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Sam DeLuca

drawing on the author's 30 year study of football statistics this book presents new methods for analyzing the game in different ways an examination of known distances for missed field goals offers an accurate method for evaluating placekickers reassessments of punters and running backs are included along with an overhaul of the nfl's passer rating system topics previously unexplored through statistics are covered such as momentum defining what is a dynasty and what is a cinderella team

this manual for football coaches is made personally by the author during his experiences between 2006 and 2013 passing through psychology sport psychology pro semi pro and amateur as football player head coach in us arezzo football academy technical director and head coaches of coerver coaching malaysia working with many young players the book contains 78 different football soccer in usa exercises for the player development from u10 to u16 how to increase the agility coordination and speed ball domain ball control and passing dummy without and with the opposing player shooting and attacking phase

coverage of publications outside the uk and in non english languages expands steadily until in 1991 it occupies enough of the guide to require publication in parts

the author takes the reader on a journey into the evolution of america's modern day gladiators within the pages of this fascinating no holds barred book is an interesting psychological perspective on football that's never been told before this book is a thought provoking and insightful work that analyzes the behaviors of the nations most admired sports figures the author takes the reader on a behind the scenes voyage into the personal lives of college and nfl players the author gives the reader his theories personal testimonies as well as the accounts of events he witnessed as a player the book is a learning manual for aspiring football players on all levels the book gives detail information on the necessary preparations a young player must do to be successful in the sport of football the book discusses the very important mistakes young players should avoid while in this arena of professional sports a very good read for all age groups you won't be disappointed

back to the basics football drill manual is a comprehensive football drill manual that includes over 100 drills and covers all facets of the game offense defense special teams tackling turnovers this book also includes unique and effective ways to teach the fundamentals of football so the players can comprehend the content at every level drills for all levels of football innovative ways to teach football skills coach stone s learning triangle the arch honeycomb building a player s confidence drill modifications coaching points coaching tips reflection section for coaches to jot down notes and their own drills for future reference no matter if you are a coach just starting out or have been coaching for a long time this drill manual will help you fill the holes by taking your drills to the next level if you believe in going back to the basics then contact coach stone to discuss bringing his customizable back to the basic camp to your town coming soon coach stone is taking his back to the basics football drill manual to the next level by writing volumes that will build on the content within this book volume i offense volume ii defense volume iii special teams volume iv tackling and turnovers go to his website to contact him with any questions and to be added to his mailing list coachstonefootball.com building confidence one drill at a time

a former jets player gives both basic and advanced information on playing football

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