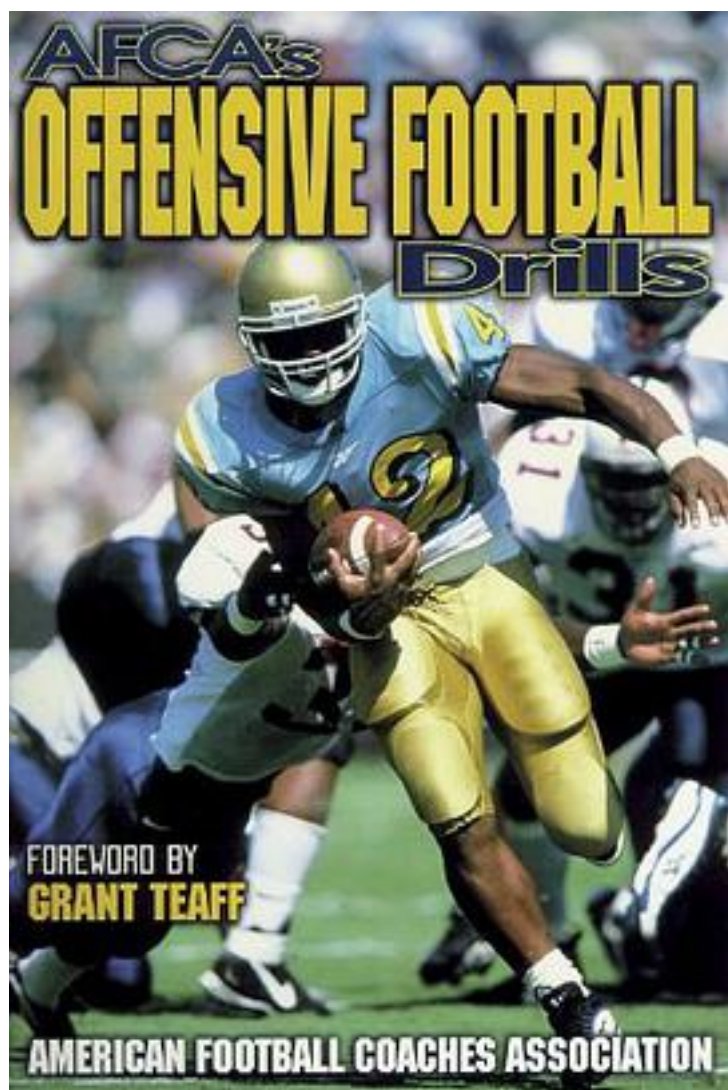


AFCA's Offensive Football Drills



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著者:American Football Coaches Association

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Whether your team prefers the running game, passing game, or balanced attack, AFCA's Offensive Football Drills will help improve individual and team performance. The book features the best drills used by many of the top college and high school offensive teams. Choose from 75 drills found in these five sections of the book: 18 line drills, 13 running back drills, 16 quarterback drills, 16 receiver drills, and 12 team drills. Each drill comes with "key points" and is carefully diagrammed. A special Drill Finder section helps you locate drills for specific needs. AFCA's Offensive Football Drills will help players improve performance at their positions and as a team. It's the perfect practice tool for putting more points on the scoreboard.

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