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College Football Schemes And Techniques: Defensive Field Guide



**COLLEGE FOOTBALL
SCHEMES AND TECHNIQUES**
Defensive Field Guide



MATT ZEIGLER



Synopsis

Matt Zeigler's College Football Schemes and Techniques-Defensive Field Guide explores defensive methods utilized on the collegiate level. Coaches, players and fans can learn the schemes and techniques of some of the best programs in college football. Coaches with experience in every major conference are the primary sources for CFST, including the SEC, ACC, Big 10, Big 12, Big East and PAC 12, plus the NFL and CFL. Defensively, CFST reveals how Alabama Head Coach Nick Saban wins championships by shutting down an offense with the unique schemes and techniques that comprise 'Buster Coverage'. Al Groh and Bill Belichick's insight on the flexibility of the 3-4 Defense is also examined. The Front 7 philosophy of defensive guru Monte Kiffin inspired Alabama's Lance Thompson and is also included, along with defensive principals that Brent Pry learned under legendary Bud Foster at Virginia Tech. Florida State Assistant Sal Sunseri's pass rush system is also featured. A 'Game Week' practice system established by NFL Hall-of-Famer Bill Walsh is used by Auburn Defensive Coordinator Brian VanGorder to organize practices, while also developing a game plan.

Book Information

File Size: 1497 KB

Print Length: 128 pages

Publisher: Matt Zeigler (April 30, 2014)

Publication Date: April 30, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00K1U5IC4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #311,569 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Football (American) #147

in Books > Sports & Outdoors > Coaching > Football (American) #245 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Football (American)

Customer Reviews

This book is essentially a transcription of the Alabama High School Football Coaching Clinic from 2012. It's similar in format to the Nike Coach of the Year Clinic Manuals edited by Earl Browning but not as in-depth or with as much variety. Biggest positives are cost and solid content. \$ 4 for Kindle download or free to borrow with Prime. Three stars since I read the whole thing and it was inexpensive. If you look at the table of contents, you'll notice it's a lot of material to cover in approximately 100 pages. I assume each presenter at the clinic had 50 minutes for a joke, a story, and speech so it's more of an appetizer than a meal on each topic. The diagrams really suffer in Kindle format. The first few pages of each chapter are also career summaries of coaching stops for the speaker. I won't be buying next year's addition. I do highly recommend Chris Brown's Essential Smart Football if you want a more comprehensive overview of football strategy.

Some good info, but overall it was more basic than I anticipated based on the title. It would be a good book for a novice coach or youth coach to soak in.

I liked how this book gave you a little bit on multiple subjects. Enough to give you some good insight on the topic but did not feel overwhelmed by it.

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