

Complete Offensive Line

By Rick Trickett

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Developing dominating offensive linemen is Rick Trickett's specialty. His accomplishments speak for themselves: 4 first-round draft selections, 20 NFL players, 13 All-Americans, and more than 30 all-conference selections. Now with *Complete Offensive Line*, he's created the most in-depth guide ever on offensive line play.

Today's linemen must have skill, strength, power, quickness, agility, and intelligence to excel at the position. That is why Complete Offensive Line presents it all—from footwork and hand positioning to pulling and cutbacks.

In this one-of-a-kind guide, Trickett takes you onto the practice field and into the trenches to learn these skills, among others:

• Pass protection

• Run blocking

• Man and zone blocking

• Combination blocks

• Blitz pickup

• Recognition of defensive sets such as 4-3, 3-4, and stack

• Strengths, weaknesses, and opportunities against any defensive set

• Techniques and schemes for formations such as spread, option, and the run and shoot

With the most effective drills, skill evaluation, line play assessments, scheme suggestions, and unparalleled coaching advice from one of the best in the game, *Complete Offensive Line* is simply the definitive book on football's most demanding position.

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“Coach Trickett helped me hone my skills as a player and is one of the greatest collegiate offensive line coaches in the history of the game. The skills and techniques he taught me in my collegiate career I carried through to my NFL career to become an all-pro offensive lineman.”

Willie Anderson-- Four-Time Pro Bowl Selection (2003, 2004, 2005, 2006), Five-Time All-Pro Selection (2001, 2003, 2004, 2005, 2006)

"Complete Offensive Line *is proof that Coach Trickett is one of football's best offensive line coaches. After playing eight years in the NFL—and winning two Super Bowl rings—I can honestly say that Rick Trickett made me a stronger player.*"

Kendall Simmons-- Super Bowl Champion (XL, XLIII), Two-Time First-Team All-SEC (2000-2001), Third-Team AP All-American (2000)

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