

"44" SPLIT DEFENSE: FIST III AS A BASE DEFENSE/TACKLE & END TECHNIQUES AND PLAY IN THE FIST III BASE DEFENSE

"44" Split Defense: Fist III as a Base Defense/Tackle & End Techniques and Play in the Fist III Base Defense introduces the Fist III as the base defense for the "44" split defense. The video also reviews and demonstrates the fundamentals and techniques involved in sound play by the defensive ends and tackles in the Fist III.

Among the topics covered:

- Overview of the Fist III Base defense
- Defensive tackle and end basics, including:
 - ✓ stance
 - ✓ alignment
 - ✓ assignments
 - ✓ keys
 - ✓ player profile
 - ✓ read drills
- Examples of the right and wrong ways to play against run and pass plays

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/Allsport



ROMAN



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Running Time:
Approximately 110 minutes
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Joe Roman