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Complete Offensive Line (Paperback)

By Rick Trickett

Human Kinetics Publishers, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Developing dominating offensive linemen is Rick Trickett's specialty. His accomplishments speak for themselves: 4 first-round draft selections, 20 NFL players, 13 All-Americans, and more than 30 all-conference selections. Now with Complete Offensive Line, he's created the most in-depth guide ever on offensive line play. Today's linemen must have skill, strength, power, quickness, agility, and intelligence to excel at the position. That is why Complete Offensive Line presents it all—from footwork and hand positioning to pulling and cutbacks. In this one-of-a-kind guide, Trickett takes you onto the practice field and into the trenches to learn these skills, among others: - Pass protection - Run blocking - Man and zone blocking - Combination blocks - Blitz pickup - Recognition of defensive sets such as 4-3, 3-4, and stack - Strengths, weaknesses, and opportunities against any defensive set - Techniques and schemes for formations such as spread, option, and the run and shoot With the most effective drills, skill evaluation, line play assessments, scheme suggestions, and unparalleled coaching advice from one of the best in the game, Complete Offensive Line is simply the definitive book...



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.

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