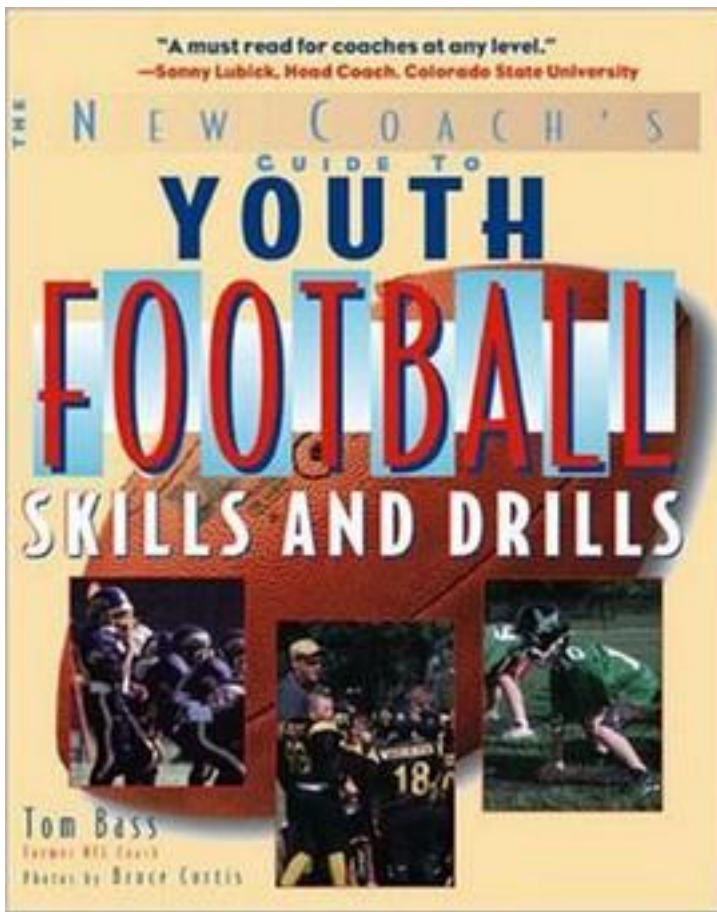


Youth Football Skills & Drills



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This is the ultimate toolkit for youth football coaches. With its great emphasis on position on offense, defense, and special teams, football is the most complicated and challenging youth sport to coach. "Youth Football Skills and Drills" gives you the hands-on, step-by-step guidance to instruct young players and prepare them for the

season. It presents and explains all of the essential techniques to play each position, provides proven drills you can use to teach each of these techniques, and suggests an optimum time-line structure for teaching and practicing each drill. Unique among youth football coaching guides, this key to coaching success recognizes that most youth-team players play on both sides of the ball, and it recommends special drills that pair up key offensive and defensive positions. It also supplies important advice on organizing your coaching staff depending on the number of coaches you have and their areas of interest and strength. Important features of this unparalleled resource include: 64 drills covering vital skills needed at every position; 23 group drills that constitute a defensive and offensive play book for every game situation; drills that teach the tackling and catching skills all players need; match-up drills for key offensive and defensive positions - wide receiver and defensive back, defensive/offensive line, linebacker and running back, and more; passing - and running-game drills for both offense and defense; and, special-teams drills and plays.

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