



# Complete Wide Receiver

*Jay Norvell*

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Strong, fast, powerful, intelligent, and focused. Today's wide receiver must have the total package of physical and mental skills in order to excel at the position. *Complete Wide Receiver* covers it all, from the fundamental skills to in-game reads and adjustments.

In *Complete Wide Receiver*, legendary coach Jay Norvell provides players and coaches with the instruction, insight, and advice that have produced 8 All-Conference Players and dozens of NFL players, including Reggie Wayne, Marvin Harrison, Troy Vincent, Sage Rosenfelds, Tony Simmons, Jerome Pathon, John Hall, Sam Bradford, Zac Taylor, Chad Cascadden, Donald Hayes, and Lee DeRamus.

From catching and securing the ball to fighting through contact and adjusting to defensive schemes and developing the quickness and superior agility necessary for precise route running, *Complete Wide Receiver* provides in-depth coverage of the skills and strategies for mastering the position. In addition, you'll find 48 drills, off-season conditioning programs, and physical and mental strategies for game-day preparation.

The most comprehensive resource on the position, from the game's most accomplished position coach, *Complete Wide Receiver* is your guide to unlocking potential and maximizing performance at one of the offense's most important positions.

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