



Complete Wide Receiver

By Jay Norvell

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Complete Wide Receiver, Jay Norvell, Taking a walk on the wide side. In the complex game that is American Football the wide receiver must be strong, fast, powerful, intelligent and focused - the total package of physical and mental skills in order to excel at the position. "Complete Wide Receiver" covers it all, from the fundamental skills to how to read the game and make appropriate adjustments. From catching and securing the ball, fighting through contact and adjusting to defensive schemes, and developing the quickness and superior agility necessary for precise route running, "Complete Wide Receiver" provides in-depth coverage of the skills and strategies for mastering the position. In addition, there are 48 drills, off-season conditioning programmes and physical and mental strategies for matchday preparation to enable players to unlock their potential and maximize performance in one of the offense's most important positions.



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Reviews

Absolutely one of the best book I have ever study. It is actually writer in simple terms rather than confusing. I realized this pdf from my dad and i suggested this pdf to understand.

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