

● FCPGA DVD LIBRARY – VOLUME 15 ●

▶ OFFENSIVE LINE PLAY – CLINIC PRESENTATIONS ◀

- TUNCH ILKIN, FCPGA CLINIC: OFFENSIVE LINE PASS BLOCKING – TEACHING THE “PUNCH” ‘N TIMING THE PUNCH IN OFFENSIVE LINE PASS BLOCKING (1/5)
- TUNCH ILKIN, FCPGA CLINIC: OFFENSIVE LINE – “TRAPPING” THE HANDS ‘N “WEDGING” THE FOREARMS ON PASS BLOCKS (2/5)
- TUNCH ILKIN, FCPGA CLINIC: VIDEO STUDY “TALK THRU” – PASS BLOCKING TEACHING PROGRESSIONS (3/5)
- TUNCH ILKIN, FCPGA CLINIC: OFFENSIVE LINE PASS BLOCKING – FOOTWORK ‘N HAND SENSITIVITY TRAINING (4/5)
- TUNCH ILKIN, FCPGA CLINIC: OFFENSIVE LINE PASS PRO – PUNCH ‘N TRAP COMBOS – HAND SENSITIVITY ‘N CENTER LINE COMBOS – PUTTING IT ALL TOGETHER (5/5)
- TUNCH’S 5 TAPE SERIES HAS A ★★★★★ RATING! A MUST VIEW FOR HIGH SCHOOL, COLLEGIATE AND NFL OFFENSIVE LINE COACHES!
- BOB WYLIE, TAMPA BAY BUCS: OFFENSIVE LINE THOUGHT PROCESS – RUN BLOCKING FUNDAMENTALS, DRILLS, COACHING POINTS
- BOB WYLIE, CINCINNATI BENGALS: OUTSIDE ZONE RUN GAME INSTALLATION ‘N COACHING POINTS FOR THE OFFENSIVE LINE
- BOB WYLIE, CHICAGO BEARS: COACHING OFFENSIVE LINE PASS PROTECTION – EYES ‘N PRE-SNAP THOUGHT PROCESS. FOOTWORK VS ALIGNMENTS. DRILL PROGRESSIONS. GAME CUTS “TALK THRU”

- **BOB WYLIE, CHICAGO BEARS: OFFENSIVE LINE PRACTICE ORGANIZATION 'N TECHNIQUE COACHING POINTS**
- **BILL MUIR, NEW YORK JETS: PASS PROTECTION VS FIRE ZONE BLITZES FROM 2 BACK, 1 BACK & EMPTY FORMATIONS**
- **MIKE MASER, JACKSONVILLE JAGUARS: OFFENSIVE LINE RUN 'N PASS BLOCKING FUNDAMENTALS AND DRILLS**
- **PAUL BOUDREAU, DETROIT LIONS: OFFENSIVE LINE SINGLE BACK RUNNING GAME COACHING POINTS – SCHEME 'N TECHNIQUES FOR TRAP, PLAY ACTION PASS TRAP SCREEN, TRAP SCREEN DRAW**
- **PAUL BOUDREAU, NEW ENGLAND PATRIOTS: “TURN” PASS PROTECTION 'N POWER RUN GAME – “TURN” SCREEN PASS PRO SET DRILLS**
- **PAUL BOUDREAU, NEW ENGLAND PATRIOTS: OFFENSIVE LINE TECHNIQUES 'N COACHING POINTS FOR STRETCH PLAY VARIATIONS. ADJUSTING TO DIFFERENT RUNNING BACK STYLES AND SOFT TIGHT ENDS.**
- **JIM McNALLY, NFL: TEACHING 'N DRILLING OFFENSIVE LINE RUN AND PASS BLOCKING CONCEPTS – WITH UNIVERSITY OF BUFFALO OFFENSIVE LINEMEN (ON THE FIELD DEMONSTRATION)**
- **GEORGE WARHOP, ARIZONA CARDINALS: OFFSET I 'N I FORMATION WEAKSIDE LEAD ZONE RUN INSTALLATION COACHING POINTS – OFFENSIVE LINE EMPHASIS**
- **UNIVERSITY OF CONNECTICUT CLINIC: OFFENSIVE LINE RUN BLOCKING DRILLS – POWER RUN “WALK THRU” (ON FIELD DEMOS – SOUND)**

- UNIVERSITY OF NEBRASKA CLINIC: OFFENSIVE LINE “GAP” DROP BACK PASS PROTECTION “WALK THRU” (ON FIELD DEMOS – SOUND)
- UNIVERSITY OF NEBRASKA CLINIC: TIGHT ENDS RUN GAME DRILLS AND COACHING POINTS (ON FIELD DEMOS – SOUND)
- BILL WILLIAMS, FCPGA: CREATIVE-INNOVATIVE OFFENSIVE LINE-TIGHT ENDS OUTSIDE ZONE RUN BLOCKING DRILLS (ON FIELD DEMOS – SOUND)

▶ OFFENSIVE LINE-TIGHT ENDS DRILL CUTS /
PRACTICE CUTS ◀

- CHICAGO BEARS: OFFENSIVE LINE DRILLS (NO SOUND)
- NFL OFFENSIVE LINE DRILLS COLLECTION: NFL OFFENSIVE LINE PROSPECTS COMBINE – BUCS – LIONS – VIKINGS (NO SOUND)
- NFL OFFENSIVE LINE-TIGHT ENDS DRILLS COLLECTION: SAINTS – LIONS – PACKERS – SEAHAWKS – BROWNS – 49’ERS (NO SOUND)
- NFL OFFENSIVE LINE DRILLS COLLECTION: BUCS – PANTHERS – PACKERS – SEAHAWKS – BROWNS – 49’ERS (NO SOUND)
- OFFENSIVE LINE-TIGHT ENDS “COMBO” RUN BLOCKING DRILLS COLLECTION: HIGH SCHOOL – USC TROJANS – NEBRASKA – UCLA – KANSAS – TEXAS A&M – STANFORD – CAL (SOUND & NO SOUND)
- DAN COZETTO’S OFFENSIVE LINE PASS PRO DRILLS COLLECTION: OREGON STATE – ARIZONA STATE – CAL (NO SOUND)
- NFL-CFL OFFENSIVE LINE DRILLS COLLECTION: GIANTS – CARDINALS – BC LIONS – SAINTS (NO SOUND)

- **MIKE GILL, UNIVERSITY OF ILLINOIS: OFFENSIVE LINE DRILL TAPE – BASE ‘N REACH BLOCKING – PASS BLOCKING “FROM THE ARCHIVES.....” (SOUND)**
- **IN-SERVICE OFFENSIVE LINE CLINIC AT DE LA SALLE HS (CA): OFFENSIVE LINE RUN BLOCKING (SOUND) **SUB-PAR VIDEO QUALITY, GREAT CONTENT**
- **BILL WILLIAMS, FCPGA: OFFENSIVE LINE DROP BACK PASS DRILL PROGRESSIONS: SETS – PUNCHES – SETS ‘N PUNCHES (ON THE FIELD DEMO)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): OFFENSIVE LINE-TIGHT ENDS “ANGLE” RUN BLOCKING PROGRESSIONS**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): OFFENSIVE LINE-TIGHT ENDS MAN RUN BLOCKING ‘N GOAL LINE CHARGE RUN BLOCKING PROGRESSIONS**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): OFFENSIVE LINE-TIGHT ENDS TRAP / HIP / COMBO BACK / E A T RUN BLOCKING PROGRESSIONS**
- **BILL WILLIAMS, FCPGA: OFFENSIVE LINE-TIGHT ENDS “HIP” COMBINATION RUN BLOCK PROGRESSIONS (NO SOUND & SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): OFFENSIVE LINE DROP BACK PASS BLOCKING – EMPHASIS ON THE “PUNCH” (SOUND)**
- **BILL WILLIAMS CLINIC COPY: OFFENSIVE LINE-TIGHT ENDS OUTSIDE ZONE RUN BLOCKING TEACHING PROGRESSIONS (SOUND ‘N NO SOUND)**
- **UNIVERSITY OF FLORIDA: OFFENSIVE LINE RUN-PASS BLOCKING TECHNIQUES ‘N DRILLS PRACTICE CUTS (NO SOUND)**

- **BILL'S CLINIC COPY: TIGHT ENDS DEVELOPMENTAL DRILLS 'N COACHING POINTS MIXED IN THE PASSING GAME: HOMER SMITH – UCLA – CLEVELAND BROWNS – BILL WILLIAMS, FCPGA ON FIELD DEMOS – NFL/COLLEGE GAME CUTS (SOUND 'N NO SOUND)**

▶ COACHING OFFENSIVE BACKS ◀

- **DEAN CAMPBELL, AIR FORCE ACADEMY: OFFENSIVE BACK DRILLS – WINGBACKS OPTION RUN BLOCKING 'N COACHING POINTS (ON THE FIELD DEMOS)**
- **KYLE WILLIAMS, FCPGA CLINICIAN @ BCAA CLINIC – FLORIDA: OFFENSIVE BACKS RUN BLOCKING TEACHING PROGRESSIONS**
- **UNIVERSITY OF CONNECTICUT CLINIC: OFFENSIVE BACKS FUNDAMENTALS AND DRILLS – ON THE FIELD DEMOS **SOUND, BUT TURN IT UP**
- **UNIVERSITY OF NEBRASKA CLINIC: OFFENSIVE BACKS DRILLS 'N COACHING POINT (ON THE FIELD DEMOS) (SOUND)**
- **BILL & KYLE WILLIAMS, FCPGA: OFFENSIVE BACKS QUICK PASSING GAME BLOCKING PROGRESSIONS – ON THE FIELD PRESENTATION (SOUND)**
- **BILL WILLIAMS, FCPGA: OFFENSIVE BACKS "50" (QB 5 STEP DROP) PASS BLOCKING PROGRESSIONS – ON THE FIELD PRESENTATION (SOUND)**

- **BILL WILLIAMS MINI-CAMP: OFFENSIVE BACKS SPRINT OUT PASS BLOCKING PROGRESSIONS – QUARTERBACK SPRINT OUT PASS PROGRESSIONS**
- **COLLEGE MIXED: OFFENSIVE BACKS RUN BLOCKS GAME CUTS – LEAD / KICK OUT / HANDS PUNCH IN SPACE**
- **BILL WILLIAMS, FCPGA IN-SERVICE CLINIC @ NORTH CENTRAL COLLEGE (IL): SHOTGUN QUARTERBACK/RUNNING BACK MESH DRILLS FOR INSIDE ZONE ‘N ANGLE RUNNING GAME – DEMOS (SOUND)**
- **UNIVERSITY OF FLORIDA: QUARTERBACK/RUNNING BACK PASSING GAME TECHNIQUES & DRILLS**
- **BILL’S CLINIC COPY: OFFENSIVE BACKS PASS ROUTES GAME CUTS – COLLEGE & NFL MIXED: STOP – UNDER – FLAT – WHEEL – SWING – SCREENS**
- **STANFORD UNIVERSITY: OFFENSIVE BACKS RUN BLOCK GAME CUTS**

▶ COACHING QUARTERBACKS ◀

- **BILL WILLIAMS, FCPGA IN-SERVICE CLINIC @ NORTH CENTRAL COLLEGE (IL): SHOTGUN QUARTERBACK/RUNNING BACK MESH DRILLS FOR INSIDE ZONE ‘N ANGLE RUNNING GAME – DEMOS (SOUND)**
- **UNIVERSITY OF CONNECTICUT: QUARTERBACKS PASSING FUNDAMENTALS ‘N DRILLS: ON THE FIELD DEMOS (SOUND)**

- **TEXAS TECH UNIVERSITY (MIKE LEACH ERA): QUARTERBACK DRILLS ‘N GAME CUTS (NO SOUND)**
- **UNIVERSITY OF OKLAHOMA: QUARTERBACK DRILL TAPE (NO SOUND)**
- **UNIVERSITY OF FLORIDA: QUARTERBACK/RUNNING BACK PASSING GAME TECHNIQUES ‘N DRILLS (NO SOUND)**
- **MARK RICHT, FLORIDA STATE UNIVERSITY: QUARTERBACK FUNDAMENTALS – ON THE FIELD (SOUND) “FROM THE ARCHIVES....”**
- **WAKE FOREST UNIVERSITY: QUARTERBACK DRILL TAPE (NO SOUND)**
- **STEVE HAGEN, CLEVELAND BROWNS: COACHING THE QUARTERBACKS – THROWING, DROPS TO THROW, PLAYACTION DROPS, SPRINT-OUT PASSING (ON FIELD DEMOS) (SOUND)**
- **HOMER SMITH, UCLA (TERRY DONAHUE ERA): DEVELOPING A PASS PATTERN SYSTEM – QUARTERBACK MENTAL/PHYSICAL PROCESSES (SOUND) “FROM THE ARCHIVES”**
- **MIXED COLLECTION: QUARTERBACK FOOTWORK, MESHES, CARRYING OUT FAKES, OPTION TECHNIQUES – COLLECTIVE GAME CUTS**
- **AUBURN UNIVERSITY: QUARTERBACK FUNDAMENTALS ‘N DRILL TAPE (NO SOUND) ★★★★★ RATING**
- **BILL WILLIAMS MINI-CAMP: OFFENSIVE BACKS SPRINT-OUT PASS BLOCKING PROGRESSIONS – QUARTERBACK SPRINT-OUT PASSING PROGRESSIONS**

► COACHING QUARTERBACKS ◀

- UNIVERSITY OF NEBRASKA CLINIC: WIDE RECEIVERS PASS ROUTES FOOTWORK 'N TOTAL BODY MECHANICS DRILL PROGRESSIONS – ON THE FIELD DEMOS (SOUND)
- KYLE WILLIAMS, FCPGA CLINICIAN: WIDE RECEIVERS STALK BLOCK TEACHING PROGRESSIONS VS A SOFT CORNER – ON THE FIELD PRESENTATION (SOUND) ★★★★★ RATING
- DARRELL WYATT, UNIVERSITY OF OKLAHOMA: WIDE RECEIVER DRILLS – ON THE FIELD DEMOS (SOUND)
- VILLANOVA UNIVERSITY: WIDE RECEIVERS TRAINING 'N DRILL TAPE + ASSORTED MAJOR COLLEGE/NFL CLIPS (NO SOUND)
- BILL & KYLE WILLIAMS, FCPGA: WIDE RECEIVER DEVELOPMENT IN THE PASSING GAME 1/5 – TYPES OF CATCHES, NEVER RUN AWAY FROM THE BALL, MISSES 'N WHY, BALL SECURITY, HANDS AT THE BELT (SOUND)
- BILL & KYLE WILLIAMS, FCPGA: WIDE RECEIVER DEVELOPMENT IN THE PASSING GAME 2/5 – FOOT RHYTHM, EYE SNAPS, STICK IT, SEPARATION, RELEASES VS TIGHT MAN, ROUTES AND ROUTE GAME CUTS (SOUND)
- BILL & KYLE WILLIAMS, FCPGA: WIDE RECEIVER DEVELOPMENT IN THE PASSING GAME 3/5 – RECEIVER RELEASES, INTRO TO USING BROOMS, TRASH CAN DRILLS, “THE STICK”, USE OF BOXING GLOVES (SOUND)

- **BILL & KYLE WILLIAMS, FCPGA: WIDE RECEIVER DEVELOPMENT IN THE PASSING GAME 4/5 – PIN CATCH, BAD BALL, UP ‘N FADE, WAX OFF ‘N COUNTER VS TIGHT MAN, BACKSIDE DIAGONAL DRAG, SEPARATING VS OFF DEFENDER (SOUND)**
- **BILL & KYLE WILLIAMS, FCPGA: WIDE RECEIVER DEVELOPMENT IN THE PASSING GAME 5/5 – TOP OF THE ROUTE DRILLS, CHOP OUT, LAY-OUT CATCHES (SOUND)**
 - **THIS 5 TAPE SERIES HAS A ★★★★★ RATING. ABSOLUTE MUST FOR RECEIVER COACHES!**
- **STEVE HAGEN, CLEVELAND BROWNS: WIDE RECEIVERS-SLOTS FUNDAMENTALS AND DRILLS FOR THE PASSING GAME (ON FIELD DEMONSTRATION – SOUND)**
- **STEVE HAGEN, CLEVELAND BROWNS: WIDE RECEIVERS VS TIGHT MAN ‘N LB’ER-NICKEL DEFENDERS – ROUTES TO BEAT COVERAGES – PLAY-ACTION ‘N EMPTY RECEIVER CONCEPTS (ON THE FIELD PRESENTATION – SOUND – TURN SOUND WAY UP)**
- **AUBURN UNIVERSITY: WIDE RECEIVER DRILL TAPE (NO SOUND)**

▶ OFFENSE INSTALLATION ◀

- **LARRY BEIGHTOL, GREEN BAY PACKERS: SEPARATING THE DEFENSE WITH THE RUNNING GAME**

- **GEORGE WARHOP, ARIZONA CARDINALS: OFFSET I & I FORMATION WEAKSIDE LEAD ZONE RUN INSTALLATION COACHING POINTS – OFFENSIVE LINE EMPHASIS**
- **PAUL BOUDREAU, DETROIT LIONS: OFFENSIVE LINE SINGLE BACK RUNNING GAME COACHING POINTS – SCHEME ‘N TECHNIQUES FRO TRAP, PLAY ACTION TRAP SCREEN, PLAY ACTION DRAW**
- **PAUL BOUDREAU, NEW ENGLAND PATRIOTS: “TURN” PASS PROTECTION ‘N POWER RUN GAME – “TURN” SCREEN PASS PRO SET DRILLS**
- **PAUL BOUDREAU, NEW ENGLAND PATRIOTS: OFFENSIVE LINE TECHNIQUES ‘N COACHING POINTS FOR STRETCH RUN PLAY VARIATIONS – ADJUSTING TO DIFFERENT RUNNING BACK STYLES AND SOFT TIGHT ENDS**
- **HOMER SMITH & OFFENSIVE STAFF, UCLA (TERRY DONAHUE ERA): UCLA RUN GAME CONCEPTS (INCLUDES OPTIONS) “FROM THE ARCHIVES”**
- **JASON BORN, SAUGUS HS (CA): SHOTGUN SPREAD INSIDE VEER AND MIDLINE INSTALLATION**
- **BILL WILLIAMS, FCPGA: SPREAD OPTION INSTALLATION – NAVY, GEORGIA TECH, ARMY STYLE – INSIDE VEER, VEER LEAD, VEER LEAD “WHAM” – OFFENSIVE LINE DRILLS – INSIDE VEER, MIDDLE MESH DRILLS 1/2 ★★★★★ RATING**
- **BILL WILLIAMS, FCPGA: SPREAD OPTION INSTALLATION – NAVY, GEORGIA TECH, ARMY STYLE – ARMY INSIDE VEER GAME CUTS VIDEO TALK THRU – QB CARRYING OUT FAKES – INSIDE VEER PLAY ACTION PASSES – WIDE RECEIVERS BLOCKING – FULLBACK BLOCKS – HALFBACK, WINGS, RECEIVER BLOCKING 2/2 ★★★★★ RATING**

- STEVE MARIUCCI, UNIVERSITY OF CALIFORNIA: 2 BACK – 1 BACK PASSING GAME INSTALLATION – SCREENS, PLAY ACTION PASSES, NICKEL ‘N BASE PASSES 1/3
- STEVE MARIUCCI, UNIVERSITY OF CALIFORNIA: WIDE RECEIVERS ADJUSTMENTS TO QB FLUSH – MOVEMENT PLAY ACTION PASSES – BASE PASSES – RED ZONE PASSES – BLITZ AUDIBLES 2/3
- STEVE MARIUCCI, UNIVERSITY OF CALIFORNIA: RED ZONE PASSES, GOAL LINE ‘N SHORT YARDAGE PASSES 3/3
***STEVE’S 3 TAPE SERIES IS AN EXCEPTIONAL STUDY! ★★★★★
RATING
- BILL MUIR, NEW YORK JETS: PASS PROTECTION VS FIRE ZONE BLITZES – FROM 2 BACK, 1 BACK, EMPTY FORMATIONS
- TONY WISE, NEW YORK JETS: ZONE HANDBACK SERIES INSTALL AND COACHING POINTS
- LARRY ZIERLEN, CLEVELAND BROWNS: ATTACKING DEFENSES WITH THE OUTSIDE ZONE RUN GAME
- HOMER SMITH, UCLA, STAFF ‘N PLAYERS TAPE: 2 BACK PASSING GAME CONCEPTS – QB UNDER CENTER – QUARTERBACKS THROWING ON RHYTHM – HOW RECEIVERS DO/DON’T GET OPEN – QUARTERBACK TRIGGER DRILLS ‘N SEQUENCING (FROM THE ARCHIVES – SOUND – 5 STAR RATING!)

► OFFENSE GAME CUTS ‘N GAME TAPES ◀

- UNIVERSITY OF NEVADA: ANGLES RUNS – PERIMETER ‘N BOUNCE RUNS

- **UNIVERSITY OF OREGON (BELLOTTI & KELLY ERAS): SHOTGUN RUNS – SHOTGUN PLAY ACTION PASSES**
- **NFL OFFENSES MIXED: UNBALANCED RUN GAME CUTS**
- **2006 NEW ORLEANS SAINTS: PASSING GAME INSTALLATION TRAINING TAPE GAME CUTS**
- **NEW YORK JETS: POWER, LOAD, POWER TRAP ZONE GAME CUTS**
- **UNIVERSITY OF WASHINGTON: INSIDE ZONE RUNS – OUTSIDE ZONE RUNS (QB UNDER CENTER & SHOTGUN)**
- **UNIVERSITY OF OREGON (BELLOTTI & KELLY ERAS): COMPLETE OFFENSE GAME TAPES VS UCLA, ARIZONA, ARIZONA STATE, STANFORD**
- **STANFORD UNIVERSITY: OFFENSIVE BACKS RUN BLOCKING GAME CUTS – LEAD, KICK OUT, HOOK, FORCE BLOCKS**
- **2010 BOISE STATE UNIVERSITY: COMPLETE OFFENSE GAME TAPES VS VIRGINIA TECH, WYOMING, OREGON STATE**
- **2009 BOISE STATE UNIVERSITY: COMPLETE OFFENSE GAME TAPES VS IDAHO, NEVADA, UTAH STATE**
- **BOISE STATE UNIVERSITY: OFFENSE GAME TAPE VS FRESNO STATE UNIVERSITY**
- **2009 LSU: COMPLETE OFFENSE GAME TAPES VS APPALACHIAN STATE, NORTH TEXAS, MISSISSIPPI STATE**
- **2009 LSU: COMPLETE OFFENSE GAME TAPES VS TULANE, ALABAMA, TROY**
- **2009 LSU: COMPLETE OFFENSE GAME TAPES VS FLORIDA, SOUTH CAROLINA, GEORGIA**
- **2009 LSU: COMPLETE OFFENSE GAME TAPES VS OLE MISS, ARKANSAS, GEORGIA TECH**

- **2009 AUBURN UNIVERSITY: COMPLETE OFFENSIVE GAME TAPES VS LOUISIANA TECH, MISSISSIPPI STATE, WEST VIRGINIA**
- **2009 AUBURN UNIVERSITY: COMPLETE OFFENSIVE GAME TAPES VS KENTUCKY, LSU, FURMAN**
- **2009 AUBURN UNIVERSITY: COMPLETE OFFENSE GAME TAPES VS BALL STATE, TENNESSEE, ARKANSAS**
- **2009 IOWA STATE UNIVERSITY: COMPLETE OFFENSE GAME TAPES VS KANSAS STATE, KANSAS, NEBRASKA**
- **2008 TEXAS TECH UNIVERSITY (MIKE LEACH ERA): COMPLETE OFFENSE GAME TAPES VS NEBRASKA, TEXAS, TEXAS A&M, KANSAS**
- **2010 ARMY: COMPLETE OFFENSE GAME TAPES VS KENT STATE, TEMPLE, UNIVERSITY OF HAWAII**
- **2010 INDIANAPOLIS COLTS: OFFENSE GAME TAPES – MANNING PRE-SEASON PLAYS: HOUSTON, SAINTS, RAVENS**

▶ DEFENSIVE LINE ◀

- **BILL WILLIAMS, FCPGA: “CUTTING EDGE” DEFENSIVE LINE 2 GAP ‘N 1 GAP BLOCK PROTECTION PROGRESSIONS VS RUN BLOCKS (DEMO SESSION) 1/3 (SOUND)**
- **BILL WILLIAMS, FCPGA: VIDEO “TALK THRU” OF 2 GAP ‘N 1 GAP DEFENSIVE LINE DRILLS, COACHING POINTS, GAME CUTS TALK THRU FROM SEC AND PHILADELPHIA EAGLES (PETE JENKINS ERA) – 2/3 (SOUND)**

- **BILL WILLIAMS, FCPGA: VIDEO “TALK THRU” OF DEFENSIVE LINE DRILLS ‘N COACHING POINTS FROM SEC AND PHILADELPHIA EAGLES (PETE JENKINS ERA) – BLOCK PROTECTION VIDEO EXTREMES – FOCUS – HANDS INSIDE – FOOTWORK TO TACKLE DRILLS – OVERLOOKED TACKLING 3/3 (SOUND) ★★★★★ RATING**
- **BRAD LAWING, UNIVERSITY OF NORTH CAROLINA: OFF-SEASON DEFENSIVE LINE DRILLS – EVALUATION DRILLS (SOUND)**
- **KENNY BROWNING, UNIVERSITY OF NORTH CAROLINA: DEFENSIVE LINE TEACHING PROGRESSION VS RUN (SOUND)**
- **LARRY JOHNSON, PENN STATE UNIVERSITY: EFFECTIVE DEFENSIVE LINE PRACTICE DRILLS (SOUND)**
- **BRETT WILLIAMS, FCPGA CLINICIAN: DEFENSIVE LINE PASS RUSH TEACHING PROGRESSIONS (SOUND)**
- **UNIVERSITY OF CONNECTICUT CLINIC: DEFENSIVE LINE PASS RUSH DRILLS (SOUND)**
- **DEFENSIVE LINE DRILLS ‘N GAME CUTS – COACHING POINTS GRAPHICS MIXED: SYRACUSE, UCLA, TAMPA BAY BUCS, MINNESOTA VIKINGS, PITTSBURGH STEELERS (NO SOUND & SOUND MIXED)**
- **UNIVERSITY OF FLORIDA: LINEBACKERS ‘N DEFENSIVE LINE DRILLS (NO SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): DEFENSIVE LINE STEM – REDIRECT – FOCAL POINT PURSUIT DRILLS (SOUND)**
- **BILL’S CLINIC COPY: DEFENSIVE LINE TACKLING PROGRESSIONS VS RUN ‘N PASS (NO SOUND & SOUND MIXED)**

- **COLORADO STATE UNIVERSITY: DEFENSIVE LINE FUNDAMENTALS 'N DRILLS PRACTICE CUTS – PASS RUSH EMPHASIS (NO SOUND)**

▶ **INSIDE-OUTSIDE LINEBACKERS** ◀

- **UNIVERSITY OF CONNECTICUT CLINIC: LINEBACKER FUNDAMENTALS 'N DRILLS (**SOUND – TURN UP)**
- **MIKE HALUCHAK, NFL: INSIDE-OUTSIDE LINEBACKERS DRILLS COLLECTION – GIANTS, CHARGERS, REDSKINS (NO SOUND)**
- **UCLA: 2010 LINEBACKER DRILL TAPE (NO SOUND)**
- **UNIVERSITY OF TEXAS: INSIDE LINEBACKER DRILLS (NO SOUND)**
- **SAN DIEGO MESA JUNIOR COLLEGE (CA): OFF SEASON – IN SEASON LINEBACKER MOVEMENT 'N EVALUATION DRILLS (NO SOUND)**
- **MIXED FCPGA TRAINING TAPES – IN-SERVICE CLINIC – POWAY HS (CA): OUTSIDE LINEBACKERS BRONCO, SKY, HAMMER RUN FORCE PROGRESSIONS AND GAME CUTS (NO SOUND 'N SOUND MIXED)**
- **BILL WILLIAMS, FCPGA @ UNIVERSITY OF WASHINGTON STAFF CLINIC: INSIDE LINEBACKERS APPROACH TO TACKLE 'N DRILLS – BLOCK PROTECTION TO TACKLE – VISION TO TACKLE (SOUND)**
- **BILL WILLIAMS, FCPGA: 3-4-4 OUTSIDE LINEBACKERS “BRONCO” FORCE (PRIMARY RUN FORCE) TEACHING PROGRESSIONS – INSIDE LINEBACKERS BLOCK PROTECTION PROGRESSIONS – DISC 3 (SOUND)**

- **KYLE WILLIAMS, FCPGA CLINICIAN: OUTSIDE LINEBACKER “BRONCO” FORCE PROGRESSIONS VS RUN (ON FIELD PRESENTATION) (SOUND & NO SOUND MIXED)**
- **NFL-COLLEGE MIXED: LINEBACKERS “HUG UP” MAN COVERAGE DRILLS ‘N GAME CUTS (NO SOUND)**
- **BILL’S CLINIC COPY: COACHING INSIDE LINEBACKERS VS RUN GAME – GAME CLIPS + - NFL – UCLA + - LINEBACKERS – EFFECTIVE INSIDE LINEBACKER MEETINGS (NO SOUND ‘N SOUND MIXED)**
- **BILL’S CLINIC COPY: COACHING INSIDE LINEBACKERS BLOCK PROTECTION TO TACKLING – PRIVATE LESSONS WITH BILL WILLIAMS – HIGH SCHOOL, COLLEGE, NFL PRACTICE ‘N GAME CLIPS (SOUND ‘N NO SOUND MIXED)**
- **BILL’S CLINIC COPY: INSIDE LINEBACKERS BLOCK PROTECTION TO TACKLING DRILLS ‘N GAME CUTS (SOUND)**
- **BILL WILLIAMS CLINIC COPY: INSIDE LINEBACKERS “LOW EYES” DEVELOPMENT VS RUNNING GAME**
- **BILL WILLIAMS, FCPGA: INSIDE LINEBACKER PRIVATE LESSONS WITH BILL WILLIAMS – “BACKSIDE” INSIDE LINEBACKER TECHNIQUES VS RUN (SOUND)**
- **BILL’S CLINIC COPY: LINEBACKERS “PASS DOG” PROGRESSIONS MIXED (SOUND ‘N NO SOUND)**
- **BILL WILLIAMS, FCPGA: INSIDE LINEBACKERS “CHECK LIST” DRILLS ‘N TECHNIQUES VS RUN AND PASS**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): INSIDE LINEBACKERS “WRAP” AND “NO WRAP” PASS DOG TECHNIQUES – EYES ‘N FOOTWORK TO TACKLE VS RUN (SOUND)**

- **BILL WILLIAMS, FCPGA: “BACKSIDE” INSIDE LINEBACKERS VS RUN PROGRESSIONS – “SPOT DROP” ZONE LINEBACKERS TACKLING VS RECEIVERS – EYES OF THE COVER 3 CORNER**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): INSIDE LINEBACKERS EVALUATION DRILLS – GETTING IT TAUGHT IN SHORTS (SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): INSIDE LINEBACKERS “3 STATION” DRILLS VS RUN – PLAYSIDE INSIDE LINEBACKERS “TACKLE BOX” FOOTWORK TO TACKLE DRILLS (SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): INSIDE LINEBACKERS OFF-SEASON “PASS DOG” EVALUATION DRILLS – HIP FLIPS VS SOLID/SLIDE PROTECTION – FLIPS ‘N RIPS – SPIN ‘N RAKE QUARTERBACK (SOUND)**
- **UNIVERSITY OF FLORIDA: LINEBACKERS / DEFENSIVE LINE DRILLS (NO SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): OUTSIDE LINEBACKER TACKLING – BLOCK PROTECTION TO TACKLING DRILLS (SOUND)**
- **BILL WILLIAMS, FCPGA: COACHING THE COACHES – INSIDE LINEBACKERS PASS DOG TEACHING PROGRESSIONS VS SOLID ‘N SLIDE PROTECTION – VIDEO “TALK THRU” PASS DOG WEAPONS VS A BACK IN PASS PRO – OUTSIDE LINEBACKER PASS DOGS (SOUND)**
- **BILL WILLIAMS, FCPGA: VISUAL TEACHING METHODS IN COACHING DEFENSE – INSIDE LINEBACKERS STANCE, EYES OF THE INSIDE-OUTSIDE LINEBACKERS – HOW DEFENSE IS MEANT TO BE PLAYED! – DEFENSE VIDEO EXTREMES (SOUND)**

► DEFENSIVE BACKS ◀

- UNIVERSITY OF CONNECTICUT CLINIC: DB'S TECHNIQUES 'N DRILLS **(SOUND – TURN SOUND UP)
- NICK SABAN, MICHIGAN STATE UNIVERSITY: "ONE HIGH" 'N "TWO HIGH" COVERAGE DEVELOPMENT "FROM THE ARCHIVES" (SOUND)
- UNIVERSITY OF OREGON: DEFENSIVE BACKS DRILLS – TECHNIQUE TAPE (NO SOUND)
- WILLIE GARZA DB DRILLS COLLECTION – COLLEGE: DEFENSIVE BACKS DRILLS COLLEGE MIXED (NO SOUND)
- LSU & ST. LOUIS RAMS: CORNERS PRESS MAN TECHNIQUES DRILL TAPE (NO SOUND)
- KANSAS STATE UNIVERSITY: DB DRILLS VIDEO NOTEBOOK (NO SOUND)
- DUANE AKINA DB DRILLS 'N GAME CUTS COMPOSITE: UNIVERSITY OF TEXAS 'N UNIVERSITY OF ARIZONA (NO SOUND)
- IOWA STATE UNIVERSITY: DB DRILLS TAPE (NO SOUND)
- UNIVERSITY OF WISCONSIN: DEFENSIVE BACKS TACKLING DRILLS (NO SOUND)
- WASHINGTON STATE UNIVERSITY: DB DRILLS TAPE – PRACTICE CUTS (NO SOUND)
- WASHINGTON STATE UNIVERSITY: DB'S DRILL TAPE – CORNER PLAY PRACTICE CUTS (NO SOUND)
- UNIVERSITY OF TENNESSEE: DB DRILLS TAPE (NO SOUND)

- **FCPGA TRAINING TAPES 'N NFL CUT-UPS MIXED: DEFENSIVE BACKS 3-DEEP, 2-DEEP, LOOSE 'N TIGHT MAN – VISION – FOOTWORK – TACKLING – LEVERAGE VS PASS (NO SOUND 'N SOUND MIXED)**
- **FCPGA TRAINING TAPE: DB'S "CONE DRIVE" DRILL – "DUMMY DRIVE" DRILL – CORNERS – FREE SAFETY COVER 3 ZONE – COVER 2 ½ SAFETIES (NO SOUND 'N SOUND MIXED)**
- **NFL-COLLEGE MIXED: DB'S OFF 'N PRESS MAN TECHNIQUES – ZONE DRILLS – TACKLING DRILLS (NO SOUND **SUB-PAR VIDEO QUALITY)**
- **BILL WILLIAMS, FCPGA: DEFENSIVE BACKS OPEN FIELD TACKLING PROGRESSIONS VS RUN 'N PASS (SOUND)**
- **KYLE WILLIAMS, FCPGA CLINICIAN: 2 DEEP COVERAGE DRILLS – ½ SAFETIES 'N CORNERS FOOTWORK – VISION – DRIVES DRILL TAPE (NO SOUND)**
- **BILL WILLIAMS, FCPGA @ ATLANTA FALCONS IN-SERVICE CLINIC: DEFENSIVE BACKS OPEN FIELD TACKLING PROGRESSIONS – GETTING IT TAUGHT IN SHORTS (ON THE FIELD DEMOS – SOUND)**
- **NFL-POWAY HS (CA) MIXED: DEFENSIVE BACKS OPEN FIELD TACKLING TEACHING PROGRESSIONS (SOUND 'N NO SOUND)**
- **KYLE WILLIAMS DB TRAINING TAPE: COVER 2 – TIGHT MAN – LOOSE MAN DRILLS (NO SOUND)**

▶ DEFENSIVE BACKS GAME CUTS ◀

- COLLEGE-NFL MIXED GAME/PRACTICE CUTS: DB'S PLAYING QUARTERBACK'S HIGH, LEVEL, HOLE, LOW SHOULDER ON PASS – "APEX" TECHNIQUES IN ZONE PASS COVERAGE (NO SOUND)
**GREAT TAPE TO SHOW YOUR DB'S!
- COLLEGE MIXED GAME CUTS: DEFENSIVE BACKS TACKLES VS RUN AND PASS **GREAT TAPE TO SHOW YOUR DB'S AFTER STUDYING BILL'S DB OPEN FIELD TACKLING TAPES
- DB'S – BILL'S 2011-2012 TAPE: DEFENSIVE BACKS BLOCK PROTECTION TO TACKLE GAME CUTS

▶ COACHING TACKLING ◀

- BILL WILLIAMS, FCPGA: INSTALLING A SYSTEM OF TACKLING – PART 1 (SOUND)
- BILL WILLIAMS, FCPGA: INSTALLING A SYSTEM OF TACKLING – PART 2 (SOUND)
- BILL WILLIAMS, FCPGA @ UNIVERSITY OF WASHINGTON IN-SERVICE CLINIC: TEACHING TACKLING 'N BUZZWORDS FOR TACKLING – OVERLOOKED TACKLING TECHNIQUES (SOUND)
- BILL WILLIAMS, FCPGA: "REVERSE TEACHING" GENERIC TACKLING TECHNIQUES AND PROGRESSIONS FOR ALL DEFENSIVE PERSONNEL (SOUND)

- **BILL WILLIAMS, FCPGA: “TACKLING IN SPACE” TECHNIQUES ‘N TEACHING PROGRESSIONS – “STRAIN” TACKLING**
- **COLLEGE – NFL – FCPGA CLINICS MIXED: TACKLING IN SPACE FOR DEFENSE AND SPECIAL TEAMS (SOUND)**
- **BILL WILLIAMS, FCPGA @ UNIVERSITY OF CALIFORNIA IN-SERVICE CLINIC: USING NON-FOOTBALL VIDEO CUT-UPS TO GET YOUR POINTS ACROSS ON TACKLING (SOUND)**
- **POWAY HS (CA): TACKLING CIRCUIT IN SHORTS – TIMING THE UPPERCUT – OPEN FIELD SHIMMY TACKLING – COVER AND CLOSE, SHIMMY NEAR-FOOT TACKLING (SOUND)**
- **BILL WILLIAMS, FCPGA: OVERLOOKED TACKLING PROGRESSIONS (SOUND)**
- **UNIVERSITY OF WISCONSIN: DEFENSIVE BACKS TACKLING DRILLS (NO SOUND)**
- **NORTHERN ILLINOIS UNIVERSITY: TACKLING ‘N TAKE AWAY DRILLS (NO SOUND)**
- **BILL’S CLINIC COPY: “TACKLING COMPOSITE” TEACHING TAPE – GAME CLIPS – NON-FOOTBALL “SAME AS” CLIPS – TACKLING DRILLS (NO SOUND)**

▶ TACKLING GAME CUTS ◀

- **COLLEGE GAME CUTS MIXED: DEFENSIVE BACKS TACKLES VS RUN ‘N PASS **GREAT TAPE TO SHOW YOUR PLAYERS**

- **DB'S – BILL'S CLINIC COPY: DEFENSIVE BACKS BLOCK PROTECTION TO TACKLING GAME CUTS**

▶ DEFENSE DISCIPLINES GAME CUTS ◀

- **COLLEGE – NFL GAME CUTS: DEFENSE GAME CUTS – “POLISH” TACKLES – “QUICK BALL” TAKEAWAYS – SCOOPS – PICS ‘N STRIPS – HANDS UP **GREAT TAPE TO SHOW YOUR PLAYERS**

▶ TAKEAWAYS ◀

- **UNIVERSITY OF CALIFORNIA: “TAKEAWAYS” CIRCUIT DRILLS AND GAME CUTS (NO SOUND)**

▶ MIXED DEFENSE DRILL TAPES ◀

- **NICK SABAN ERA: LSU DEFENSE POSITION DRILLS (NO SOUND)**
- **UNIVERSITY OF FLORIDA: LINEBACKERS – DEFENSIVE LINE DRILLS (NO SOUND)**

► DEFENSE INSTALLATION PRESENTATIONS ◀

- **REX RYAN, UNIVERSITY OF CINCINNATI: BASE BEAR 46 DEFENSE VS RUN.... “FROM THE ARCHIVES”..... (SOUND)**
- **NICK SABAN, MICHIGAN STATE UNIVERSITY: “ONE HIGH” ‘N “TWO HIGH” PASS COVERAGE DEVELOPMENT.... “FROM THE ARCHIVES” (SOUND)**
- **JOE LEE DUNN, McMURRY UNIVERSITY (TX): STOPPING THE RUN WITH THE 3-3 STACK DEFENSE (SOUND)**
- **KYLE WILLIAMS, FCPGA CLINICIAN: 3-3-5 DEFENSE – FRONTS – 3 UNDER 3 DEEP – 3-3-5 PRESSURES – MAN COVERAGE CONCEPTS AND TECHNIQUES 1/3**
- **KYLE WILLIAMS, FCPGA CLINICIAN: 3-3-5 DEFENSE MAN COVERAGES (CON’T) 2/3**
- **KYLE WILLIAMS, FCPGA CLINICIAN: 3-3-5 DEFENSE – MAN COVERAGES (CONT) – 2 DEEP COVERAGE, DIME COVERAGES 3/3
KYLE’S 3 TAPE SERIES HAS A ★★★★★ RATING**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): OVERVIEW OF SHOTGUN ‘N PISTOL OFFENSES – COORDINATING YOUR FRONTS – DEFENDING THE ZONE READ FROM MULTIPLE FRONTS – ZONE READ RUN FITS 1/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): RUN STUNTS, DOGS, BLITZES VS SHOTGUN SPREAD OFFENSES 2/8**

- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): DEFENSING SHOTGUN SPREAD COUNTER, POWER, QUARTERBACK RUNS – INSIDE LINEBACKER “MUST” DRILLS – INTRO TO MATCH-UP ZONE PASS COVERAGE 3/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): DEFENSING SHOTGUN SPREAD MULTIPLE OPTIONS 4/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): DEFENDING SHOTGUN SPREAD PLAYACTION PASSES, BOOTLEG ‘N WAGGLE PASSES 5/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): DEFENDING THE SHOTGUN SPREAD QUICK PASSING GAME, BUBBLE PASSES, EMPTY PASSES 6/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): DEFENDING THE SHOTGUN SPREAD PASSING GAME (CONTINUED) 7/8**
- **RON ROBERTS, DELTA STATE UNIVERSITY (MS): ZONE AND MAN PRESSURES VS SHOTGUN SPREAD PASSING GAME 8/8 **RON’S 8 TAPE SERIES HAS A ★★★★★ RATING AND IS MUST VIEWING FOR DEFENSIVE COORDINATORS ON ALL LEVELS OF COMPETITION!**

► COACHING THE KICKING GAME ◀

- **FRANK BEAMER 'N STAFF, VIRGINIA TECH UNIVERSITY: COACHING THE KICKING GAME – POSITION SPECIFICS (SOUND)**
- **BRIAN SCHEIDER, UCLA: GETTING THE MOST OUT OF YOUR SPECIAL TEAMS PRACTICES – ORGANIZATION, DRILLS, SCHEMATICS (SOUND)**
- **FRED GUIDICI, MENLO COLLEGE (CA): BLOCKING PUNTS – PUNT RETURN INSTALL – KICK-OFF COVERAGE INSTALL (SOUND)**
- **BILL SHACKELFORD, NORTH DOBBS HS: PUNT DEEP SNAP PROGRESSIONS – HOLDING FOR PAT/FIELD GOAL – COACHING PUNTERS 'N PLACE KICKERS (SOUND)**
★★★★★RATING
- **NICK QUARTARO, IOWA STATE UNIVERSITY: SPREAD PUNT INSTALLATION (SOUND)**
- **BRETT WILLIAMS, FCPGA @ UNIVERSITY OF MIAMI IN-SERVICE CLINIC: PUNT LONG SNAP TEACHING PROGRESSIONS (ON THE FIELD DEMOS – SOUND)**
- **BILL WILLIAMS, FCPGA @ UNIVERSITY OF CALIFORNIA STAFF CLINIC: “REVERSE TEACHING” THE HOLD UP SIDE ON “PRESSURE” OR “SIDELINE CREASE” PUNT RETURN (ON THE FIELD DEMO – SOUND) ★★★★★RATING**
- **BILL WILLIAMS, FCPGA @ CAL / UNIVERSITY OF MIAMI ON FIELD DEMOS: COACHING THE CORE ON KICK-OFF COVERAGE (L3, L4, L5, R5, R4, R3) ** SOUND & NO SOUND**

- **BILL WILLIAMS, FCPGA IN-SERVICE CLINIC FOR TEXAS A&M: “HOP SLAM” PUNT TEACHING PROGRESSIONS (ON THE FIELD PRESENTATION) SOUND**
- **BILL WILLIAMS, FCPGA: “MUST LIST” OF PUNTER TECHNIQUES / FUNDAMENTALS / DRILLS**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): KICK-OFF COVERAGE INSTALL – COACHES COPY **SOUND ‘N NO SOUND**
- **POWAY HS (CA): “HOP SLAM” PUNT INSTALL (SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): “SIDELINE CREASE” KICK-OFF RETURN INSTALL – COACHES COPY (SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): COACHING THE PUNT RETURNERS (SOUND)**
- **BILL WILLIAMS, FCPGA IN-SERVICE CLINIC FOR AUBURN & POWAY HS (CA) MIXED: FRONT FIVE KICK-OFF RETURN BLOCKING DRILL PROGRESSIONS (ON FIELD DEMONSTRATIONS – SOUND ‘N NO SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): “REVERSE TEACHING” INTRO – “SIDELINE CREASE” KICK-OFF RETURN PROGRESSIONS – OVERLAP TO TEAM (SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA) **CLINIC COPY: “SIDELINE CREASE” KICK-OFF RETURN GAME CLIPS ‘N DRILLS – “TRAP” KICK-OFF RETURN DRILLS (**SOUND ‘N NO SOUND)**
- **BILL WILLIAMS, FCPGA @ POWAY HS (CA): “TRAP” KICK-OFF RETURN – GETTING IT TAUGHT IN SHORTS (SOUND)**
- **FCPGA TRAINING TAPE ‘N MIXED COLLECTION: HARASSING ‘N BLOCKING THE GUNNERS ON PUNT RETURN (NO SOUND)**
- **BILL WILLIAMS, FCPGA: COACHING THE PUNT LONG SNAPPERS**

- **NEW YORK GIANTS: LONG SNAP – PUNTER – PAT/FIELD GOAL SNAP TO HOLD (NO SOUND)**
- **COLLEGE-NFL-FCPGA IN-SERVICE CLINICS MIXED: KICK-OFF RETURNS POSITION SPECIFIC PROGRESSIONS – MAN, DOUBLE TEAM BLOCKS – TRAP – KICK-OFF RETURNER DRILLS (SOUND ‘N NO SOUND)**
- **NFL KICKING GAME – GAME CUTS COMPOSITE: KICK-OFF RETURNS – KICK-OFF COVERAGE – SPREAD PUNT – PUNT RETURNS (NO SOUND)**
- **PURDUE UNIVERSITY: SPECIAL TEAMS DRILLS (NO SOUND)**
- **UNIVERSITY OF MICHIGAN (GARY MOELLER ERA): PRACTICE CUTS – SPREAD PUNT – PUNT BLOCK + HOLD UP “PINS” ON PUNT RETURN.... “FROM THE ARCHIVES” (NO SOUND)**
- **HIGH SCHOOL – COLLEGE – NFL MIXED: PUNT BLOCK DRILLS**

► **STRENGTH & CONDITIONING – OFF-SEASON TRAINING** ◀

- **PORTERVILLE HS (CA): DYNAMIC OFF-SEASON STRENGTH ‘N CONDITIONING PROGRAM (SOUND)**
- **UNIVERSITY OF GEORGIA: OFF-SEASON PROGRAM – AGILITIES – FOOTWORK – SPRINT MECHANICS (NO SOUND)**
- **TOM SHAW, FLORIDA STATE UNIVERSITY: NINE TRAINING PRINCIPLES THAT WILL INCREASE SPEED**
- **LADDER DRILLS: (SOUND)**