



AFCA's Defensive Football Drills

By American Football Coaches Association

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, AFCA's Defensive Football Drills, American Football Coaches Association, In this day of explosive scoring and rules changes that favor the offense, fielding a competitive defense is more difficult than ever. "AFCA's Defensive Football Drills" tries to level the playing field by providing the defense with practice activities that teach defenders the skills they need to excel. The book's 70 drills are divided into four sections: - Defensive Line drills- Linebacker drills - Defensive Back drills - Team Defense drills Developed in cooperation with the American Football Coaches Association (AFCA)--the leading football coaching organization with more than 8,000 members--this book features drills and insights from many of the country's best college and high school defensive coaches. "AFCA's Defensive Football Drills" develops the fundamental skills every defender needs to compete in today's game--an aggressive style of play and an understanding of complex defensive strategies. All of the drills in the book are presented in a standardized two-page format and are accompanied by a list of key coaching points and an illustration, making them easy to understand and teach. Many of the drills can be performed by players without a coach's supervision. "AFCA's Defensive Football Drills"--it's...



READ ONLINE
[5.86 MB]

Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**

Related eBooks



Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.



Childhood Unbound: The Powerful New Parenting Approach That Gives Our 21st Century Kids the Authority, Love, and Listening They Need

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. 211 x 145 mm. Language: English . Brand New Book. Dr. Ron Taffel, one of the country s most sought-after child-rearing experts, draws on decades of counseling experience and extensive conversations with parents...



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...



Britain's Got Talent" 2010 2010 (Annual)

Pedigree Books Ltd, 2009. Hardcover. Book Condition: New. ***NEW BOOK DISPATCHED DAILY FROM THE UK*** Daily dispatch from UK warehouse.



Kids Perfect Party Book ("Australian Women's Weekly")

ACP Books, 2007. Paperback. Book Condition: New. A Brand New copy, unused and unread. Dispatched by next working day from Hereford, UK. We can now offer First Class Delivery for UK orders received before 12 noon, with same-day dispatch (Monday-Friday) not including...