



## Football Drill Book (Paperback)

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 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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