

"44" SPLIT DEFENSE: ROBBER TWO- AND FOUR-DEEP ZONE PASS COVERAGES & MAN TECHNIQUE



"44" Split Defense: Two- and Four-Deep Zone Pass Coverages & Man Technique presents a detailed overview of several different pass coverages, including 2- and 4-deep zone coverages, and robber pass coverage. The video also reviews the fundamentals and principles involved in the man-to-man pass coverage technique

Among the topics covered:

- Cover I robber
- Cover IV
- Cover IV robber
- Cover V
- Man

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: Christopher Ruppel/Allsport



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Approximately 74 minutes
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ROMAN



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Joe Roman