



Complete Linebacking (2nd Revised edition)

By Lou Tepper

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Complete Linebacking (2nd Revised edition), Lou Tepper, This book helps you learn from the legendary Lou Tepper, who coached more than 20 NFL linebackers, and now has created the most in-depth book ever written on American football's most important defensive position. In Complete Linebacking, players and coaches receive a clinic on fundamentals, pre-snap keys and techniques used by inside and outside linebackers in specific defenses, including the 32, 31, 52, 51 and 33. Coverage includes four key linebacker diagnostic tests, 44 drills to improve linebacking skills, pre-snap communication, relaying defense signals from the sideline and special practice and game grading systems to evaluate and maximize performance.



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