



Coaching the Under Front Defense

Jerry Gordon

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Coaching the Under Front Defense is an easy-to-understand manual for any coach interested in learning and installing the basics of the under front defense. With descriptions of the techniques and needs required to be successful at each position, this book is a valuable tool for any coach looking to run or playing against this defense.

This book is a key for any defensive coach looking for a scheme that can defend the run or the pass. The under front defense can adjust to every offensive formation with ease, has a great pressure package, and has the capability to shut down any offensive scheme.

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