



101 Receiver Drills (Second Edition)

Stan Zweifel, Jake Olsen

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Featuring new chapters on second-level release drills and advanced catching drills, this updated edition of 101 Receiver Drills is designed to enhance the fundamentals, skills, and techniques involved in effective receiver play. The book also includes drills for warm-up, route-running, break-point, stationary and movement catching, running after the catch, and blocking. Each drill is illustrated with a diagram and includes special coaching pointers.

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