

Coaching Football's 3-3-5 Defense

By 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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Editorial Review

About the Author
Leo Hand is the defensive backfield coach at Andress High School in Texas, a position he assumed in 2004. Hand had previously served as the defensive coordinator at El Paso High School. Prior to that, he held the same job at Irvin High in El Paso. With over 33 years of experience as a teacher an coach, Hand has served in a variety of coaching positions in his career. During the six-year period he spent coaching interscholastic teams in California, Hand’s squads won 81percent of their games in the highly competitive area of southern California. His Serra High team compiled a 24-1 record on their way to being declared California state champions. Hand has published 5 best-selling football coaching and instruction books.

Rick Molina is the defensive backfield coach at El Dorado High School (TX). Prior to that, Rick worked with the secondary and special teams (2002-2003). Rick played as a walk-on for the Miner’s football team at the University of Texas at El Paso and was awarded a full scholarship for his gridiron efforts.

Users Review

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Patricia Vasquez:

Precisely why? Because this Coaching Football's 3-3-5 Defense is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who else write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of advantages than the other book possess such as help improving your skill and your critical thinking means. So , still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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