



## 5-3 Defensive Youth Football Playbook

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“The 5-3 defense is one of the most popular youth defenses. The 5-3 defense keeps the majority of the defenders close to the line of scrimmage making it difficult to run against. This book gives the youth coach all the knowledge he needs to install this powerful reliable defense!” Youth Football 5-3 Defense If you a new or veteran youth football coach, you may know that the 5 man or 50 front is most popular. In every league I have coached, the majority of the teams line up in an odd man front defense. The problem is many teams line up in this front, but have no clue what the run and pass responsibilities are. Now for the first time, a coaching staff with over 100 combined YOUTH FOOTBALL experience have tweaked and modified this popular defense for the youth level. This 5-3 Playbook is designed for youth football players, not high school or college. Only the necessary schemes are included to have success at the youth football level. There is no need for a variety of different blitz or pass coverage schemes. As all playbooks on our site, the plays have been tested and do work at the youth level. This particular defense works well with the younger 5-7 year old players as well as the older players ages 12-14. The 5-3 makes a great base defense for the younger kids and a great supplement for the older players. This book will give you, the coach, all the knowledge you need to install the 5-3 defense this season! Why would I choose a 5-3 defense playbook? 5-3 playbooks are designed for players 5-14 years old 5-3 playbooks are designed for new players as well as three year plus tackle players All plays are explained in detail All plays are detailed with the many options available Each play has a large diagram Every position assignment is explained in detail for every position on every play Every play in this playbook has all adjustments needed to improve their effectiveness. There are 6 Blitz options , complete man to man and zone options

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