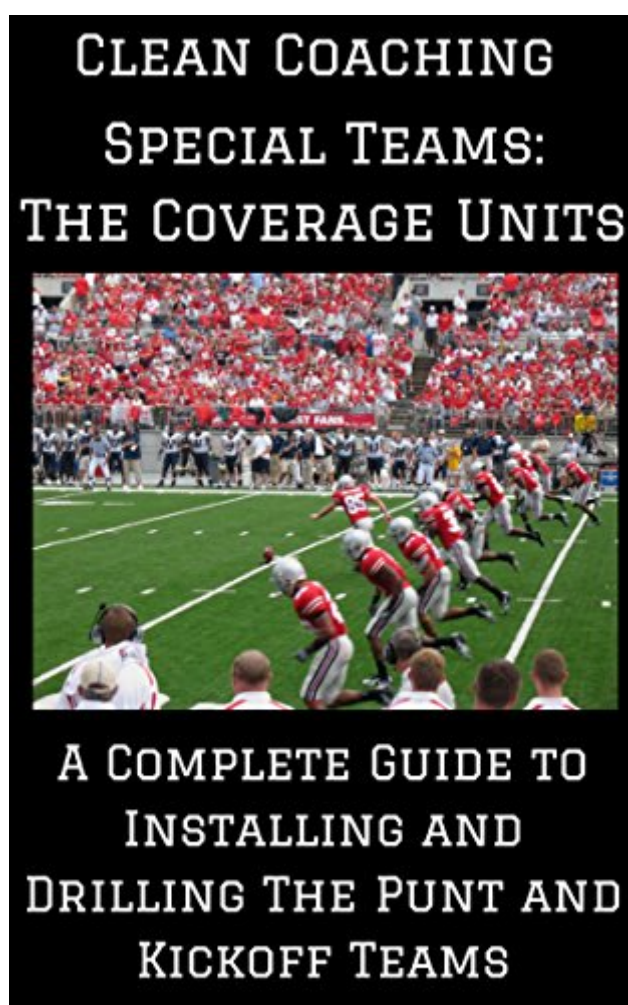


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Special Teams: The Coverage Units: A Complete Guide To Installing And Drilling The Punt And Kickoff Teams



Synopsis

Special Teams is the quickest way to win or lose a game. One of the top determiners of if a team will score is where they start their drive. When teams start from their own 20 they are half as likely to score as if they start at the 50 or closer. In this book you will learn detailed Punt and Kickoff schemes that will keep the opponent pinned in their own territory. Any scheme can be effective but it's the player's understanding of their assignment and techniques that really determine the success of a coverage unit. That's why this book details all the specific techniques and drills that are needed to effectively cover kickoffs and punts. With over 25 drills and teaching progressions this book gives you everything you need to solidify your coverage units and guarantee that you can pin the opponent in their own territory.

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