

# "44" SPLIT DEFENSE: SECONDARY TECHNIQUE AND PLAY IN THE FIST III BASE DEFENSE



"44" Split Defense: Secondary Technique and Play in the Fist III Base Defense offers a detailed review of secondary play in the Fist III base defense. In an easy-to-understand and apply manner, the video discusses and demonstrates the fundamentals and techniques involved in effective secondary 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.

Front cover photo: Otto Greule/Getty Images



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Running Time:  
Approximately 50 minutes  
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## ROMAN



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## COACHES CHOICE VIDEOS

**Joe Roman**