



PhD Football: Defense (Volume 2)

Mr. Michael J. Lowry

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“Defense wins championships” is perhaps the most overused, over-exaggerated, and inaccurate statement in all of football. Defense wins championships – only if a team scores points and has well-coached special teams – that is a football fact. While defense is certainly an integral key when formulating success for the football team, it is only one ingredient comprising a three-part recipe when actuating short- and long-term football success: 1. Offense 2. Defense 3. Special Teams Of the three primary phases of football, defense is the most rudimentary in its design, approach, and strategy. Defense, quite simply, drills down to the core fundamentals and underlying concepts of football – hitting, tackling, aggressiveness, intensity, tenacity, and toughness. While there are specific alignments, fronts, coverages, shades, gaps, stunts, dogs, blitzes, and rotations a defensive staff can implement strategically, at its foundational level, defense is defined by speed, ferocity, violence, a willingness to hit the opponent, physical intimidation, flying to the ball, gang tackling, and getting after the opposition with an extreme level of intensity. Become a Football Defense EXPERT with PhD Football: Defense! Order your copy now!

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