



## Football: Winning Defense: Winning Defense

By Bud Wilkinson

Sports Illustrated Books,U.S., United States, 1994. Paperback. Book Condition: New. Robert Handville (illustrator). 2nd Revised edition. 224 x 176 mm. Language: English . Brand New Book. Defense is what wins football games, and this brilliant update of a sports instructional classic is perfectly suited to today's player, coach and fan. Here Bud Wilkinson , University of Oklahoma's famed former coach, analyzes the basic patterns and strategies employed in defensive football today. Lavishly illustrated throughout, Wilkinson's text includes: How to read an offense, tackle and create fumbles 6 techniques for becoming a better pass rusher 3 stunt charges that every defense lineman should know The keys to becoming a better linebacker and secondary man 15 important defensive formations and when to use them 4 ways to build a successful defensive game plan.



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