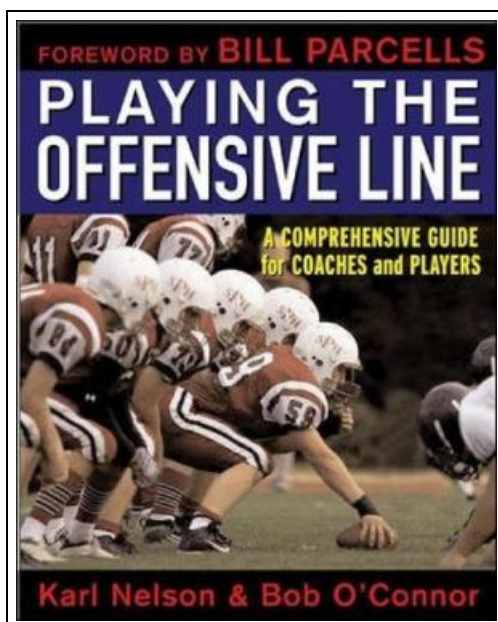


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(Rhea Toy)

PLAYING THE OFFENSIVE LINE: A COMPREHENSIVE GUIDE FOR COACHES AND PLAYERS (PAPERBACK)



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McGraw-Hill Education - Europe, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Turbo-charge your offensive line with this powerhouse collection of winning strategies for players aged 12 and up. I can't imagine that there has ever been a better book on offensive line play. It is the ultimate teaching tool for any level of play - from the pro level to youth football - Tom Flores, two-time Super Bowl champion coach. Every good coach recognizes that having fundamentally sound offensive linemen pays off in the scoring column on game day. Your team will flatten the competition with the winning strategies in this groundbreaking book from former New York Giant and Super Bowl winner Karl Nelson and veteran coach Bob O Connor. Preparing the coach and player both physically and mentally, Nelson and O Connor show you how to raise the level of your offensive line's performance. With help from step-by-step diagrams and photos, you will quickly master the ins and outs of: stance and alignment; one-on-one blocking; double-teaming; zone and wedge blocking; pulling and trapping; goal line blocking; blocking in the kicking game; and, the intricacies of both pass and run protection. Being an offensive lineman isn't easy. It's a big job for big players. But with this all-in-one guide, you'll be beefed up, revved up, and ready for the front lines.



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