

“44” SPLIT DEFENSE: DEFENSIVE FRONTS AND STUNTS



“44” *Split Defense: Defensive Fronts and Stunts* introduces different fronts and stunts that can be used to adjust and change the look of the Fist III base defense. In easy-to-understand detail, the video explains and shows the fundamentals and techniques involved in various defensive formations and alignments and in selected stunts.

Among the topics covered:

- Defensive formations and alignments that can be employed in the Fist III base defense
- Defensive stunts that can be used in the “44” split defense
- Game film clips of defensive formations and stunts
- Coaching points

About the Coach

Joe Roman has served as the defensive coordinator for almost three decades at three colleges and in the German Football League. In 2002, as the Wolves’ defensive coordinator, he helped lead Joliet College (IL) to the National JUCO Championship. In addition to Joliet College, he has held positions at the College of DuPage (IL), Mesa College (AZ), and the Hannover Musketeers (Germany). During his career, his teams have achieved a 74% winning percentage (297-103-1) and have made 17 post-season bowl appearances. He is widely respected as one of the most knowledgeable defensive coaches in the game.

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Running Time:
Approximately 106 minutes
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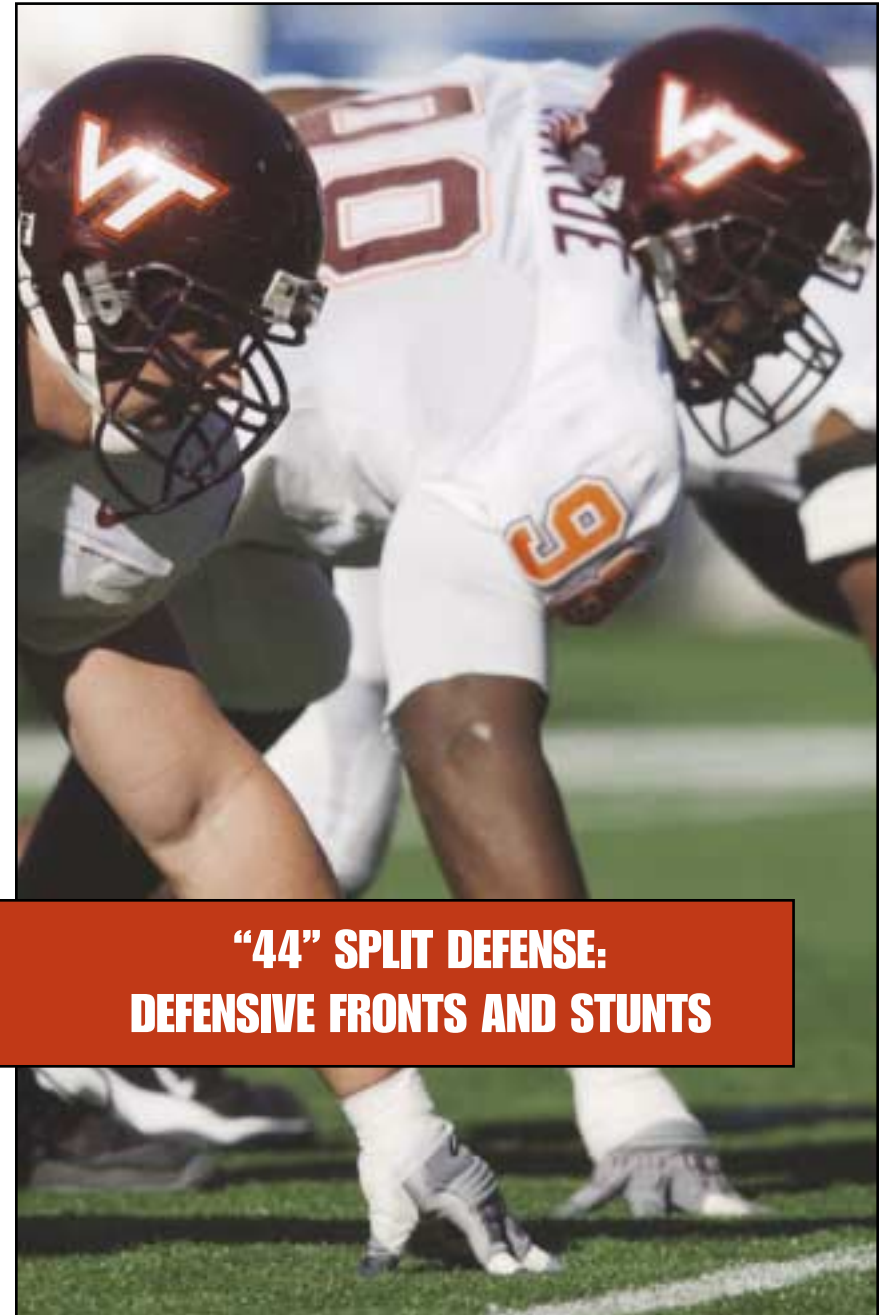
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COACHES CHOICE™ VIDEO ≡



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Joe Roman