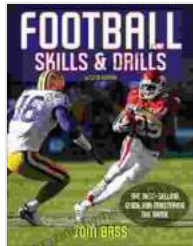


# Football Skills Drills Tom Bass: Your Ultimate Guide to Becoming a Better Football Player



## Football Skills & Drills by Tom Bass

★★★★☆ 4.4 out of 5

Language	: English
File size	: 10273 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 240 pages
Lending	: Enabled



Football Skills Drills Tom Bass is the most comprehensive guide to football skills and drills available. Written by Tom Bass, a former NFL player and coach, this book provides step-by-step instructions and illustrations for over 100 drills that will help you improve your skills in every aspect of the game.

## What's Inside Football Skills Drills Tom Bass?

Football Skills Drills Tom Bass is divided into five sections:

1. **Passing:** This section covers everything from grip and footwork to throwing mechanics and arm strength. There are drills for every type of pass, including short passes, long passes, and touch passes.
2. **Catching:** This section teaches you how to catch the ball with your hands, chest, and feet. There are drills for catching passes in different situations, such as when you're running, jumping, or diving.

3. **Running:** This section covers all aspects of running the football, including speed, agility, and power. There are drills for improving your acceleration, top speed, and endurance.
4. **Defense:** This section teaches you how to play defense against the run and the pass. There are drills for tackling, covering receivers, and intercepting passes.
5. **Special teams:** This section covers the skills needed to play special teams, such as kicking, punting, and returning kicks and punts.

## **Who is Football Skills Drills Tom Bass For?**

Football Skills Drills Tom Bass is for anyone who wants to improve their football skills. Whether you're a beginner just starting out or an experienced player looking to take your game to the next level, this book has something for you.

This book is also a great resource for coaches. The drills in this book can be used to improve the skills of your players at any level.

## **Why Choose Football Skills Drills Tom Bass?**

There are many reasons to choose Football Skills Drills Tom Bass:

- **It's the most comprehensive guide to football skills and drills available.**
- **It's written by a former NFL player and coach.**
- **It provides step-by-step instructions and illustrations for over 100 drills.**
- **It's suitable for players of all ages and skill levels.**

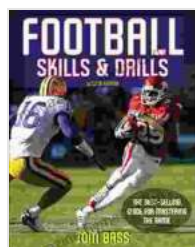
- **It's a great resource for coaches.**

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