



Iron Works Preparation: The Best Way to Prepare for Football

Ryan Williams, Buddy Morris

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Over the course of his more than 30 years of coaching, Buddy Morris has developed and perfected an ever-evolving system for preparing athletes for the sport of football. In "Iron Works Preparation: The Best Way to Prepare for Football", Coach Morris reveals his best-kept secrets to optimizing his players' performance, by sharing the planning, programming, methods, and means he uses and trusts the most. Included in the book, are both theoretical and practical information regarding the sport of football, specifically tailored to each position and its individual demands. The most enticing part of the book is the first-hand access to several of Coach Morris' actual training programs that he has and stills uses with his NFL and former NCAA athletes. If you are looking to prepare for football, this book is the perfect fit for all your needs!

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