



# 101 Youth Fitness Drills Age 12-16 (101 Drills)

*John Shepherd, Mike Antoniadis*

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Designed specifically for young people, this manual contains a wide range of progressive practice drills to help them develop their fitness. Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including:

agility

speed

peripheral vision

body awareness

strength and general fitness

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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