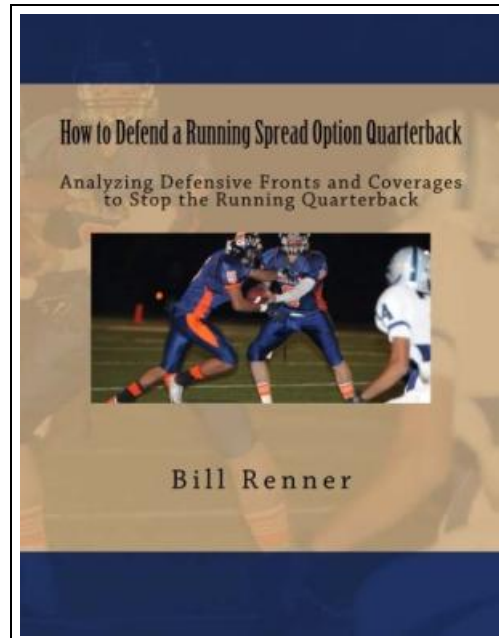


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The spread offense with the quarterback in the gun has made the quarterback into a viable running threat. Like past offensive attacks that include the wishbone, single wing, double slot midline option, etc. the defense must know what defensive alignments and coverage can be used to spy or tag the quarterback as a runner without compromising defending the other skill players. Coach Renner breaks down the most common defensive fronts and coverages including 4-3 Cover 2, 3-4 Cover 2, 3-5 Cover 3, 6-2 Cover 3 and Bear Cover 0 and Cover 1 defenses versus the spread 2x2 formation to uncover common areas that can and cannot defend the running spread option quarterback. Using over 30 diagrams and 10 pictures, Coach Renner provides the information a coach needs to know as to the strengths and weaknesses of each of the defenses he dissects versus the running spread option quarterback. A summary chart is included with bulleted points of reference to summarize the defensive alignment and coverage consistencies a coach needs to remember when playing a running option quarterback. Coach Renner also includes diagrams that detail the most common quarterback spread running plays and how to defend them by alignment and assignment. Athletes can make any defense work. But playing defense with the proper defensive alignment and coverage versus the offense can make any player able to play effectively. This is what you will learn from How to Defend a Running Spread Option Quarterback.

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