



## Old Fashioned Football for Secondary Schools in the Twenty-First Century

By Dr Marvin a Martin

iUniverse, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In observing today s football coaching techniques on the high school level, I have noticed that some coaches try to follow college and even pro football coaches sophisticated methods such as elaborate signals, multitude of plays, etc. It seems to me that on the high school level, the KISS (Keep it Simple Stupid) technique should only be as sophisticated as the boys who are new to the game. Fancy signals, etc., which are confusing to say the least, just add unnecessary stress. With this in mind, I am introducing a straightforward approach; based on sound plays, sound fundamentals, hard workouts, discipline and repetition so that each player has an automatic response under game conditions.



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