

Contents

Key to Diagrams **vii**

- 1** Elements of Success 1
- 2** Personnel and Position Assignments 9
- 3** Football Conditioning 17
- 4** Individual Offensive Skills and Drills 43
- 5** Individual Defensive Skills and Drills. 63
- 6** Team Offense 91
- 7** Team Defense 121
- 8** Special-Teams Play 133
- 9** Practices 157
- 10** Game Day 189