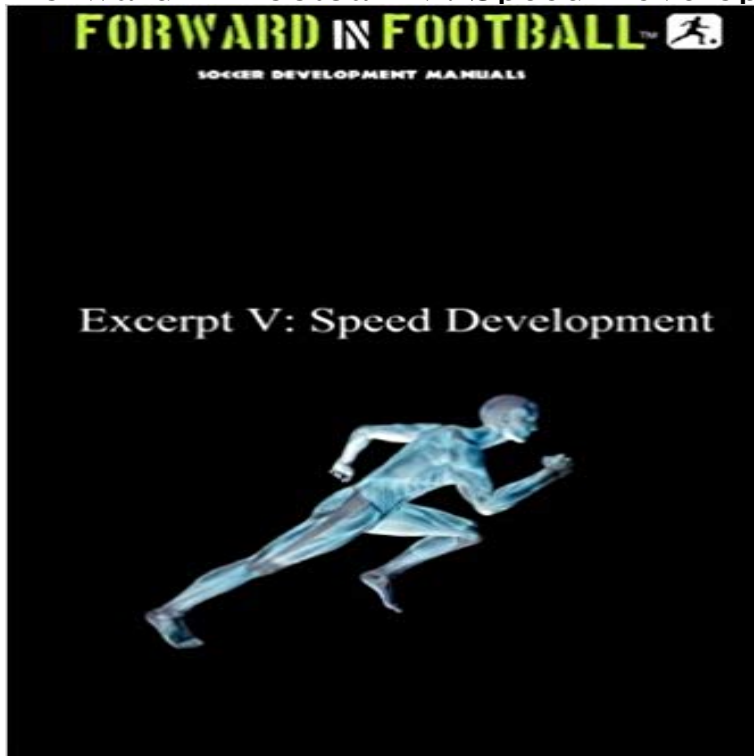


Forward in Football V: Speed Development (Volume 5)



Comprehensive rationale and drills to develop elite football (soccer) acceleration, quickness, and agility. Emphasis is placed on mastering fundamentals without equipment/ props. Elite speed development enables players of all levels to steal the show.

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