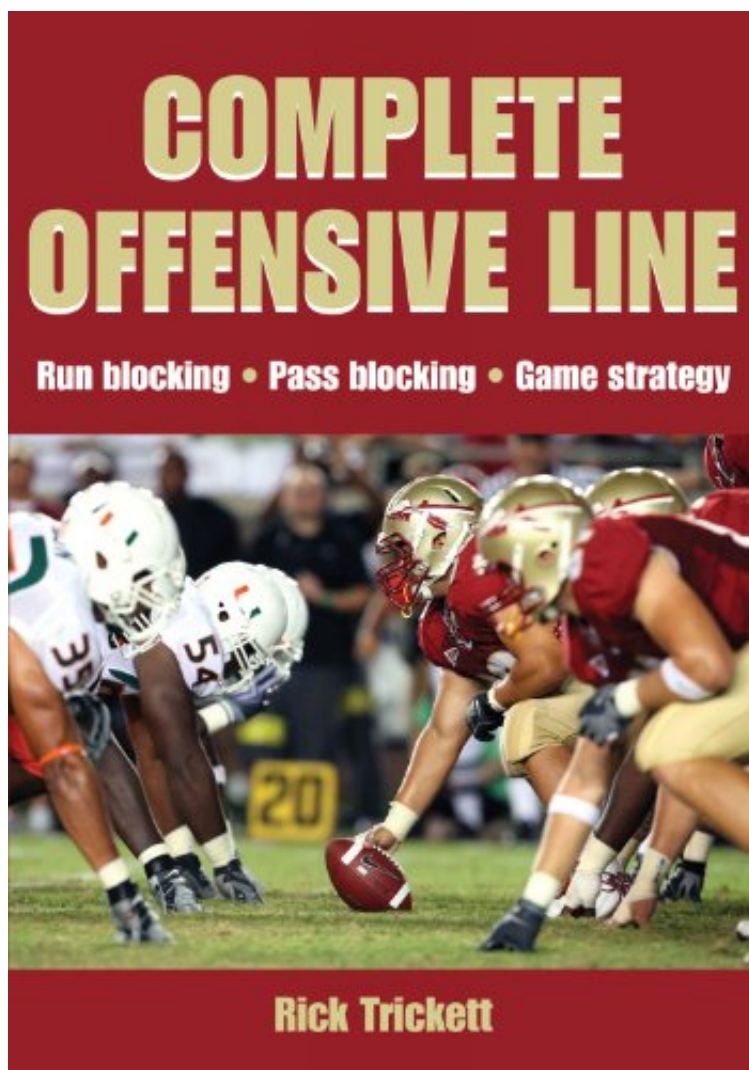


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Par Rick Trickett
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Description :

Prsentation de l'diteurConsidered by many football coaches to be the greatest collegiate offensive line coach in the history of the game, Rick Trickett has used his 35-plus years of coaching experience to produce more than 20 NFL players (four of them first-round NFL draft picks), 13 All-Americans, and over 30 all-conference selections. In Complete Offensive Line: Enhanced Edition, he passes down that experience to players and coaches of all offensive line positions in a unique resource filled with 109 full-color photos and 21 video clips. Complete Offensive Line: Enhanced Edition is packed with in-depth instruction and 61 drills for mastering positional play as well as individual and team execution in the most popular systems of play, including the spread option and the pro set. Coaches and players will also learn how to recognize defensive sets, such as the 4-3, 3-4, and stack, as well as how to pick up a blitz. Detailed breakdowns of various blocking schemes explain the strengths, weaknesses, and opportunities against any defensive set. Beginning

with a chapter covering the most important characteristics of offensive linemen, this book moves on to cover pass- and run-game fundamentals, including stances, footwork, hand positioning, pulling, and cutbacks. It then builds toward more advanced techniques and schemes, making the book appropriate for the wide range of skills and experience seen at all levels of the game. Coaches will learn how to evaluate their offensive line and then install the offensive schemes that play to its strengths. Whether the offense is set to run or pass the

ball, each player will be ready, on every play, to properly execute his responsibilities once the ball is snapped. Considered by many football coaches to be the greatest collegiate offensive line coach in the history of the game, Rick Trickett has used his 35-plus years of coaching experience to produce more than 20 NFL players (four of them first-round NFL draft picks), 13 All-Americans, and over 30 all-conference selections. In *Complete Offensive Line: Enhanced Edition*, he passes down that experience to players and coaches of all offensive line positions in a unique resource filled with 109 full-color photos and 21 video clips. *Complete Offensive Line: Enhanced Edition* is packed with in-depth instruction and 61 drills for mastering positional play as well as individual and team execution in the most popular systems of play, including the spread option and the pro set. Coaches and players will also learn how to recognize defensive sets, such as the 4-3, 3-4, and stack, as well as how to pick up a blitz. Detailed breakdowns of various blocking schemes explain the strengths, weaknesses, and opportunities against any defensive set.

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