



Complete Offensive Line

By Rick Trickett

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Complete Offensive Line, Rick Trickett, Developing dominating offensive linemen is Rick Trickett's specialty. His accomplishments speak for themselves: 4 first-round draft selections, 20 NFL players, 13 All-Americans, and more than 30 all-conference selections. Now with "Complete Offensive Line," he's created the most in-depth guide ever on offensive line play. Today's linemen must have skill, strength, power, quickness, agility, and intelligence to excel at the position. That is why Complete Offensive Line presents it all--from footwork and hand positioning to pulling and cutbacks. In this one-of-a-kind guide, Trickett takes you onto the practice field and into the trenches to learn these skills, among others: - Pass protection - Run blocking - Man and zone blocking - Combination blocks - Blitz pickup - Recognition of defensive sets such as 4-3, 3-4, and stack - Strengths, weaknesses, and opportunities against any defensive set - Techniques and schemes for formations such as spread, option, and the run and shoot With the most effective drills, skill evaluation, line play assessments, scheme suggestions, and unparalleled coaching advice from one of the best in the game, "Complete Offensive Line" is simply the definitive book on football's most demanding...



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