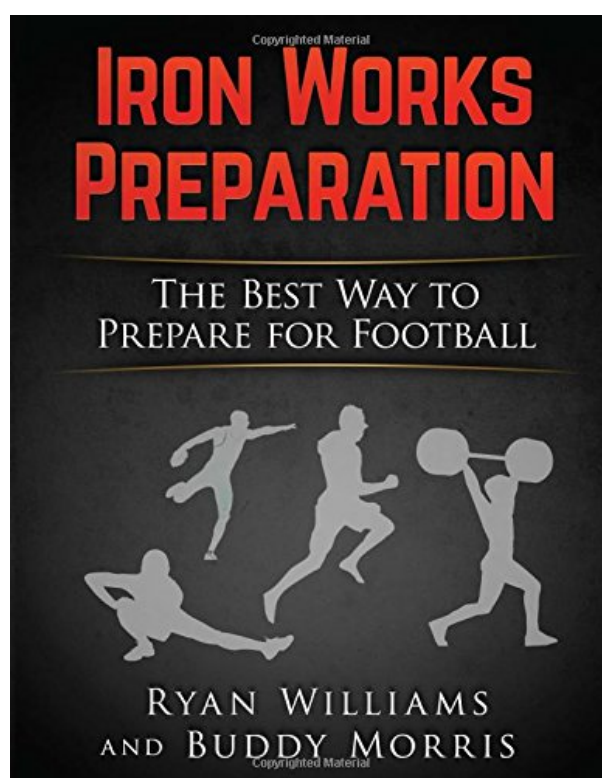
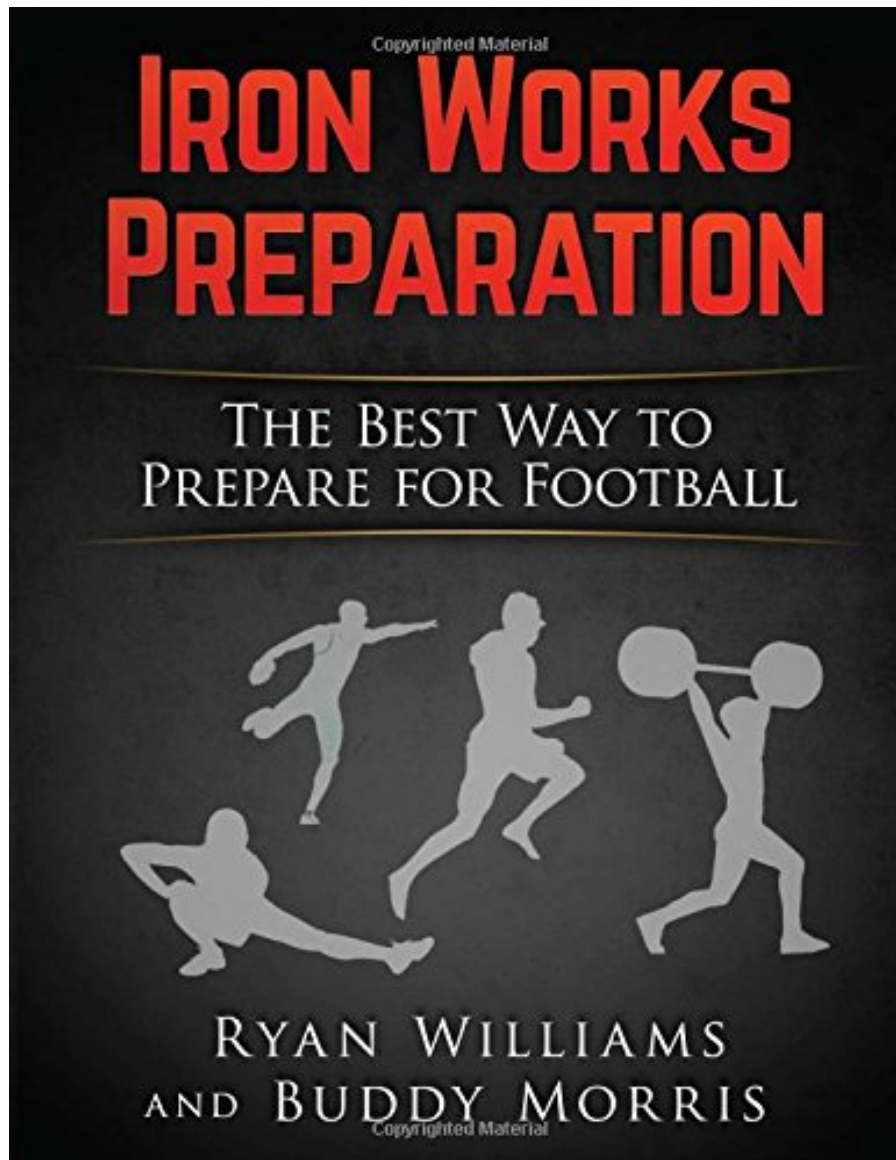


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Over the course of his more than 30 years of coaching, Buddy Morris has developed and perfected an ever-evolving system for preparing athletes for the sport of football. In "Iron Works Preparation: The Best Way to Prepare for Football", Coach Morris reveals his best-kept secrets to optimizing his players' performance, by sharing the planning, programming, methods, and means he uses and trusts the most. Included in the book, are both theoretical and practical information regarding the sport of football, specifically tailored to each position and its individual demands. The most enticing part of the book is the first-hand access to several of Coach Morris' actual training programs that he has and stills uses with his NFL and former NCAA athletes. If you are looking to prepare for football, this book is the perfect fit for all your needs!

- Sales Rank: #1073925 in Books
- Published on: 2015
- Binding: Paperback

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Science Simplified for Performance on the Field and not Just the Weight Room

By Jeff Wettschurack

If you are reading this review then you are someone who, like myself and Ryan, is ever searching for avenues to better implement physical preparation for the improvement of sport form. Being one who is very familiar with the works of Coach Morris and having discussed training with Ryan Williams on prior occasions, I was extremely intrigued to find that a conglomeration of their thoughts had been put to print.

Being well seasoned in this craft, I know many systems of training work, and there is no one way. However, there is always a better way, for each individual, at any given time. In order to determine such, one must understand the why's and how's of the body's response to different stimuli. Ryan and Buddy explain these inner workings in the first half of their book, such that the reader is able to modify any system currently used in a positive direction. Doing so is only possible once this understanding is attained and its principles then applied. The value of that information alone will make anyone a better coach/athlete.

Ryan and Buddy are attempting to bring us BACK to the initial purpose of non-sport oriented training...getting better at your sport. A goal which has been too long overshadowed by an obsession with pure strength training and measurable performance goals that are glorified only by media and misunderstanding. This shift in mindset alone is enough reason to purchase the book.

The book also offers what many look for from such a purchase, an example program to follow. Said program can then be implemented immediately and can/should be modified based on YOUR response to it. In order to truly examine your improvement in sport performance, a battery of applicable tests is provided as well. These tests will ensure that you are improving as a FOOTBALL player/athlete, and not just a weightlifter.

I personally thank Ryan and Buddy for taking the time to help others in their quest to become all that their genetic potential allows for.

0 of 0 people found the following review helpful.

Must Read!!

By Joel Younkins

This book is a must read for all coaches and anybody looking to add valuable training content to their knowledge...Yes this book is directed towards the sport of football, but the information provided in this book can be applied to other sports as well! Buddy Morris is one of the best Strength & Conditioning Coaches in this country and when he speaks we all should be listening...Written alongside him in this book is Ryan Williams, who is an extremely intelligent young Strength & Conditioning Coach who can compliment Buddy to provide one of the very few great football training sources you can find out there today!

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This is a great book for any strength coach or personal trainer who ...

By MR D V PETERSEN

This is a great book for any strength coach or personal trainer who deals with field sport athletes.

It was great to read through the programmes and see how they put the information together for real world athletes. In an age of Internet gurus, it was great to see the balance of art and science that can only be gained from years actually training athletes. A must read

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