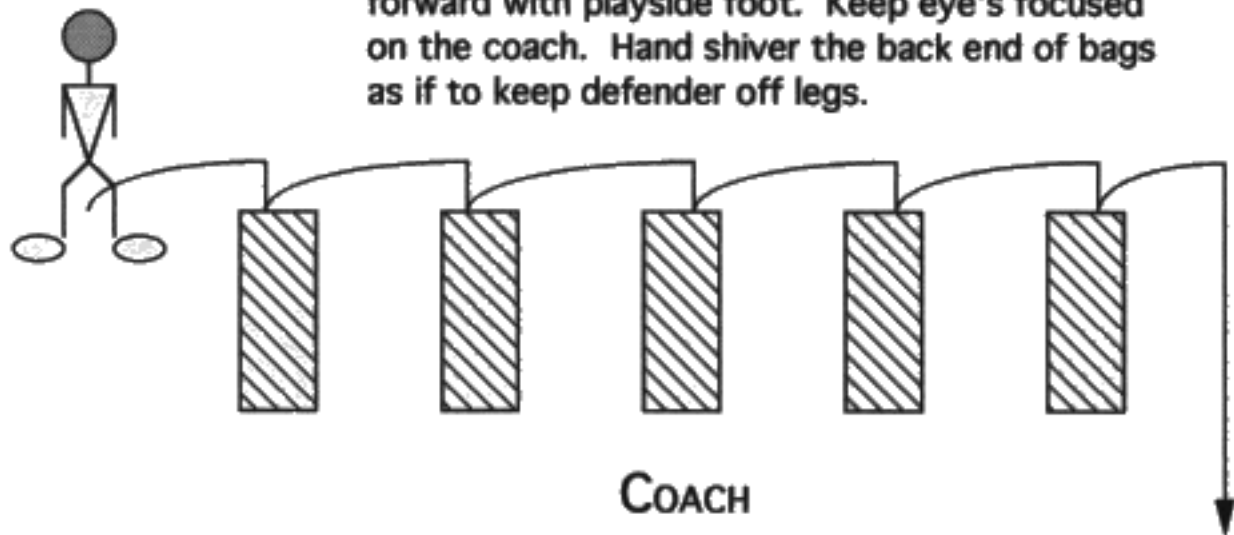


Linebacker will sink his hips while stepping forward with playside foot. Keep eye's focused on the coach. Hand shiver the back end of bags as if to keep defender off legs.



Player attacks each bag with shuffle movement down the full length of the bags, finish drill by sprinting straight ahead for five yards. Attack each bag low with playside foot up, whip arms into bag with great hand shiver. This drill helps teach your linebackers to sink and keep offensive blockers off their legs. Start drill with freeze step, keep shoulders square to the L.O.S. and eyes focused on the coach.