Youth Athletics Drills* by John Shepherd. With comprehensive training drills, expert guidance, and dedication, you'll be on your way to sporting success. Don't wait any longer; start your journey to greatness today!



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Designed specifically for young athletes, this manual contains a wide range of progressive practice drills to help players develop. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up, running, jumping, hurdling, throwing,

As well as easy-to-follow instructions, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the athletes.



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