



# Winning Defensive Football

*Richard Bell*

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Winning Defensive Football combines the four- and five-man front defenses into a winning system of excellent coordination for coaches on all levels. With chapters covering everything from defensive philosophy to 50 Front (3-4), and practice reorganization; this book has information to help take your team's defensive play to the next level. Includes over 1,000 diagrams and illustrations in a large-format, 430-page book.

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