



Football Drill Book

Doug Mallory

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Doug Mallory

Football Drill Book Doug Mallory

Make the most of your practice time with the *Football Drill Book*! Doug Mallory, the defensive backs coach for the University of Maryland, has compiled a collection of drills that will help players in all positions develop and polish their abilities. This book includes chapters with selected drills for the following positions:

- Wide receivers
- Running backs
- Quarterbacks
- Offensive linemen
- Tight ends
- Defensive linemen
- Linebackers
- Centers
- Defensive backs

The *Football Drill Book* also includes drills for developing agility and endurance, and enhancing a team's passing, running, and tackling. No matter what your team's level of ability, this innovative coaching tool will help you maximize effective practice time by concentrating on the skill areas where your players need improvement. "This drill book will immensely benefit the beginning coach." -- Bill Mallory, former Head Coach, Indiana University

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Jonathan Head:

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