



Defending the Wing-T with the Split 4-4 Defense

Bob Christmas, Ronnie Eaves

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Defending the Wing-T With the Split 4-4 Defense is a must-read for defensive coaches who have to defend the Wing-T offense. One of the most impressive things about the book is that it gives defensive coaches a reference point as they develop a game plan for defending the Wing-T offense. The concepts are sound and the drills do a great job of reinforcing the reads and techniques presented. Coach Christmas and his defensive coordinator Ronnie Eaves lay out a method that is comprehensive, yet easy to understand. Chapters include: Terminology, Base Alignments, Defensive Tackle Play, Defensive End Play, Inside Linebacker Play, Outside Linebacker Play, Secondary Play, Pass Coverage, Basic Wing-T Plays, Short Yardage/Goal Line, Formation Adjustments, Stunts, and Drills.

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