



Coaching Football's 3-3-5 Defense

Leo Hand, Rick Molina

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Features a complete playbook for the 3-3-5 defense, capable of dealing with all of the problems that may confront a modern defense. Includes all of the terminology necessary to install the entire system, with detailed explanations and over 150 illustrations of how to stop football's most explosive running play with the 3-3-5 defense. Contains the assignments and techniques necessary to implement the most effective pass coverages (both man and zone) versus the modern passing game. Offers a complete stunt package that complements and enhances each pass coverage.

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