

## 101 Youth Fitness Drills Age 7-11 (Paperback) -Common

By (author) Mike Antoniades By (author) John Shepherd

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Designed specifically for young people, this manual contains 101 progressive practical drills to help them develop their fitness. Fun, educational and challenging, all drills are illustrated and cover the essential skills, including agility, speed, peripheral vision, body awareness, strength and general fitness.



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