

GEORGE ALLEN'S NEW HANDBOOK OF FOOTBALL DRILLS

by George Allen

The Washington Coach in the National Football Conference shows every coach in any level of play how to build and maintain winners!

George Allen has carefully selected over 500 individual, team group, group and team drills. These championship-style drills cover every phase of the game—from the basics of agility, conditioning, and reaction... through drills to handle the special developments of today's game... to Coach Allen's personal selection of the Top Ten Drills of the past decade—the foundation of any good training program.

George Allen's New Handbook of Football Drills is the kind of independently, game-winning guide that all coaches will want right in their fingertips at all times for instant reference!

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DEFENSE GAME DRILLS

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REACTION DRILLS

THUNDER DRILLS

THE TEN TOP DRILLS OF THE
PAST DECADE

ABOUT THE AUTHOR



GEORGE ALLEN, Coach of the Washington Redskins, is one of the most successful and most respected coaches in the game today. Having coached at both the high school and college levels, Allen spent a year as an assistant coach with the L. A. Rams before going on to the Chicago Bears, where he coached their to three consecutive of the very best anywhere.

Returned back to the L. A. Rams as Head Coach, he won championships with the Rams in 1960 and 1961. After the championship winning season, he came to coach the Redskins of the Washington Redskins. In his first year, he won the championship. Allen was the first coach to win the championship in the NFL. He was the first coach to win the championship in the NFL. He was the first coach to win the championship in the NFL.

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