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By Bill Renner

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.WHY an Off-Season Workout Book? Every athlete needs to have a detailed workout plan in order to insure that he will develop and perform his skills successfully. Failure to have such a plan will result in a trial and error performance. This prevents an athlete from developing to his maximum potential. WHAT an Off-Season Workout Book WILL Do This off-season workout book provides a kicker with a daily workout plan that is designed specifically to improve a kicker. It begins with the first day of the year and continues through the end of July. Each day has a planned workout for a kicker. It incorporates kicking drills, agilities, flexibility, lifting and running. These components are planned to complement each other and specifically apply to improving a kicker. The kicking workouts are specific with the number of kicks, distances and hashes to kick from and the number of kickoffs to do. Workout Book Structure All workouts are charted and results tabulated to denote strengths and weaknesses for continued improvement. At the end of a week is a Weekly Summary...



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Reviews

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