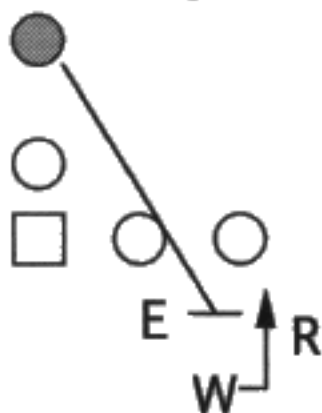
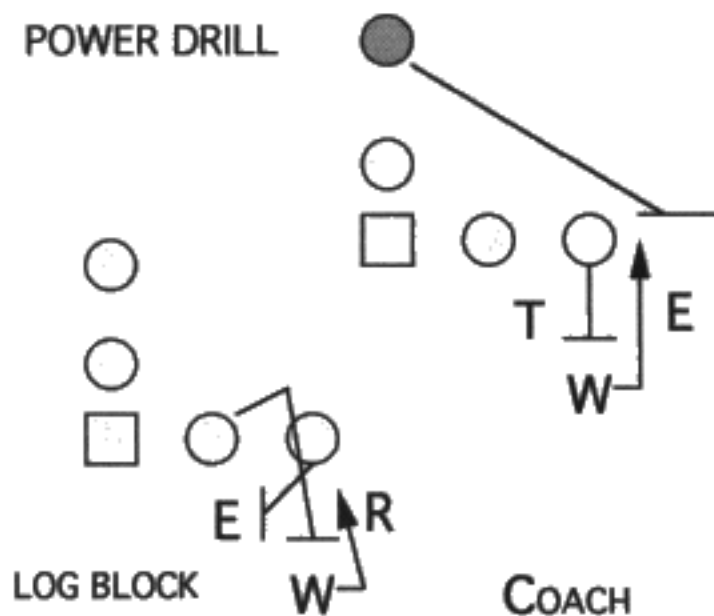


### 1. ISO DRILL

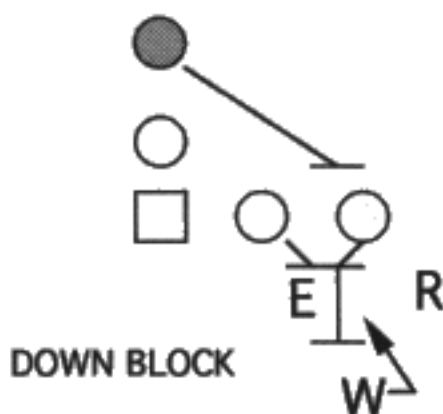


Freeze step, read slow flow toward you. Scrape to rover's inside hip. Stay over the top. Defeat blocker from an outside - in leverage position, using inside arm.

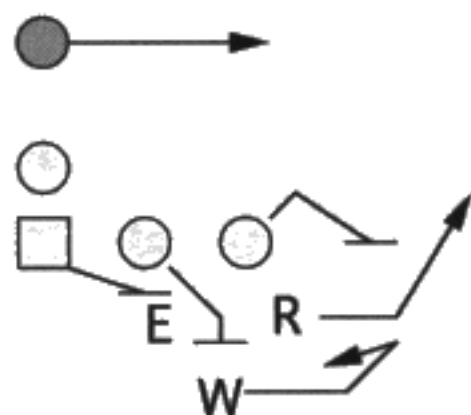
### 2. POWER DRILL



Same as ISO. Defeat down block by tackle or logging guard. Keep outside arm free with outside - in leverage.

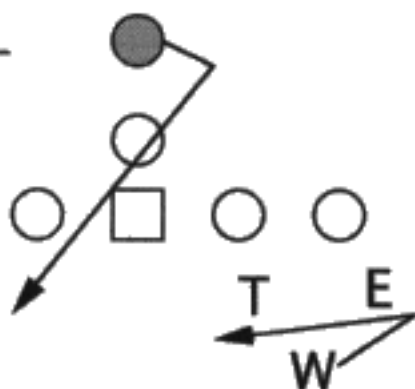


### 3. PITCH DRILL



Freeze step, read fast flow. Start to scrape, redirect by maintaining depth, help late on belly.

### 4. BELLY DRILL



Freeze step. Read slow flow. start to scrape, re-direct by maintaining depth and help late on belly. As linebacker redirects his flow keep shoulders parallel to the L.O.S.