



The Single Wing Football Offense

Robert McAdams

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The Single Wing Football Offense: How to Use Power Running & Misdirection to Decimate Defenses With Few Athletes is a 125-page, 8½ -11, soft cover book. This book describes the Single Wing Offense in detail with full chapters explaining the base hole openings along with the different back action (cycles/series) to get to the hole. This book is the cumulative product of many other successful coaches' Single Wing systems and/or resources, including Charles Caldwell, Jim Ahern, Ken Kueffel, Tom Lewis, Bob Howard, and Stephen Ragsdale. This offense has a great potential for the underdeveloped athletes success. This is a high-powered, can't find the ball misdirection and power offense. It forces an opponent to change defensive schemes, change defensive tactics, and abandon aggressive pursuit. In this book, I discuss how to install this offense, how to run practice drills, how to keep practice organization, how to deal with problem defensive fronts, how to teach the snap, how to teach the spin and buck maneuvers, and tips on personnel selection.

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