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Antonio Rodríguez may have lost his position at first-choice goalkeeper at Chivas, but there ' s still a spring in the veteran ' s step. Chivas posted a video on their Twitter account of the 34-year-old ...

Chivas keeper Antonio Rodríguez

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shows top form in training

The Orlando Sentinel honors the best Orlando-area athletes, coaches, teams and all-sports programs of 2020-21 with our Varsity Sports Awards presentation.

Varsity awards honor Orlando area

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best in high school sports for  
2020-21

The summer offseason is in full swing, and Lettermen Row is trying to survive it with our annual Position Week breakdowns. By the time all nine units at Ohio State have been covered, training camp and ...

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Game-wreckers highlight top-five defensive tackles in Buckeyes history  
You may see Shanahan toss passes during 49ers practices, but you might not have seen him launch a throw like this.



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Joe Staley Details Kyle Shanahan's  
Viral Rooftop Throw

These players were drafted after the  
first round, but have the skill set and  
natural talent to shine as rookies ...

NFL training camps 2021: D'Wayne  
Eskridge and other NFC rookies

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picked after Day 1 who could earn key roles

With the start of preseason camps for area high school football teams just five weeks away, Freeport coach John Gaillot hopes Wednesday's locally infused Freeport seven-on-seven event will help serve ...

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A-K Valley football teams set for annual Freeport 7-on-7  
CARVER - For all of the change Bridgewater State will bring to Mitch Weston ' s football career ... While he ' s confident his offseason training will help his quickness and agility

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translate to the ...

Carver ' s Mitch Weston to call  
Bridgewater State University his  
football career's new home  
49ers PREP presented by U.S. Bank  
coordinator Ryan Dillard shows how  
to work on your agility with five

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different drills to increase your quickness.

49ers Unveil '94 Red Throwback  
Uniforms During State of the  
Franchise

Nestled in the piney woods of rural  
Perry County, Marion Military

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Institute seems like a strange place to become the football ... agility and quickness. Emphasis also on weight-training, swimming ...

‘ Rubbing shoulders with the big boys ’

Perhaps no position group in football

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is misunderstood more often than the offensive ... He has vines for arms and combines it with good quickness and agility for a man his size. As a run blocker, ...

Breaking down the Broncos ' offensive line room

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Former Kansas defensive end Daniel Wise prepares to throw a practice dummy as he works out for NFL representatives during Pro Day on Wednesday, March 27, 2019 at the Kansas Football Indoor ...

Jayhawks experience highs and lows



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at KU football pro day  
Ohio State ' s seven high school  
football camps in June ... Stewart  
wowed with his burst, agility and  
ability to change directions as he went  
through a workout with the rest of the  
defensive ...

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The 10 Most Impressive Prospects  
from Ohio State's Seven June High  
School Football Camps

When the Football Team wouldn't  
cooperate by blowing ... s “ extreme  
talent ” and “ unique traits. ”

Toney ’ s quickness and agility stand  
out in practice. The issue has been

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keeping him ...

10 reasons the Giants will be a  
dumpster fire this season

They also intensively work with  
Buckeye's strength and conditioning  
and throwing events coach Kenny  
Storkel on weightlifting, resistance,

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speed and agility training the school's weight room. " ...

Buckeye's Division II boys state champion 4x100 relay team ready for Outdoor Nationals meet to DFW the summer after he finished the fifth grade, the now 6-foot-5

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offensive lineman found out rather quickly just how much bigger football is ... went up there for a workout and unofficial ...

Drake Bequeaith opens up about K-State decision

His quickness ... for him was a private

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workout with Nebraska. Having taken place earlier in the week, Stenger was looking to add to his offer list which includes South Dakota State, North Dakota ...

K-State offers 2022 linebacker Gage Stenger

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It was a school year that saw record-shattering performances, surprise state champions and excellence in every sports season. But maybe most of all the 2020-21 school sports year will be remembered ...

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