

Football Tips by Nadeem Akram

Football might seem a tough game but until you understand the inner tactics. In football, the defense is the most important part which can literally bring you a victory. **Nadeem Akram** is a popular name for his supremely talented defense strength. You should understand the tactics of defense and according to **Nadeem Akram**, you will be a pro at defense if you keep doing quarterback constantly. Though you need a great trainer who will never let you skip that process. However, Nadeem has said a few more things you must follow at the training period to reach your goals.



- One of the most important parts of training is, you must have the potential to read the opponent's mind and learn different study techniques. Being a player, you should always understand the different defense techniques such as blitz, stack and many more. The techniques will be mostly used by opponent team and you must be well aware of that.
- According to **Nadeem Akram**, players should also be trained to understand how the individual defense technique works. If you do quarterback on a regular basis you will be adding a lot more innovation into your game and the defense will be nothing but tight. Although, the very first phase which you should understand as a player is what is on the mind of your opponents.

- You need to learn about a few different defense runs and strategies such as 4-3 or 3-5-3 and others. You should also focus on playing as a team because football isn't a game where you can play alone and still win the trophy. You should keep something in mind that attacks should always be planned from the centre of the field to half of the field for a successful attack.



Being a successful football player is not really easy, it will put you through a lot of hard work and of course, the training sessions play an important role. You will learn a few things at the time of your training and that will guide you to your success.

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