



Football Drill Book

By Doug Mallory

Masters Press,U.S., United States, 1998. Paperback. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book. Make the most of your practice time with the Football Drill Book ! Doug Mallory, the defensive backs coach for the University of Maryland, has compiled a collection of drills that will help players in all positions develop and polish their abilities. This book includes chapters with selected drills for the following positions: Wide receivers Running backs Quarterbacks Offensive linemen Tight ends Defensive linemen Linebackers Centers Defensive backs The Football Drill Book also includes drills for developing agility and endurance, and enhancing a team s passing, running, and tackling. No matter what your team s level of ability, this innovative coaching tool will help you maximize effective practice time by concentrating on the skill areas where your players need improvement. This drill book will immensely benefit the beginning coach. -- Bill Mallory, former Head Coach, Indiana University.

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Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication i have got read inside my own lifestyle and might be the very best ebook for possibly.

-- **Dr. Meta Smith**

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

-- **Dr. Sarai Fisher DDS**