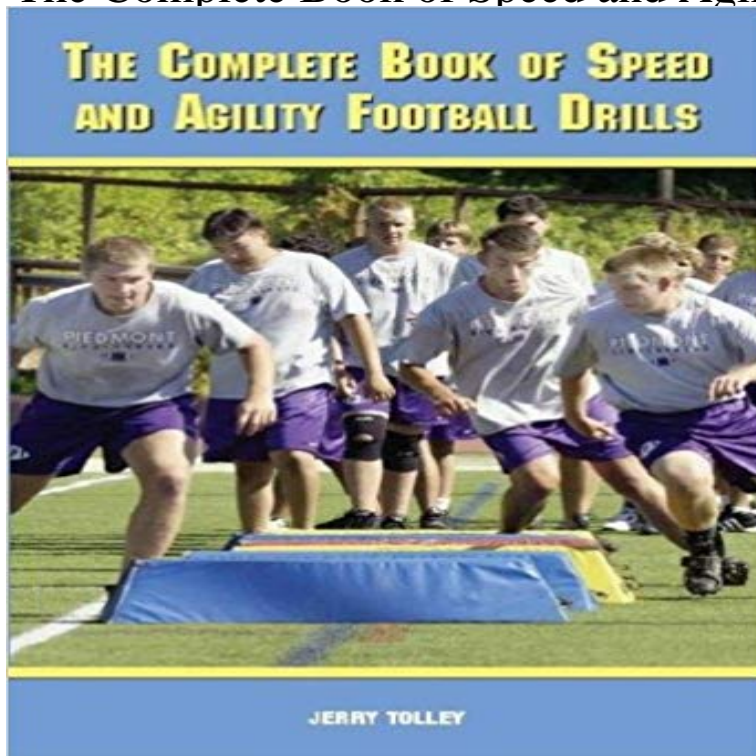


The Complete Book of Speed and Agility Football Drills



Football drills that help to develop and maintain speed and agility are the hallmark of every successful football program. Coaches are always looking for that one very special speed and agility drill that will give their team the winning edge on game day. This comprehensive book of speed and agility drills will do just that. This drill book contains speed and agility drills for every position fundamental to football. Each drill is presented with the specific objective in mind, the equipment needed, essential coaching points, important safety considerations, and a detailed illustration. Over 100 of the most successful collegiate and professional coaches from across the country are featured in the book. Included are such nationally acclaimed coaches as: Frank Beamer, Mack Brown, John Fox, Paul Johnson, Greg Schiano, Jim Tressel, and Tommy Tuberville.

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