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Joe DeFranco Speed And Agility

Joe DeFranco's 2 Essential Training Methods for Improving Agility. We've all seen the endless "agility" videos on Instagram and Youtube. They go something like this.... An athlete performs the "Icky Shuffle" through a "speed ladder", then quickly transitions

into a few figure 8's around some strategically-placed cones...next comes the salsa-dance-looking moves around a few more cones...and finally there's a hop, skip or a jump over a handful of perfectly-organized mini ...

Joe DeFranco's 2 Essential Training Methods for Improving

...

Joe DeFranco says: July 29, 2015 at 2:36 am Marijn, ... That's also a lot of time devoted to one specific sequence that could be used developing actual agility or strength. If the foot speed drills that are popping up to impress people actually created more agility tap dancers would be the most agile athletes in the world. I have heard about ...

2 Essential Training Methods for Improving Agility ...

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About Joe DeFranco Joe DeFranco is the founder and owner of the world famous DeFranco's Gym For the past two decades athletes from around the world have hired Joe because of his remarkable ability to improve strength speed power mobility agility and sport specific endurance

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Rethinking Agility Ladders: How to Actually Make Athletes

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