



Core Drills for Developing Football Kicking Skills

By Bill Renner

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kicking mechanics can be coached and developed like any other skill in football. Coach Bill Renner gives you four specific drills to develop height, distance and directional control of the kick. This is Coach Renner s unique coaching drill sequence that he has used to develop high school, college and NFL kickers over the past 25 years. It has been proven to be effective for kickers starting at any type of skill level. Doing these four drills in this drill sequence is a combination that will develop the kicking skills of height, distance and directional control. Nothing is more important than doing the right drills that will develop the skills you need to be a successful performer. If you ever were uncertain about what kicking drills you should do to become better this book, Core Drills for Developing Football Kicking Skills, will relieve those concerns.



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Reviews

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