

“44” SPLIT DEFENSE: LINEBACKER TECHNIQUE AND PLAY IN THE FIST III BASE DEFENSE



“44” Split Defense: Linebacker Technique and Play in the Fist III Base Defense provides a comprehensive overview of linebacker play in the Fist III base defense. In easy-to-understand detail, the video explains and shows the fundamentals and techniques involved in sound linebacker play in the Fist III base defense.

Among the topics covered:

- Stance
- Alignment
- Assignments
- Keys
- Player profiles
- Position techniques
- Read drills
- 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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Approximately 93 minutes
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Joe Roman