



Fine Tuning Your Man-to-Man Defense: 101 Concepts to Improve Your Team's Man-to-Man Defense Plus 60 Man-to-Man Defensive Drills

Kevin Sivils

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There is something about teams who play intense, effective and hard nosed man-to-man defense that sets those teams a notch above other good teams. These great defensive teams exude a confidence that other teams often find intimidating. What sets these great defensive teams apart from average man-to-man defensive teams is usually not the overall defensive system. It is a combination of small details, intensity and an emphasis on the team concept. Fine Tuning Your Man-to-Man Defense contains 101 concepts capable of improving any man-to-man defense plus 60 drills designed to teach defensive skills and concepts. The concepts and drills, as well as additional bonus content, are illustrated with over 150 diagrams.



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