



Football: Winning Offense

By Bud Wilkinson

Sports Illustrated Books,U.S., United States, 1994. Paperback. Book Condition: New. Robert Handville (illustrator). 2nd Revised ed.. 228 x 179 mm. Language: English . Brand New Book. In this lucid update of his best-selling book on football s offensive ga,e. legendary coach Bud Wilkinson discusses the fundamaentals of sound offensive football and indispensable advice that will help the individual player and coach- as well as the team- improve performance. Included in this lavishly illustrated book are: Special exercises and drills for developing your strength, agility and skill 16 different techniques for beoming a better lineman 14 running patterns every wide receiver should know The keys to becoming a better running back, quarterback, kicker or punter 10 offensive formations The 2 things ever coach should remember in building an offensive game plan.



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