



## Complete Book of Drills Winnin (Hardback)

By Koehler

Prentice Hall (Higher Education Division, Pearson Education), United States, 2001. Hardback. Book Condition: New. 234 x 178 mm. Language: English . Brand New Book. This unique resource is packed with over 360 illustrated drills to help new and veteran football coaches vary and enrich daily practices and develop players individual and team skills. The drills are organized into 11 sections featuring drills for every position -- offense and defense -- as well as special teams, and emphasize skills reinforcement through a variety of techniques, styles and strategies to keep players challenged at all times. All of the drills include illustrated step-by-step directions, are printed one drill per page, and are organized into 12 sections covering every position on your team. Here is an overview of the types of drills included, along with a sample of each: -- Agility Drills (Double Carioca) -- Linebacker Drills (Beating the Chop) -- Quarterback Drills (Get N Go) -- Defensive Back Drills (Go Deep) -- Tackling Drills (Face Up) -- Special Team Drills (Deep Snapping).

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