

Cyber Coach Free Resource

Public Domain Document

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Document Title: 4-4 Defense

Season(s) used: 1991-1998

Age Group: 8-14 yrs

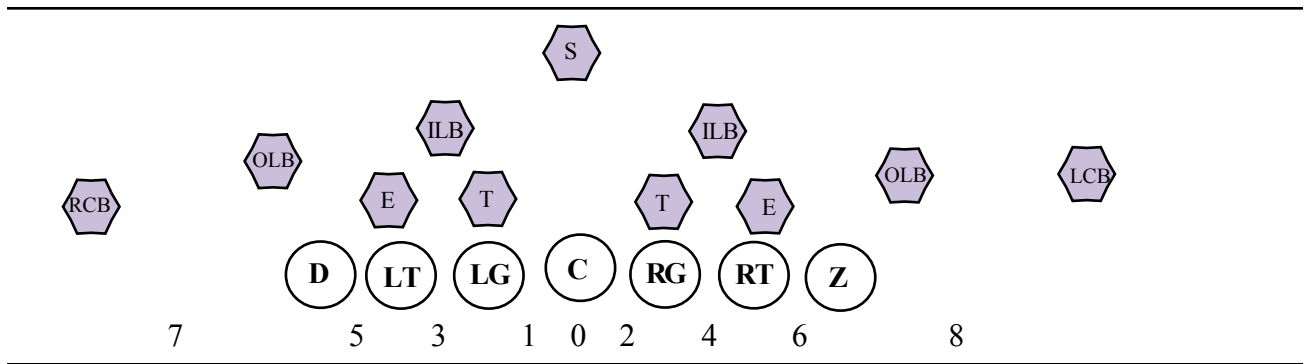
Grade(s): 3th through 7th

Description: 4-4 Defensive Scheme. Includes basic defense scheme.

Defensive Scheme

Basic Defense - NG works either side of center. DE's box in untouched. LB's controll inside gaps then off tackle.

4 - 4 Basic



4 - 4 Attack

