



ULTIMATE YOUTH FOOTBALL PLAYBOOK

**21 SIMPLE, FUN
AND EFFECTIVE PLAYS**



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Introduction

Welcome to the Ultimate Youth Football Playbook! Inside you will find 21 game-tested plays – exactly what you need to build a successful offense for your youth football team. Here's a quick breakdown of what's included.

7 Running Plays: These quick-hitting plays will form the backbone of your offense, letting you rip off huge chunks of yardage as you move steadily downfield.

7 Play Action Plays: Utilizing the same formation as the run plays, these plays are sure to catch the defense off-guard and result in big downfield gains.

7 Passing Plays: Just what you need to build a successful passing game – plays that are not too complicated and that don't require your QB to have a super strong arm. These plays will make the defense respect your passing game and keep them guessing as to what is coming next.

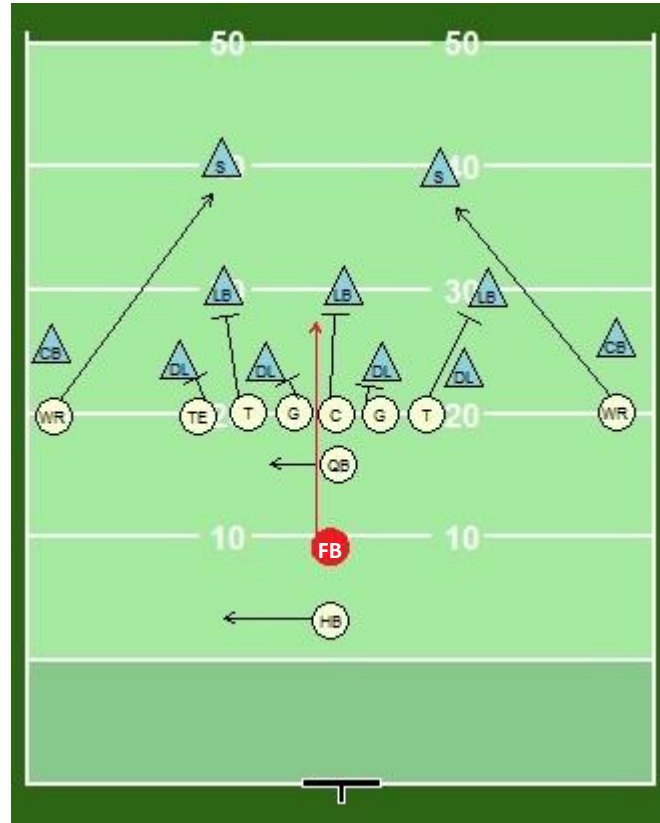
A good offense at the youth football level needs to be both simple enough for your offensive players to remember and execute and at the same time effective enough to beat the defense again and again. **We have only included plays that fulfill both of these criteria.**

All plays are run out of the I formation, which is one of, if not the most, effective youth football offensive formations. This formation is terrific for establishing the ground game, for running quick-hitting play action and for also burning the defense with big-gain pass plays.

All plays are shown being run in the I Left Formation but can be run also be run to the right side. For each run play, we've also included a play-action pass out of that same formation which will allow you to take advantage of a cheating defense. There are also straight pass plays that are great for young athletes and more mature ones, too.

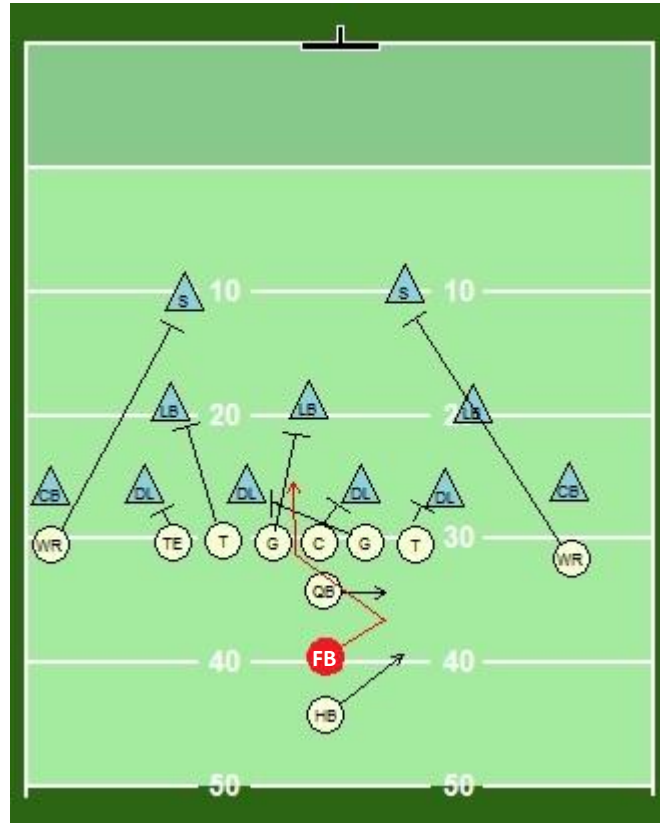
Inside you will find a diagram of each play, the strategy behind the play, player assignments and key coaching points to stress to your players. So are you ready to build a solid offense that puts points on the board and keeps the opposing offense off the field? Then let's get started ...

I Left FB Dive (31 Dive)

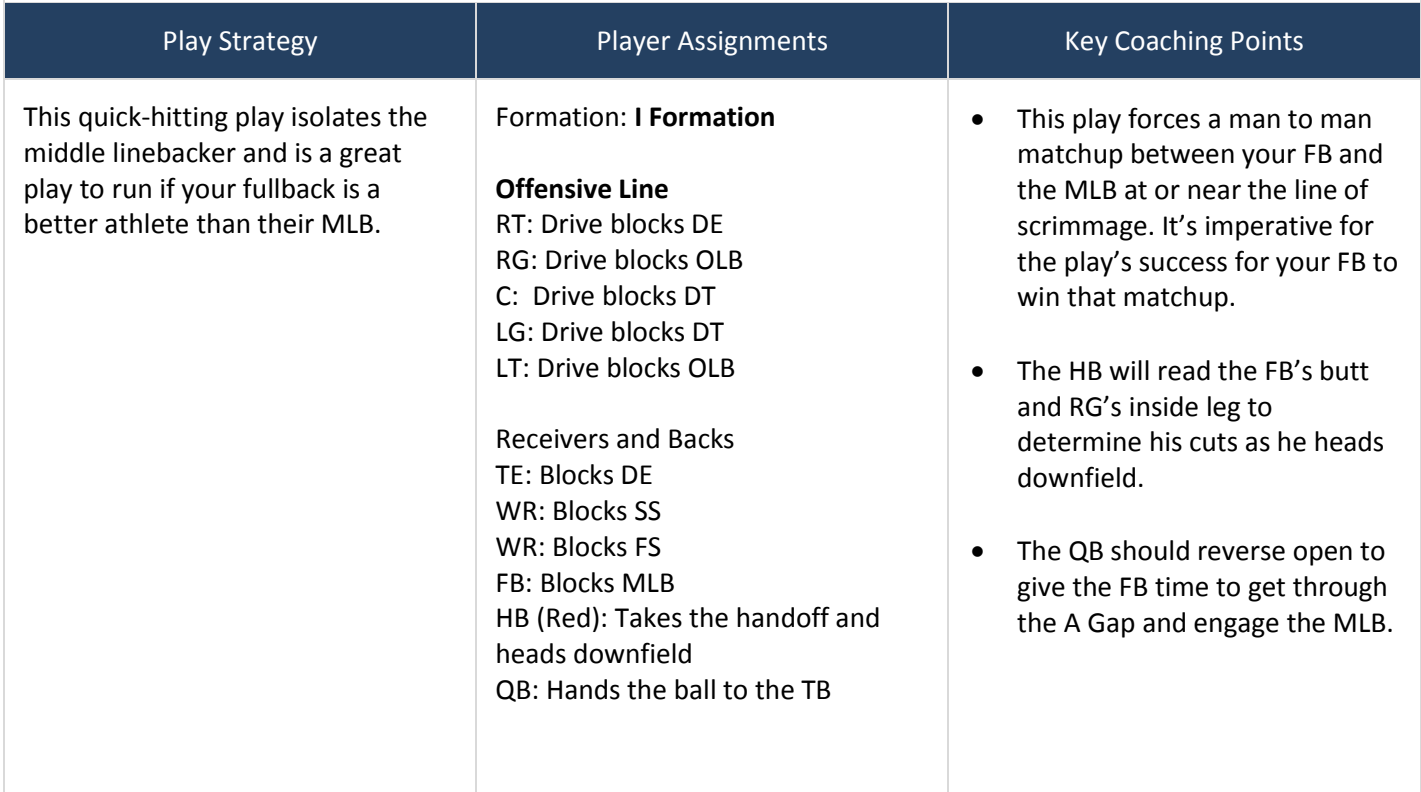


Play Strategy	Player Assignments	Key Coaching Points
A quick-hitting play that is great for use in short yardage situations (ex: Third and 3 or Third and 4) or to take advantage of defensive schemes that only have one linebacker in the middle of the field. Play can be run to either the right or the left. Play is designed to hit the A gap – the space between the center and the guard.	Formation: I Formation Offensive Line RT: Dive or base blocks OLB. RG: Dive or base blocks DL. C: Dive or base blocks MLB. LG: Dive or base blocks DL. LT: Dive or base blocks OLB. Receivers and Backs TE: Dive or base blocks DL. WR: Runs downfield & blocks S. WR: Runs downfield & blocks S. FB (Red): Takes handoff & runs through A Gap. HB: Runs a toss or option action toward the sideline. QB: Opens up to play side call & hands ball to FB.	- FB lines up 2 to 3 yards behind the QB, takes the quick handoff and goes right between the center and guard (A Gap). - HB runs toss or option action in hopes of getting linebacker or safety to move out of play. - FB needs to come out of stance with hands in good position to take the handoff. - Offensive blockers try to drive the defensive players straight up the field.

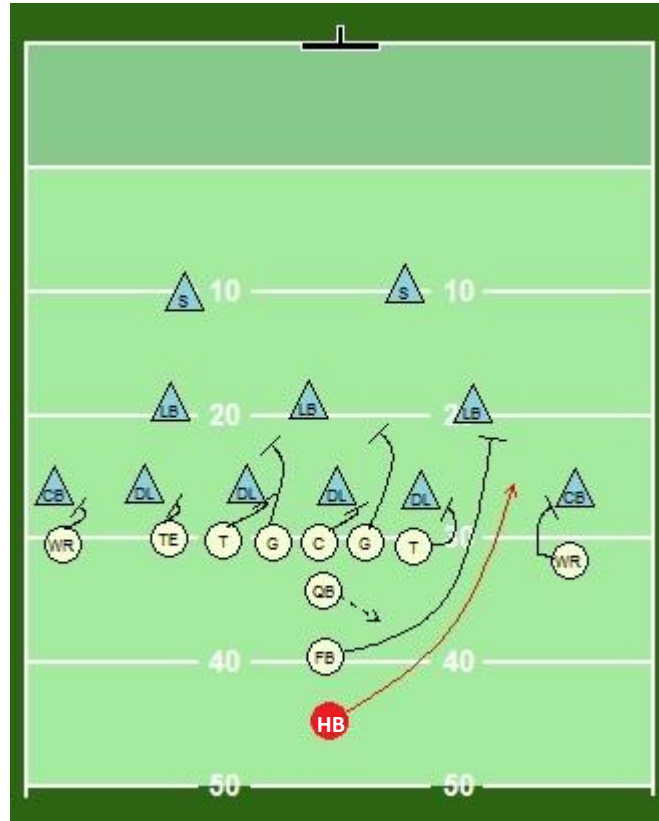
I Left FB Trap (31 Trap)



Play Strategy	Player Assignments	Key Coaching Points
A misdirection play designed to get the defense flowing one way so that the fullback can cut back the opposite way for a big gain. This is a great play if you run a lot of toss, lead and/or zone plays because it will be easier to get the defense to bite on the misdirection. Play is designed to hit the 1 hole (aka A gap). It can be run to either side.	Formation: I Formation Offensive Line RT: Down blocks DE RG: Pulls across formation and blocks DT C: Down blocks DT LG: Down blocks MLB LT: Down blocks OLB Receivers and Backs TE: Down blocks DE WR: Blocks SS WR: Blocks FS FB (Red): Takes three steps right, then cuts back underneath QB and hits 1 hole on opposite side of C. HB: Continues in motion to the right QB: Takes snap and hands ball to FB.	- The RG has the key block in this play. He must get off the line quick and work through traffic to get to the opposite DT. - Both running backs need to get good flow to the right to get the defense to bite on the misdirection.

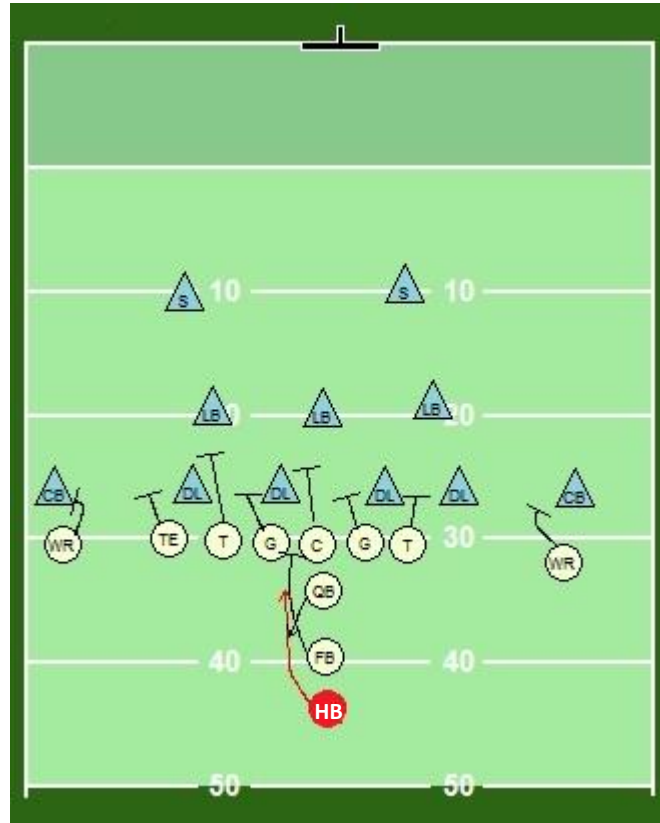


I Left HB Toss/Sweep (28 Toss)



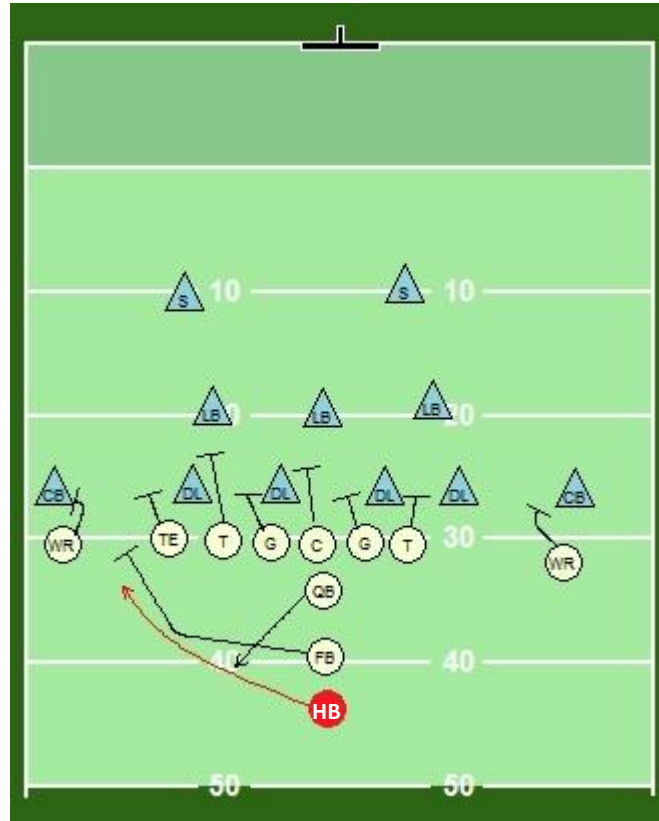
Play Strategy	Player Assignments	Key Coaching Points
This play is designed to get the HB on the edge or outside the defensive. If you have a fast HB this play can produce big gains. The play can be run to the strong or weak side. If it is a sweep, the ball is handed to the HB. If it is a toss, the ball is pitched to the HB.	Formation: I Formation Offensive Line RT: Run blocks RG: Run blocks C: Run blocks LG: Run blocks LT: Run blocks Receivers and Backs TE: Run blocks WR: Blocks CB WR: Blocks CB FB: Gets to edge and blocks OLB HB (Red): Takes the ball and heads downfield QB: Hands or tosses the ball to the HB, then motions toward opposite sideline	- Offensive linemen should move to the sweep side and then seal the defensive players from pursuing the play. - For this play to be successful, the play-side WR, FB and RT need to make effective blocks. - After handing or pitching the ball, the QB should run a few steps toward the opposite side of the field to make the defense wary of the fake.

I Left Inside Zone Play



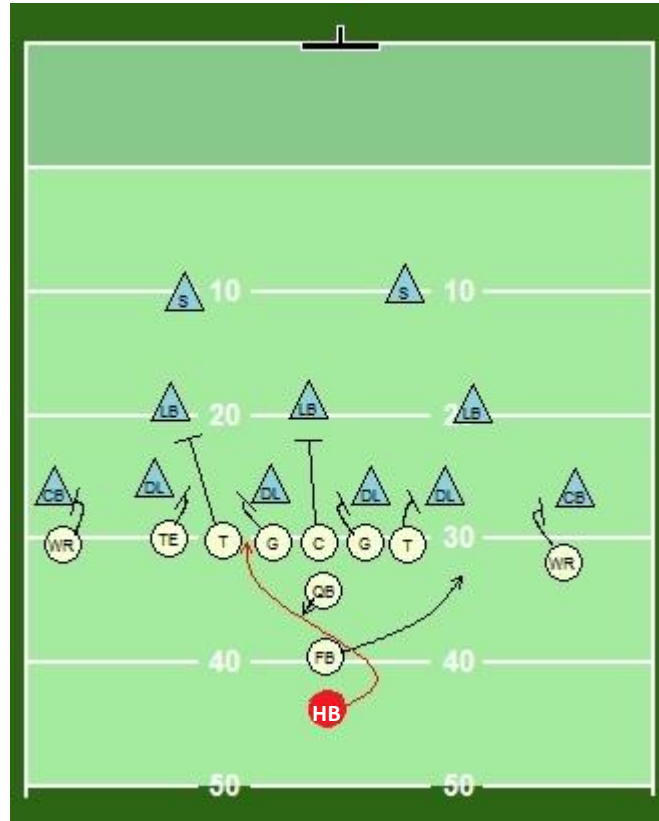
Play Strategy	Player Assignments	Key Coaching Points
A great play for more mature players with strong FBI (Football Intelligence), the inside zone play sends blockers to an area and lets your HB read the defense and make his cuts accordingly.	Formation: I Formation Offensive Line RT: Blocks a zone RG: Blocks a zone C: Blocks a zone LG: Blocks a zone LT: Blocks a zone Receivers and Backs TE: Blocks a zone WR: Blocks the CB WR: Blocks the CB FB: Lead blocker, takes on defense's most dangerous man HB (Red): Takes the handoff and runs downfield, looking to hit the 1 Hole between the LG and C. QB: Hands the ball to the HB.	- An Inside Zone Play will have the HB looking to hit the gap between the Center and the Guard (1 Hole) though he can read the defense and choose another hole - The FB is key to this play, he will engage the defense's most dangerous player – probably a LB on an Inside Zone Play - Experienced HBs can also look to cut the play back against the flow

I Left Outside Zone Play



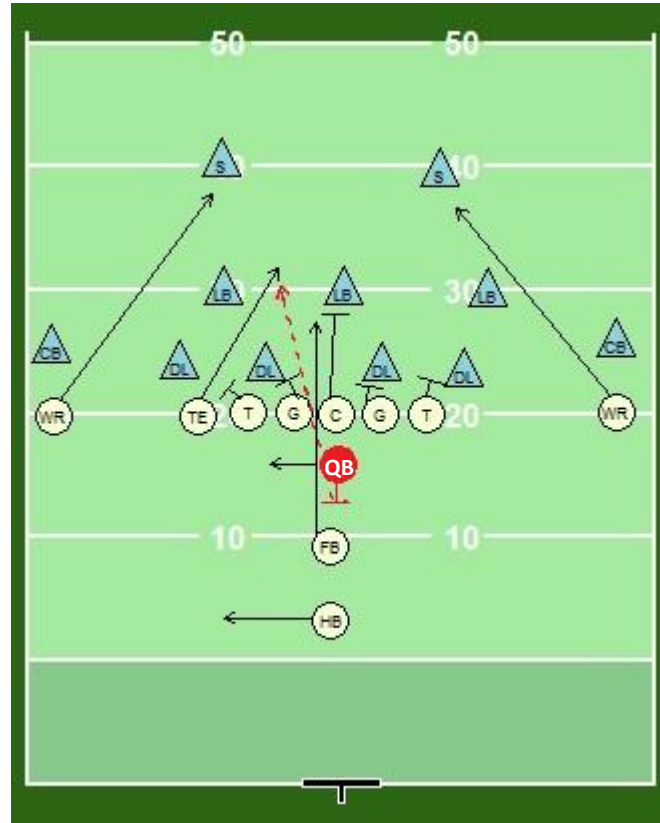
Play Strategy	Player Assignments	Key Coaching Points
HB follows the FB around the edge and heads downfield. As he is moving outside, he will also scan the line for an open hole and if he spots one, he can cut into it immediately. This is a great play for a talented HB who reads his blockers well.	Formation: I Formation Offensive Line RT: Blocks a zone RG: Blocks a zone C: Blocks a zone LG: Blocks a zone LT: Blocks a zone Receivers and Backs TE: Blocks a zone WR: Blocks the CB WR: Blocks the CB FB: Lead blocker, takes on defense's most dangerous man HB (Red): Takes the handoff and runs downfield, looking to hit the 7 Hole between the TE and WR. QB: Hands the ball to the HB.	- An Outside Zone Play will have the HB looking to get to the edge and hit the 7 gap, which is between the tight end and receiver - The FB is key to the outside zone play as well, he will be the lead blocker and must identify and take on the defense's most dangerous player - Experienced HBs can also look to cut the play back against the flow

I Left Counter (25 Counter)



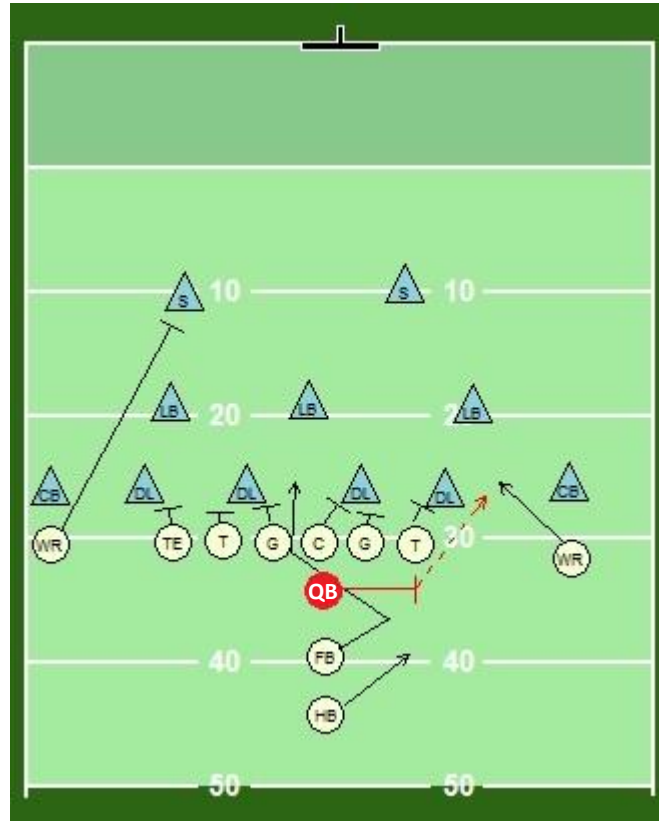
Play Strategy	Player Assignments	Key Coaching Points
A misdirection play that is great to call if you have been running outside a lot during a game. If you notice the defense biting to the outside, this counter play could produce big gains. Can be run to either side. Can also be run with a toss or a sweep handoff.	Formation: I Formation Offensive Line RT: Blocks DE RG: Blocks DT C: Blocks MLB LG: Blocks DT LT: Blocks OLB Receivers and Backs TE: Blocks DE WR: Blocks CB WR: Blocks CB FB: Continues to flow to right to draw the defense HB (Red): Takes three steps to right, then cuts back, takes handoff and heads downfield QB: Hands the ball off to HB	- The running backs really need to sell that this is another outside running play. - The HB needs to cut hard, present a good pocket for the handoff and then accelerate toward the line of scrimmage.

FB Dive Left Pop Pass 2 (Play Action Off of FB Dive)



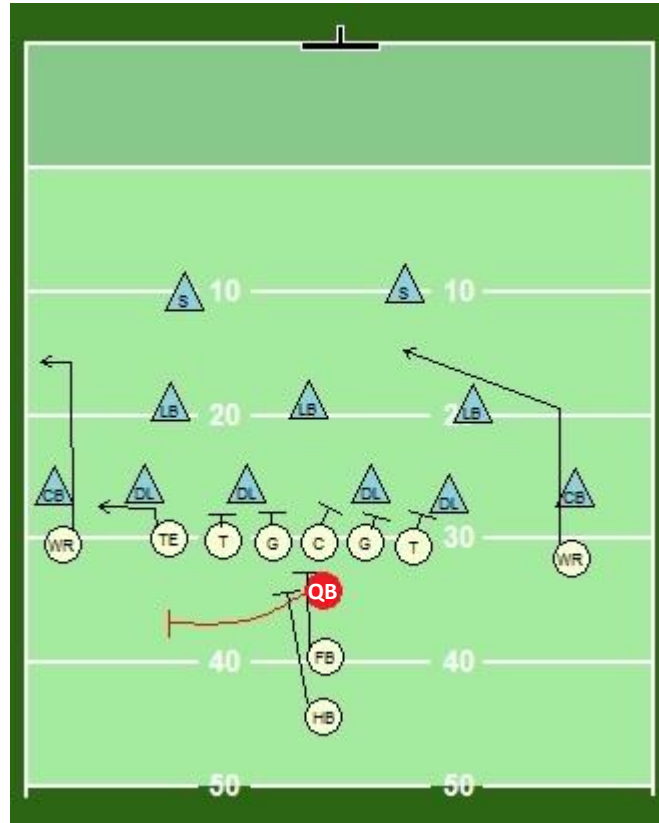
Play Strategy	Player Assignments	Key Coaching Points
If you've been using the Dive Play frequently during a game or you just notice the linebackers cheating up to the line of scrimmage, a great way to catch them by surprise is to run play action. In this play the tight end slips through the line and the quarterback fakes the handoff to the fullback and instead sets and throws the ball to the tight end.	Formation: I Formation Offensive Line RT: Pass protection. RG: Pass protection. C: Pass protection. LG: Pass protection. LT: Pass protection. Receivers and Backs TE: Slips through line and runs downfield. WR: Runs downfield & blocks S. WR: Runs downfield & blocks S. FB: Fakes taking handoff from QB. HB: Runs a toss or option action toward the sideline. QB (Red): Opens up to play side call, fakes handoff to FB and throws ball to TE.	- Tight end should come off the line like he is pursuing his normal block and then head downfield to catch the defense off guard. - QB and FB need to execute a convincing fake handoff to really draw defense in. - After faking handoff, QB should get set fast and make the quick throw to the TE for maximum surprise. - Offensive blockers who were previously heading downfield must remember to stay on the line and pass protect.

I Left FB Trap Slant 2 (Play Action off of FB Trap)



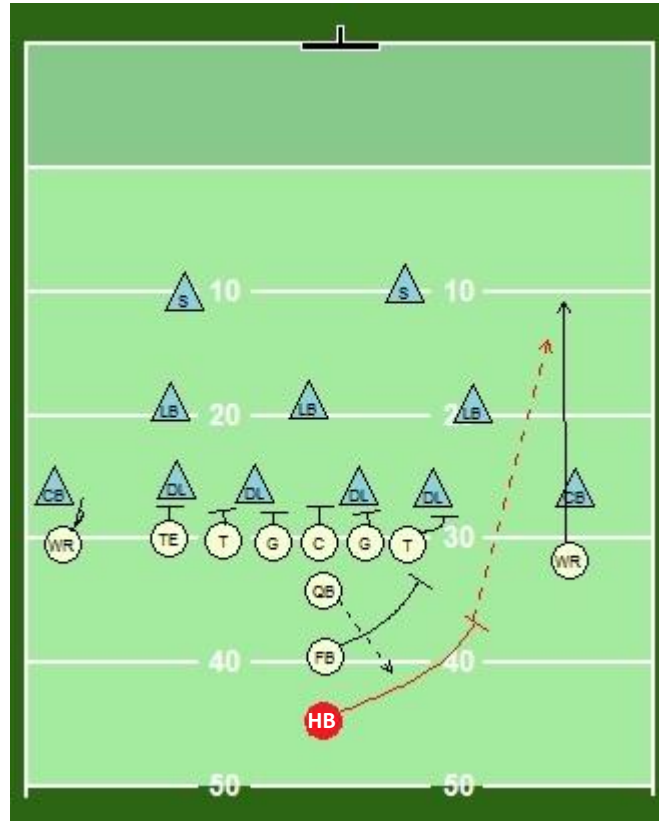
Play Strategy	Player Assignments	Key Coaching Points
If you've been running this play frequently and the defense starts to expect the cutback by the FB, you can call this play action pass where the quarterback keeps the ball, bootlegs out and hits the wide receiver on a quick slant.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Pass protection WR: Blocks SS WR: Runs the slant (2) FB: Runs the play exactly like FB Trap only without the ball. TB: Continues in motion to the right QB (Red): Keeps ball, bootlegs out and pass to WR on the slant.	- If WR is covered on the slant, the quarterback should keep the ball and run downfield. - Lineman must remember to stay on the line of scrimmage in pass protection and not head downfield to block before the pass is caught.

I Left HB ISO Fake 518 (Play Action off of HB ISO)



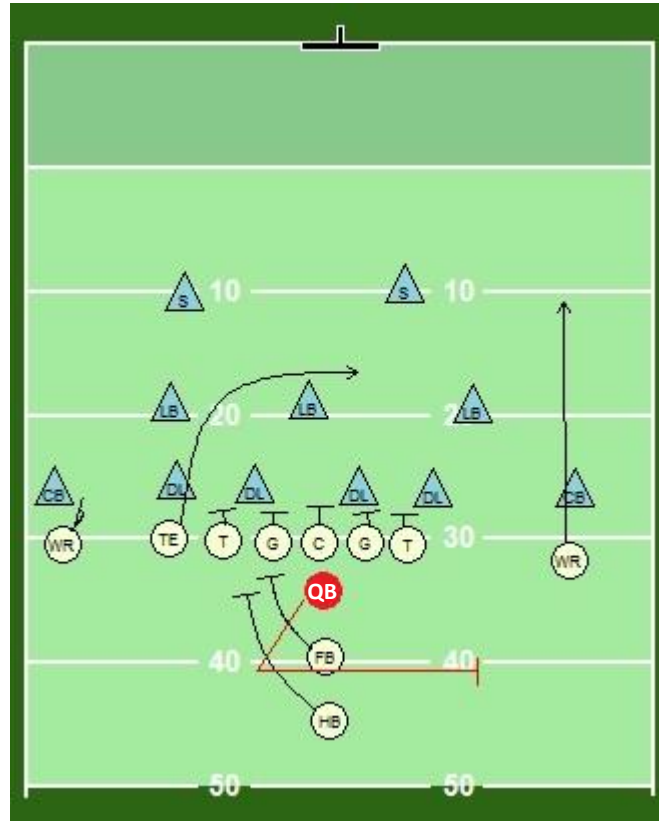
Play Strategy	Player Assignments	Key Coaching Points
If the defense starts crashing the line of scrimmage expecting the HB ISO play, this play action variation can result in a big downfield gain. In this play, the QB fakes the handoff to the HB, keeps the ball and rolls out. He can throw to the WR on an out route, the TE on a flat route or the other WR on a deep post. The QB could also keep the ball on the bootleg.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Runs the flat route (1) WR: Runs the Out Route (5) WR: Runs the deep post route (8) FB: Pass Protection HB: Pass Protection QB (Red): Fakes the handoff, keeps the ball on the rollout and looks for the open receiver.	- The two running backs should look for any open rushers to the play side and engage them quickly to protect the QB. - Adjust the length of the routes to fit your QB's arm strength. - Offensive linemen need to hold their blocks and not give up ground to give the receivers time to get open and the QB time to make the throw.

I Left Halfback Toss Pass 9 (Play Action off of HB Toss/Sweep)



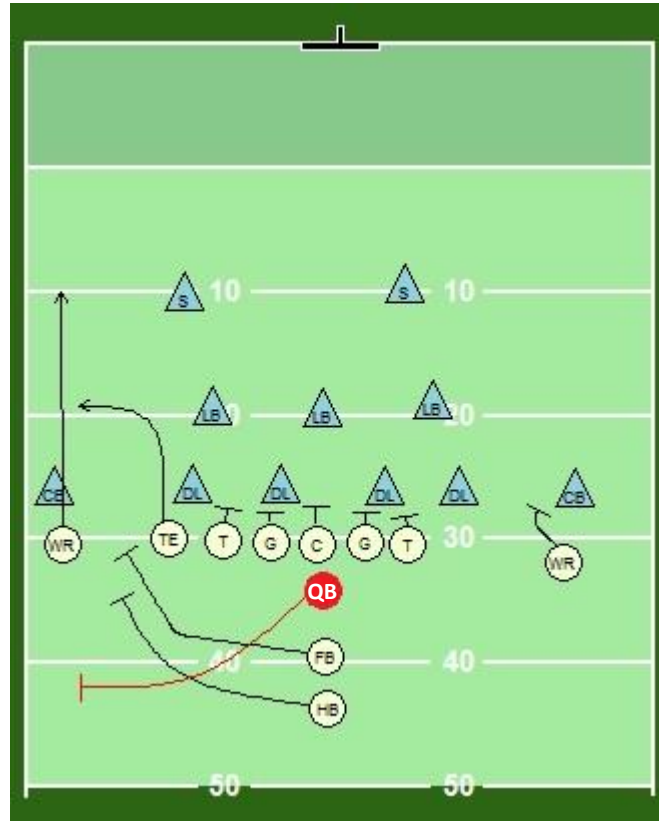
Play Strategy	Player Assignments	Key Coaching Points
If you notice the defense biting up on the Toss Play, running a Halfback Pass can produce a big gain. In this play, the QB tosses the ball to the HB. The WR fakes the block on the CB and then heads downfield. The HB throws him the ball.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Pass protection WR: Fakes block on CB and runs Go route (9) WR: Blocks CB FB: Pass protection HB (Red): Takes the ball and throws it to the WR QB: Tosses the ball to the HB, then motions toward opposite sideline	- To increase the effectiveness of this play, the WR, FB and HB really need to sell the toss play. - The WR should let the CB beat him on the initial block and then start running downfield. - Offensive lineman need to remember to stay in pass protection mode and not run block.

I Left Inside Zone Bootleg 69 (Play Action off of Inside Zone Play)



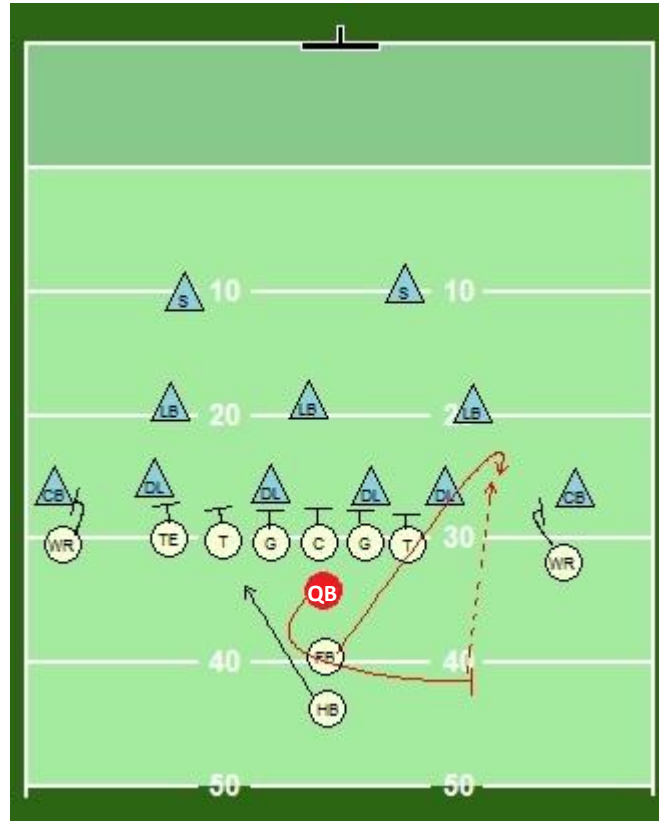
Play Strategy	Player Assignments	Key Coaching Points
This is an effective play action to run off the zone read play. In this particular play, the QB fakes the handoff, rolls out to his right and looks for either the WR on a go route or the TE crossing the field underneath.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Runs an In pattern across the field (6) WR: Runs the Go route (9) WR: Blocks the CB FB: Pass protection HB: Fakes taking handoff, provides pass protection QB (Red): Fakes the handoff to TB, keeps the ball, rolls out and looks for open receiver	- This play will keep both running backs in to provide extra pass protection. - The QB will have two receivers to look for – the WR going deep and the TE coming across the field. - If neither receiver is open, the QB can tuck the ball and run.

I Left Outside Zone Go 95 (Play Action off of Outside Zone Play)



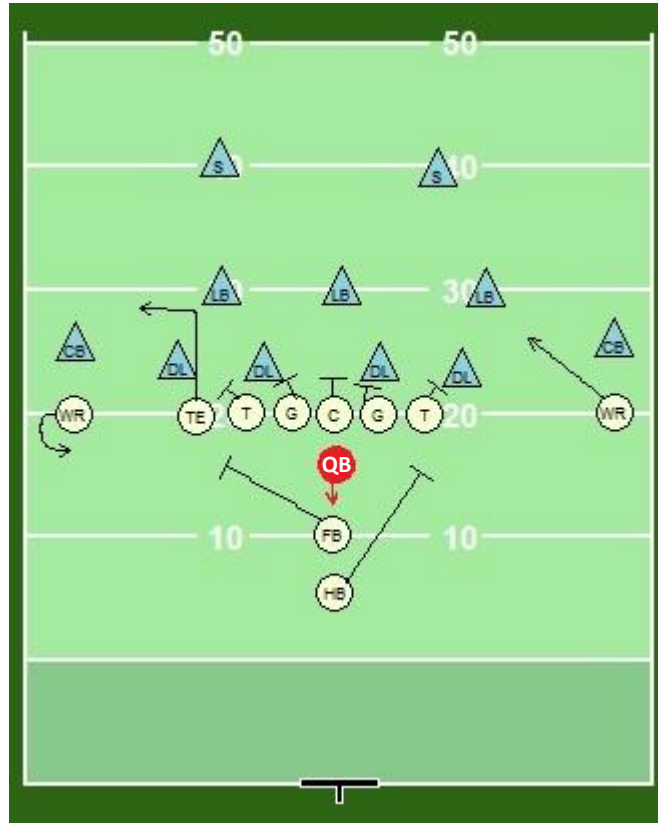
Play Strategy	Player Assignments	Key Coaching Points
To cross up a defense expecting an outside zone play, run this play action which rolls the QB out and sends your WR deep. The TE also runs an out pattern toward the sideline.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Runs an out pattern toward the near sideline (5) WR: Runs the Go route (9) WR: Blocks the CB FB: Pass protection HB: Fakes taking handoff, provides pass protection QB (Red): Fakes the handoff to HB, keeps the ball, rolls out and looks for open receiver	• If going to the receiver running deep, the QB will need to keep an eye on the near safety to avoid an interception. • The TE will need to be aware of the sideline so that he can make the catch inbounds if it's thrown to him. • If neither receiver is open, the QB can tuck the ball and run.

I Left Counter Fullback Curl 4 (Play Action off of Counter)



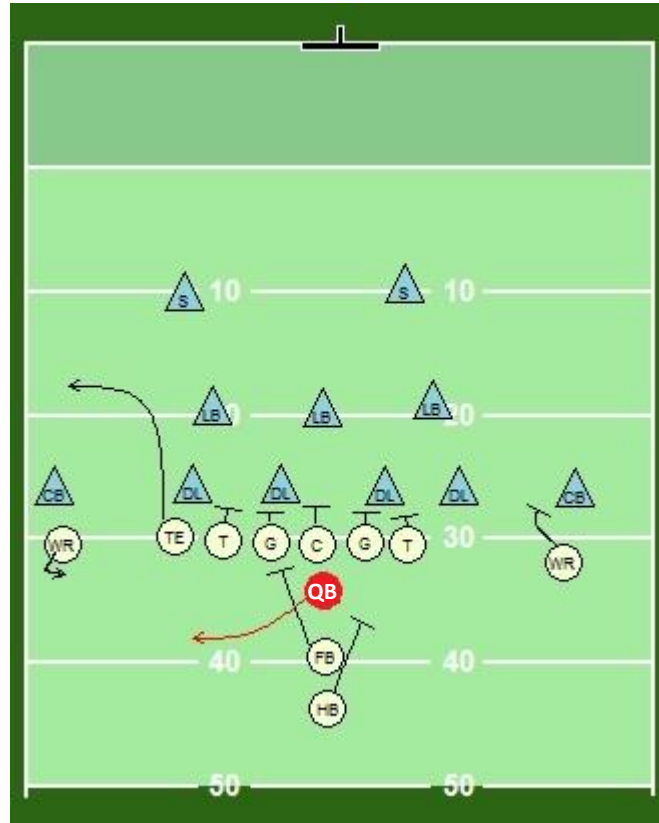
Play Strategy	Player Assignments	Key Coaching Points
A good play action to run off of outside flow is this counter play that sends the HB toward the left side of the line. The QB fakes the toss or handoff, rolls out right and hits the FB on a curl route.	Formation: I Formation Offensive Line RT: Pass protection RG: Pass protection C: Pass protection LG: Pass protection LT: Pass protection Receivers and Backs TE: Pass protection WR: Blocks CB WR: Blocks CB FB: Runs curl route against the flow HB: Fakes taking handoff or pitch and runs toward line of scrimmage QB (Red): Fakes toss or handoff to HB, rolls out right and throws to FB.	- In this play, it's up to the QB and HB to sell the motion to the left. - QB should make a crisp fake toss or handoff, locate FB as he is rolling out, then make the throw as the FB turns on his curl route. - Offensive linemen need to stand their ground and give their quarterback both time and space to throw.

I Left Quick Pass 152



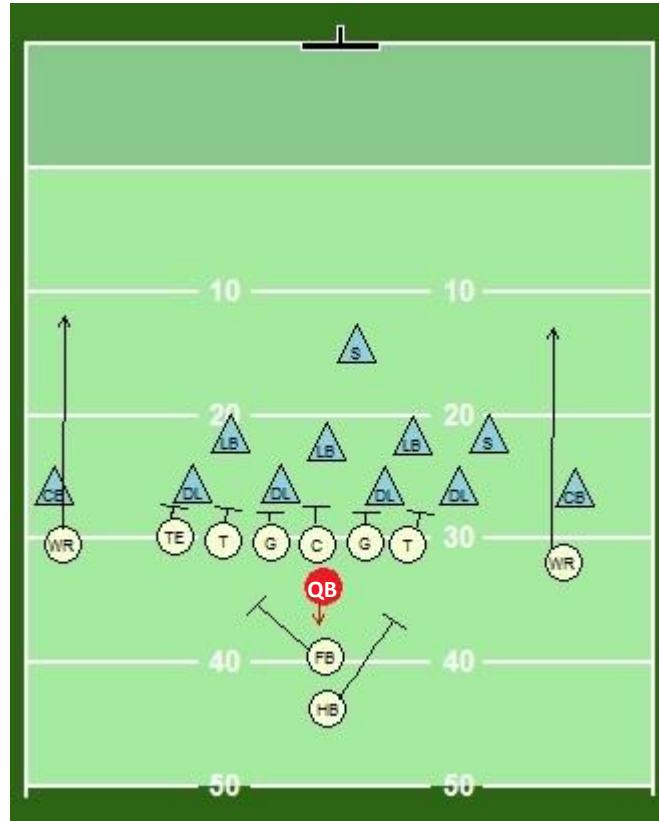
Play Strategy	Player Assignments	Key Coaching Points
This is a medium yardage passing play that is great for catching defenses, who are expecting a running play out of the I Formation, off guard. The quarterback will have three options to throw the ball to in this play.	Formation: I Formation Offensive Line RT: Pass Protection. RG: Pass Protection. C: Pass Protection. LG: Pass Protection. LT: Pass Protection. Receivers and Backs TE (Y): Runs Out Route (5). WR (Z): Runs slant (2). WR (X): Runs flat (1). FB: Protects the QB. HB: Protects the QB. QB (Red): Drops back and hits open receiver.	- The QB will drop back and look first at the right-side receiver (Z) running a slant, if he is not open the QB will look left at the TE (Y) and finally the WR (X) running the screen. - Pass protection is key. OL should win their blocks and try not to give up ground as this could force the QB into a longer throw. - Both running backs must provide good pass protection for the QB. - For younger players, the Out throw will be most difficult and so it may be wise to skip that throw and go straight from the slant to the screen.

I Left Quick Throw 15



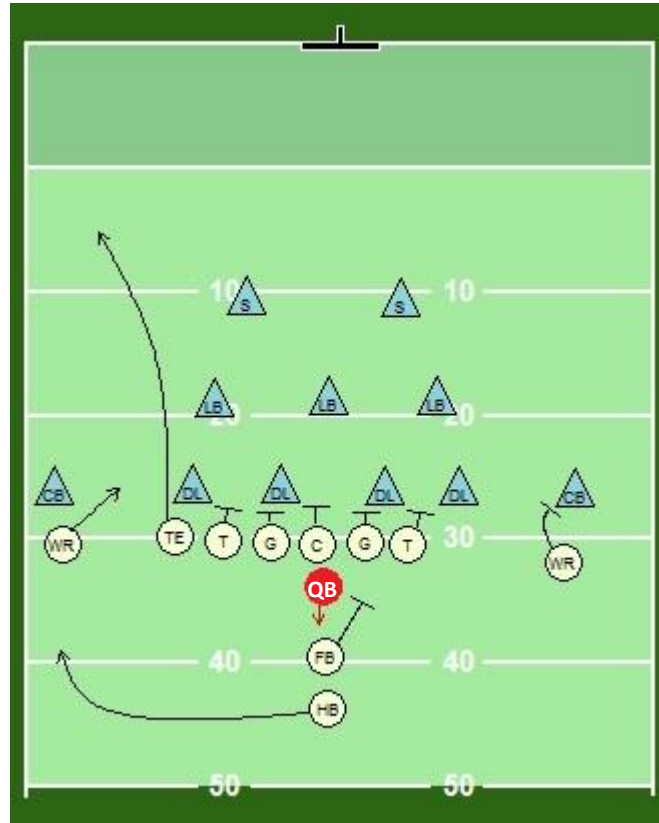
Play Strategy	Player Assignments	Key Coaching Points
This is a quick-hitting pass play that gets your QB out of the pocket and gives him two quick options to throw the ball to. He can hit the TE on a short out route or he drop the ball off the WR in the flat.	Formation: I Formation Offensive Line RT: Pass Protection RG: Pass Protection C: Pass Protection LG: Pass Protection LT: Pass Protection Receivers and Backs TE: Runs Out Route (5) WR: Runs Flat Route (1) WR: Blocks CB FB: Pass Protection HB: Pass Protection QB: Fakes handoff to FB, rolls out to left and looks to make quick completion to TE or WR	- This play offers to fast-developing, relatively safe throws to help your team avoid a sack or interception. - To increase the deception on this play, have your QB fake a handoff to the FB before he rolls out.

I Left Deep 99



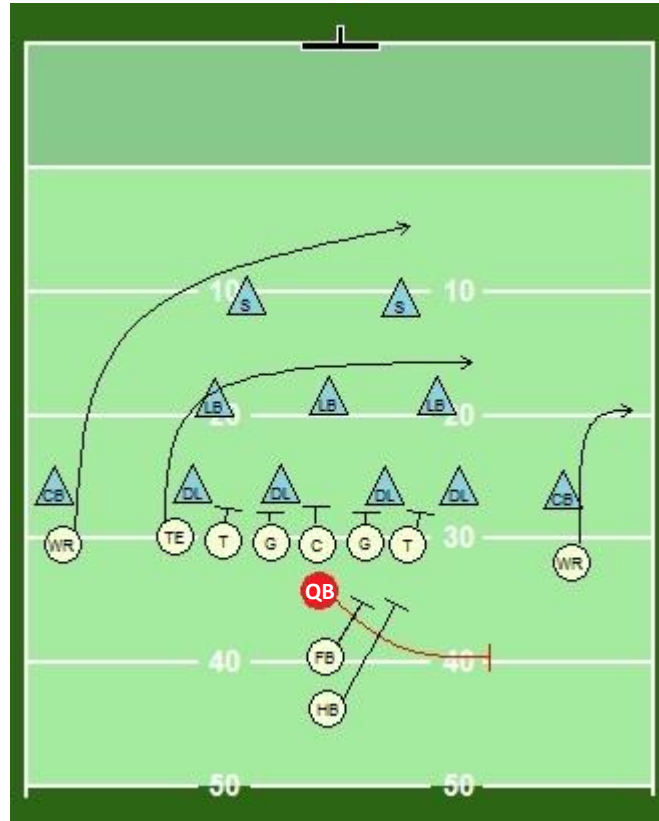
Play Strategy	Player Assignments	Key Coaching Points
Is the defense stacking the box with 9 (or more) players? Burn them deep with this go for broke play that sends both your receivers deep on Go Routes. Also, a good play to call when you are trailing and need a quick score or need to try a Hail Mary at the end of the game.	Formation: I Formation Offensive Line RT: Pass Protection RG: Pass Protection C: Pass Protection LG: Pass Protection LT: Pass Protection Receivers and Backs TE: Pass Protection WR: Go Route (9) WR: Go Route (9) FB: Pass Protection HB: Pass Protection QB (Red): Drops back and throws the ball to the open receiver	- You'll need to practice timing on this play to ensure the receivers don't outrun your QB's arm strength. To prevent this, you may need to adjust the number of steps your QB takes in his drop. - Common drops for deeper routes are 3, 5 or 7 steps. - Offensive linemen will need to stand firm and hold their blocks for as long as possible to give this play time to develop.

I Left Corner 271



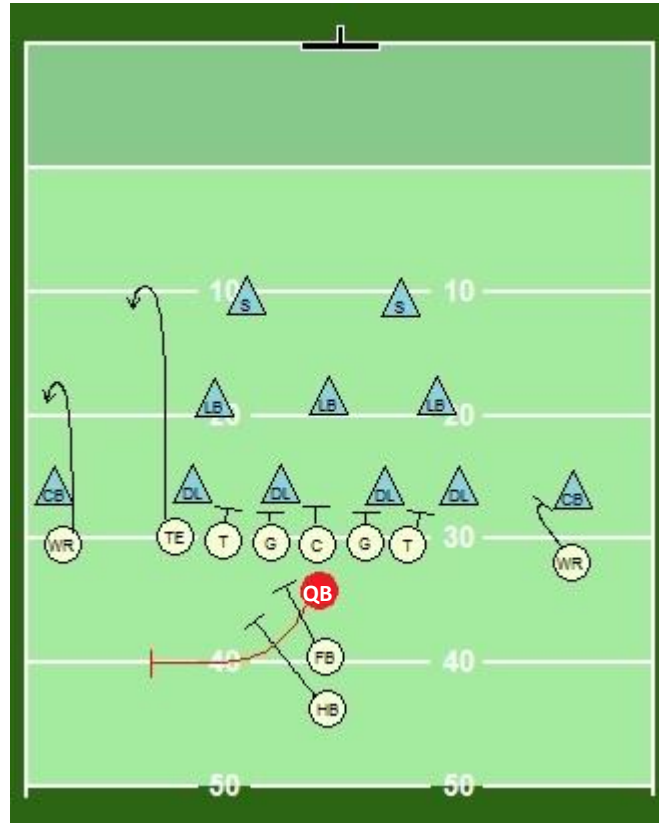
Play Strategy	Player Assignments	Key Coaching Points
This pass play gives the QB three options. The primary route is the flag route being run by the TE. The QB could pump fake the slant and then go deep to the TE. He could also go ahead and throw the slant route if it is wide open. If neither of these routes is open, the QB can dump the ball off in the flat to the HB.	Formation: I Formation Offensive Line RT: Pass Protection RG: Pass Protection C: Pass Protection LG: Pass Protection LT: Pass Protection Receivers and Backs TE: Runs the Corner Route (7) WR: Runs the Slant Route (2) WR: Blocks the CB FB: Pass Protection HB: Runs the Flat Route (1) QB (Red): Drops back and throws the ball to the open receiver	- Again with longer pass routes like the Corner (or Flag) route here, the Offensive Linemen will need to hold their blocks longer. - The FB will drop into pass protection and help pick up any free rushers. - The receiver to the non-play side will simply get between the CB and the play to prevent him from running all the way over.

I Left Right Flow 865



Play Strategy	Player Assignments	Key Coaching Points
This pass play gives the QB receivers on three levels to choose from. He'll have the wide receiver on the far side running a deep flag route, the tight end coming across the field on an out route and the near-side receiver running a short out route.	Formation: I Formation Offensive Line RT: Pass Protection RG: Pass Protection C: Pass Protection LG: Pass Protection LT: Pass Protection Receivers and Backs TE: Runs the In Route (6) WR: Runs the deep Post Route (8) WR: Runs the Out Route (5) FB: Pass Protection HB: Pass Protection QB (Red): Drops back and throws the ball to the open receiver	- Spacing is key with this play, you want your receivers to be 10 yards apart to create nice open throwing windows for your QB. - The QB should look short to the fastest developing route first, then progress downfield to the TE and then the deep WR.

I Left Double Comeback 44



Play Strategy

In this play, the QB will roll out to his left and look downfield where he will have two options to throw the ball to.

The WR and the TE will both be running comeback routes. The TE will be about 10 -15 yards deeper down the field.

Player Assignments

Formation: I Formation

Offensive Line

RT: Pass Protection
RG: Pass Protection
C: Pass Protection
LG: Pass Protection
LT: Pass Protection

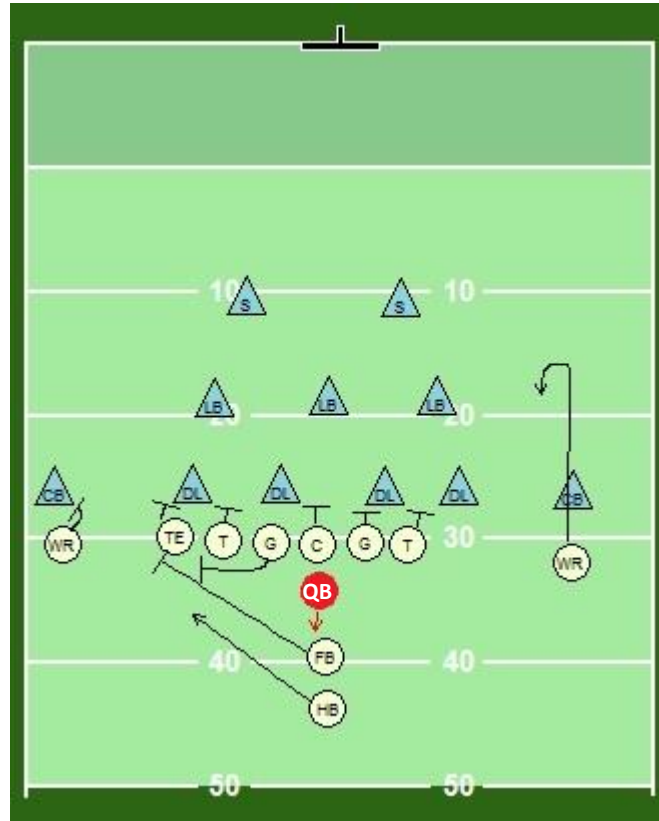
Receivers and Backs

TE: Comeback route (4)
WR: Comeback route (4)
WR: Blocks the CB
FB: Pass Protection
HB: Pass Protection
QB (Red): Rolls out and throws the ball to the open receiver

Key Coaching Points

- When rolling out, the QB needs to stop, square his shoulders to the receiver, set his feet and follow through on the throw to ensure good accuracy.
- You can add a fake handoff to the FB or HB if you want to add some deception and possibly freeze the defense.

I Left Power Screen 14



Play Strategy	Player Assignments	Key Coaching Points
Designed to overload the play side with blockers to get out in front of the HB and free him for a big gain. The quarterback drops straight back and drops the ball off to the HB in the flat. The FB and the pulling LG will provide lead blocking support.	Formation: I Formation Offensive Line RT: Pass Protection RG: Pass Protection C: Pass Protection LG: Pull to provide lead blocking for HB LT: Pass Protection Receivers and Backs TE: Pass protection WR: Block CB WR: Run Comeback Route (4) FB: Lead blocking for HB HB: Run screen route in flat (1) QB (Red): Drops back and throws the ball to the HB	- If the screen is covered and the QB has time, he can look to the right-side WR who is running a comeback route. - The pulling LG needs to make sure he doesn't go downfield before the ball is caught by the HB.

Recommended Resources

Want to accelerate your results? Upgrade your order to include the complete Youth Football Success System. It includes:

- Offensive Drills - Online Video Clinic
- Defensive Drills - Online Video Clinic
- Plays and Strategies - Online Video Clinic
- Practice Planning - Online Video Clinic

Plus...

- Bonus #1 - How to Coach Your Own Child - Audio Seminar
- Bonus #2 - Getting Parents on Your Side - Online Video Clinic

This upgraded package is available at a huge discount for a limited time. Click the link below to get the full details:

<http://football-tutorials.com/p/upgrade-system>

More recommended resources:

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Our complete set of drillbooks → <http://www.football-tutorials.com/drillbooks/>

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