

(Free read ebook) Complete Wide Receiver

Complete Wide Receiver

Von Jay Norvell

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Complete Wide Receiver

- **Catching**
- **Blocking**
- **Route running**
- **Training**

Jay Norvell

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Kurzbeschreibung University of Oklahoma coach Jay Norvell is one of the most influential coaches of wide receivers in the sport. In *Complete Wide Receiver*, he presents advice for players and coaches. The book presents 48 drills covering catching, blocking, route running, ball security, and game preparation, along with off-season training for physical conditioning and mental training.

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ber den Autor und weitere Mitwirkende Jay Norvell is one of the most influential coaches in college football, having coached NFL and NCAA stars Reggie Wayne, Ryan Broyles, Sage Rosenfels, Roland Williams, Doug Jolley, Juaquin Iglesias, and Manuel Johnson. The current co-offensive coordinator and coach of wide receivers at the University of Oklahoma, he has helped lead the team to bowl appearances in each of his five years on the OU staff, including the 2013 Cotton Bowl. Before coming to OU, he coached at UCLA, Nebraska, Iowa State, Wisconsin, Northern Iowa, and Iowa. He has coached in ten college bowl games and three BCS games, including the national championship in 2008 with the Oklahoma Sooners, and coached eight all-conference players prior to the 2012 season. He also spent six years in the NFL coaching the Oakland Raiders and Indianapolis Colts, where as coach of wide receivers he drafted Reggie Wayne in the first round. As an NFL coach, Norvell coached in six playoff games and coached in Super Bowl XXXVI in 2002 with the Oakland Raiders. He also played one season for the Chicago Bears. He has overseen countless record-breaking moments, including the OU 2010 season, which saw two-time All-American Ryan Broyles, the all-time career receptions leader in college football history, set eight major receiving records and Kenny Stills break the school's receiving records for freshmen.