



3-5-3 DEFENSE for Youth and Middle School Football

James Saylor

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COACH THE 3-5-3 DEFENSE This bountiful volume of resources is for any novice or veteran coach looking to implement the 3-5-3 defense. This aggressive, attacking and disciplined defense is the defense to use, especially for youth football. This comprehensive book contains: ? 9 elements of the VICTORY system for developing the foundation for success ? 7 reasons to use the 3-5-3 defense for youth football ? 9 keys to a successful 3-5-3 defense ? Basic alignments for the 3-5-3 defense with adjustments for youth and middle school ? Specific responsibilities in the 3-5-3 defense ? Basic fundamentals for each position in the 3-5-3 defense ? 38 skills and drills for a successful 3-5-3 defense ? 30 basic 3-5-3 defensive plays ? 3 essentials to make it fun for players ? Game day plays and adjustments using the 3-5-3 defense ? 7 necessary basics for a simple football program ? And much more!

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