



101 Linebacker Drills

By Jerry Sandusky, Cedric X. Bryant

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101 Linebacker Drills By Jerry Sandusky, Cedric X. Bryant

A compilation of drills designed to develop and enhance all basic skills for linebacker play. Well-illustrated in an easy-to-understand style. Includes warm-up drills, stance drills, movement drills, tackling drills, shedding blockers drill, run defense drills, and pass rushing drills.

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- Sales Rank: #2072286 in Books
- Published on: 1997-05-01
- Original language: English
- Number of items: 1
- Dimensions: .30" h x 7.02" w x 10.00" l,
- Binding: Paperback
- 120 pages

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