



Real 7-on-7 Flag Football - Defense

Casey Duncan

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Real 7-on-7 Flag Football is an accumulation of years of my personal research, testing, and conclusions on flag football. I have taken real concepts, techniques, and systems from professional football and have adapted them to work inside the flag football environment.

This book will help you no matter your level of knowledge or experience. It is written simple enough for a casual football fan to understand, yet comprehensive enough for a flag football coach of several years to learn something new. Furthermore, this book can help a dominant team improve or an underdog become fearsome.

This book goes over personnel choices, coverages, technique, defending the option, defending multiple quarterback systems, and more. Even if you have a defense in place, there is plenty of knowledge in this book for you to add onto your existing system.

Hands down, this is the best book on the market for flag football and I hope you enjoy it.

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