



Arnsparger's Coaching Defensive Football (Hardback)

By Bill Arnsperger

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 Arnsperger 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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This is an awesome publication I have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.

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