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By Bill Arnsparger

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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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