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The Midwestern Spread Option: Winning 7-on-7 Flag Football



Synopsis

Are you tired of having your flag football playoff run cut short by a more talented team? Are you ready for your intramural or rec team to overcome its talent deficit and take its play to the next level? If so, this is the flag football manual, installation guide, and playbook for you. This guide covers every aspect of installing the Midwestern Spread Option: from formations and shifts, to blitz beaters and coverage breakdowns, to a fully implemented run game. Even with infinite numbers of route, motion, and formation combinations, the Midwestern Spread Option provides a simple audible system to allow you to ensure that you have your best play on against each defense you face. If you are ready to take your game to the next level and want practical, implementable steps provided in a no-nonsense manner, this is the playbook for you.

Book Information

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Customer Reviews

I loved this book. I adapted the concepts for fourth and fifth graders, and it worked very well.

Book seems great except for the images. I hope they fix this right away and I will most likely give this book a five star rating.

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