



Football: Winning Defense (Sports Illustrated Winner's Circle Books)

Bud Wilkinson

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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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