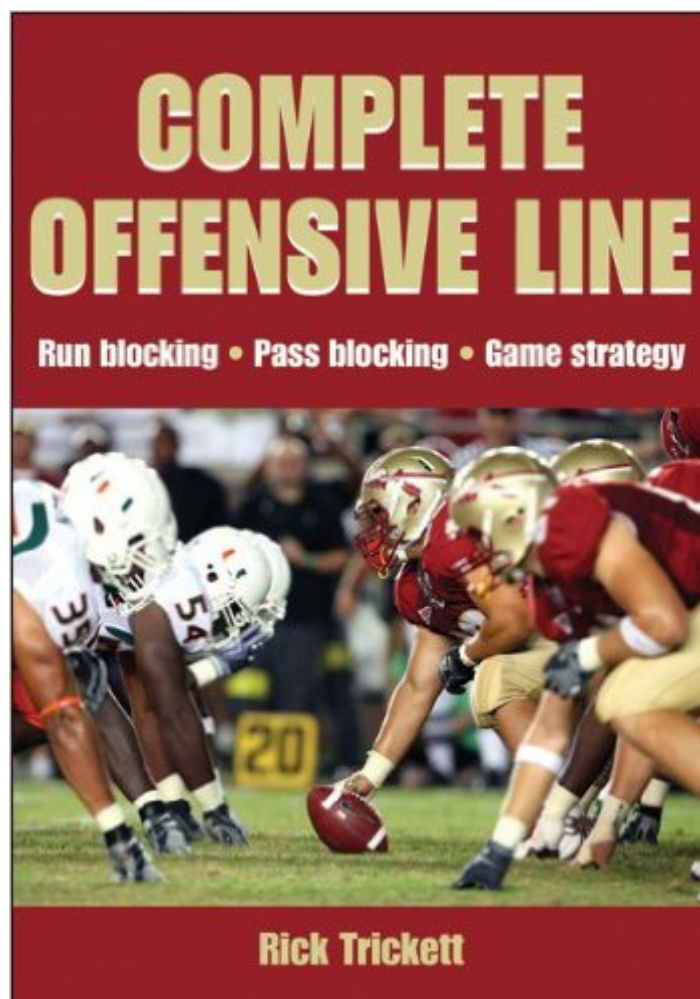


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# Complete Offensive Line



## Synopsis

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. v

## Book Information

Paperback: 200 pages

Publisher: Human Kinetics; 1 edition (August 21, 2012)

Language: English

ISBN-10: 073608651X

ISBN-13: 978-0736086516

Product Dimensions: 6.9 x 0.8 x 9.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #139,155 in Books (See Top 100 in Books) #75 in [Books > Sports & Outdoors > Coaching > Football \(American\)](#) #297 in [Books > Sports & Outdoors > Football \(American\)](#) #305 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

My HS senior plays left OT for the preseason pick to win State. (He is one of five huge talented kids on his line, a pretty good player, smart and tough, but probably 1/2 step slow.) I bought Coach Trickett's book because at his present level my son will have to rely more than ever on technique, rather than just size. (There are a fair number of big kids in most HS leagues these days.) Coach

Trickett blew me away! I thought I knew a little bit about line play, but the coach taught me how little that bit is! I believe that much of the book is w-a-y above most HS kids' heads, but there is so much in their wheelhouse to learn and use as well. An excerpt from Page 9 in his brief introductory summary on QB Protection: "In a short-setting offensive line, the guards and the center are on drop-back pass protection. This means they will be set quick and firm on the line of scrimmage. We will cover exact techniques later in the book. The tackles use a kick slide pass set or the vertical pass set, depending on twist or no twist, to maintain the width of the pocket." OK-fine. When I jokingly told my kid that if he wants to start, he has to know this stuff, I thought he would break into tears. But don't be put-off; the coach writes with precision and great clarity. A college-level player will do well to study this book on his own in addition to whatever on-field instruction he receives. Trickett is a former Florida State line coach, who seemingly knows everybody. His book includes some superb workout drills designed for linemen, too. The book is filled with photos and professionally-produced diagrams to illustrate the text. (I just learned my son has injured his shoulder and will have an MRI next week.) Any HS- or college-level kid who carries just 2% of what learns in this book onto the field will be a much-improved player.

In this book, Coach Trickett breaks down the basic offensive line blocking techniques with easy to understand text and support pictures. Any coach struggling with his offensive line use this as a quick reference troubleshooting guide or even a teaching manual. Players can use this book for self improvement. For example, perform the techniques in a mirror or have someone photograph and compare player to the photos in the book. While not all the blocks can be learned or taught at all age groups, any line coach can benefit from Coach Trickett's work. Even a youth coach who is just limited to base blocking or double teams will benefit in their effort to prepare young players with correct fundamentals. Your line will block better and your local school coaches will definitely be appreciative if you send them fundamentally sound lineman.

It's a bit complex for a youth team, but it has a lot of detail on offensive line play. Covers zone and gap schemes. I am a youth coach with 15 years of experience. I recommend for experience coaches only. New coaches can find simple material online for basic blocks. Get this when you are ready to take it to the next level. Good addition to my library.

SON LOVED THE BOOK! He's into football scouting for colleges & pro football & this was on his list of one of his must have books. His wife tipped me off about the list, I bought the book and my son

now believes I'm a mind reader. We girls have to stick together and keep our little secrets.

This book is an excellent resource for offensive line coaches at any level. I am a varsity coach and found this book to be chalk full of useful pieces of information that I plan to implement. Highly recommended.

Clear and complete O-Line instruction by the best O-Line coach in the business, Coach Rick Trickett. Highly recommended for all levels. The more advanced techniques can be adjusted accordingly for the level of play. Great resource for both players and coaches.

I coach offensive lineman for youth football and middle school. Trickett's book is too complex for those levels, but it breaks down concepts and helps me break those concepts down to my players' level. Very good book. Would recommend for all levels. Especially in today's football, where the veer, zone and option dominate play calling at all levels.

I never write reviews about anything. But most technique football books are not written by successful coaches. This one is. It is written just like he coaches it minus the cuss words. This is what playing and coaching the most important position on the field is about. If you are a line coach you must have it. He learned from the best of all time Alex Gibbs how to block the zone.

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