

# “44” SPLIT DEFENSE: UNDERSTANDING THE BASICS



“44” Split Defense: Understanding the Basics presents a detailed overview of the fundamentals of installing the “44” split defense. In an easy-to-understand manner, the video discusses the player profile for each position, alignment, assignment, strength, and color call. The video also reviews the defensive keys for the most frequently employed pass and run blocking schemes.

Among the topics covered:

- Player profiles
- Position keys
- Communication basics
- Option responsibilities
- Handling motion
- Dealing with an unbalanced line

## 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.

Front cover photo: Craig Jones/Getty Images



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Approximately 120 minutes  
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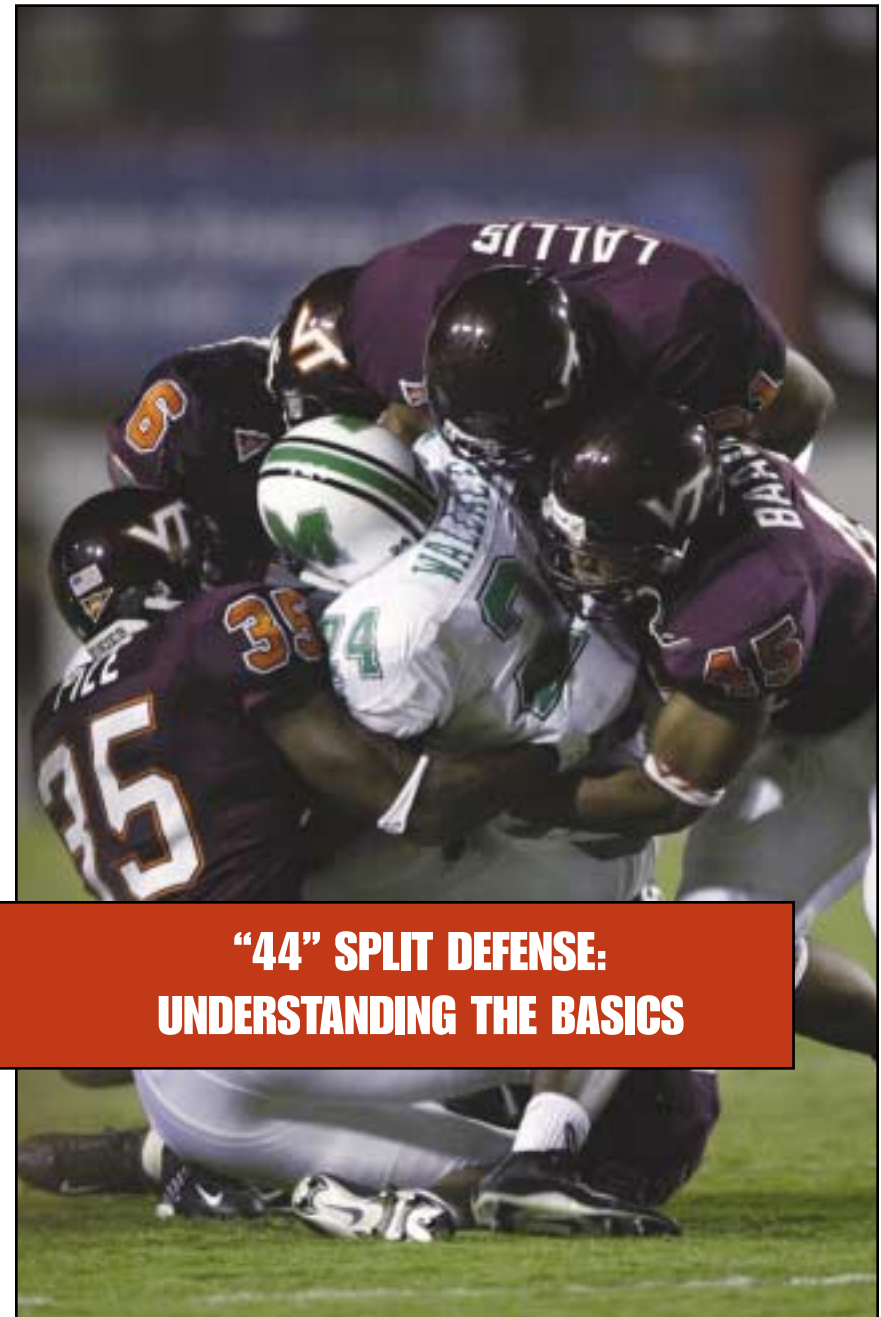
## ROMAN



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Joe Roman