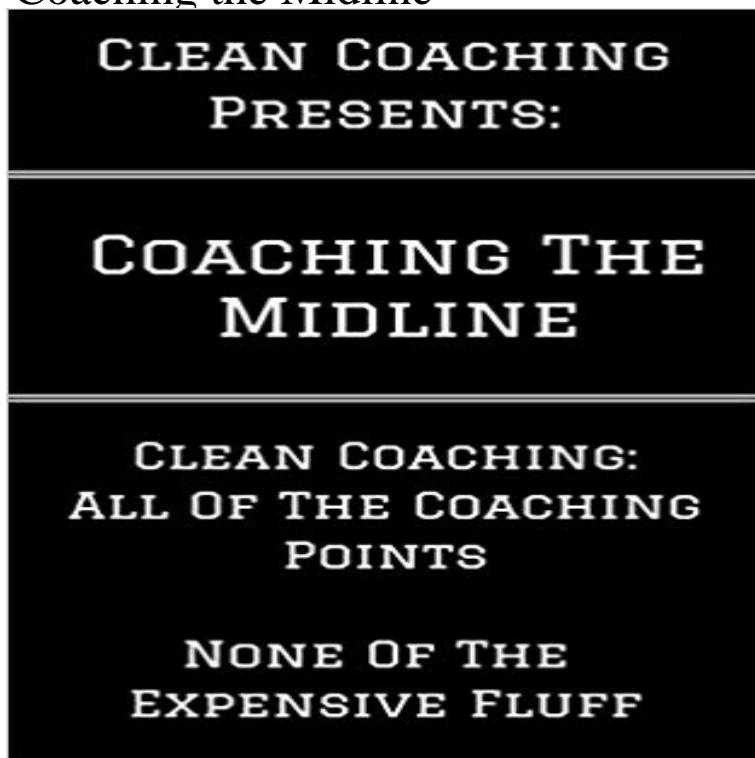


Coaching the Midline



The Midline opens up the center of the defense with the quickest hitting play in football. The play combines an A gap run by the full back, a double team at the point of attack by the offensive line and a run by the QB to create an explosive play that can quickly be integrated into any offense. This book discusses the teaching points for each position as well as variations, or tags that can exploit common defensive responses. In addition, it covers the essential drills to installing the Midline. A must read for anyone installing or thinking of installing the Midline into their offense. Clean Coaching looks to provide coaches with the essential information about their sport. At Clean Coaching we focus on providing a product that is quick, clean and concise with all of the information that coaches need but none of the bells and whistles that drive prices up.

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