



# Coaching Match-Up Defense (Second Edition)

*Bob Huggins*

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## **Coaching Match-Up Defense (Second Edition)** Bob Huggins

Bob Huggins explains his match-up defense in detail and discusses a variety of alignments that can be used to teach the match-up. The book focuses on the 1-1-3, the 1-3-1, the 2-1-2, and the 1-2-2 formations. The strengths and weaknesses of each formation are spelled out in detail to assist you in deciding which formation will best suit your team, and fundamentals drills are included so you can take the information directly from the book and into your practice session. This second edition also features a new chapter on team drills.

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