



Arnsparger s Coaching Defensive Football (Hardback)

By Bill Arnsparger

Taylor Francis Inc, United States, 1998. Hardback. Book Condition: New. 226 x 160 mm. Language: English . Brand New Book. Experience the thoughts and strategies of a highly successful former professional athletic coach and college athletic administrator with this excellent new source for defensive football strategies. In Arnsparger s Coaching Defensive Football, Bill Arnsparger shares his know-how, personal philosophies, and the essential details that make up a winning team, including: * Basic information * Run defense * Pass coverage, including zone, man, and blitz * Short yardage * Goal line * The substitution package of five, six, and seven defensive backs * And much more! Special situations are covered as well- two minutes, offensive group formations, last play call, and unbalanced line adjustments. In addition to the technical aspects of the defense strategy, the mental aspects-the attitude, discipline, and motivation behind a winning defense-are presented. This is a complete defensive football coaching course packed into a single, hands-on reference. Students and athletes will learn from a master-and fans will find out what s behind the moves.



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