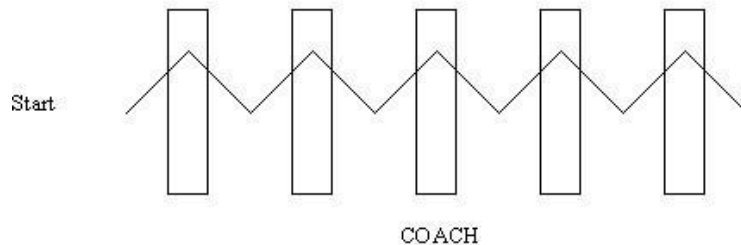


LINEBACKER DRILLS 1



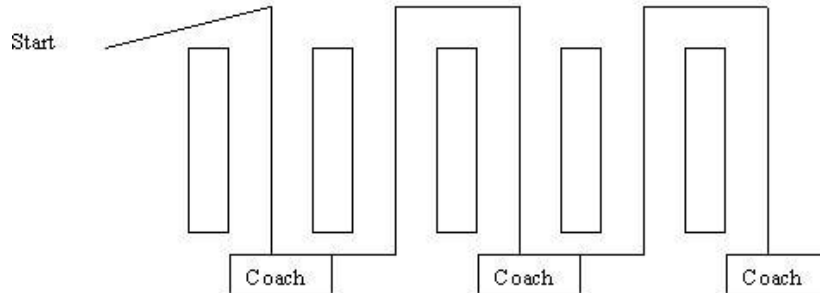
Inside Linebacker Drills

Flow over or piano drill



Linebackers, flow over top of the cigar dummies, hands down on the dummies as they cross them, shoving the dummy into the ground. Head up looking at me whole time. Feet should never cross, and they should go through it quickly.

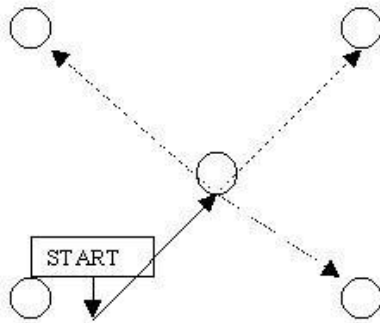
Pass/Draw drill



Coaches stand at the top of the dummies with pads. The linebackers are to step up into the hole, meet the blocker (coach), with a hand shiver. When going in this direction the linebacker should step up to the blocker with his right foot, and then close up with the left. Step left close right coming from the other direction.

**you are checking a couple of things here, height of the linebacker, his balance when delivering the hand shiver, make sure he is not over extended, his change of direction, when he has to back pedal, and his body position when he starts to fill the next hole.

We also do this where the LB's fill and back pedal out of each hole rather than flowing over the top of each dummy. We will also use the 5 man sled for this. You really catch the lungers on the 5 man.



COACH

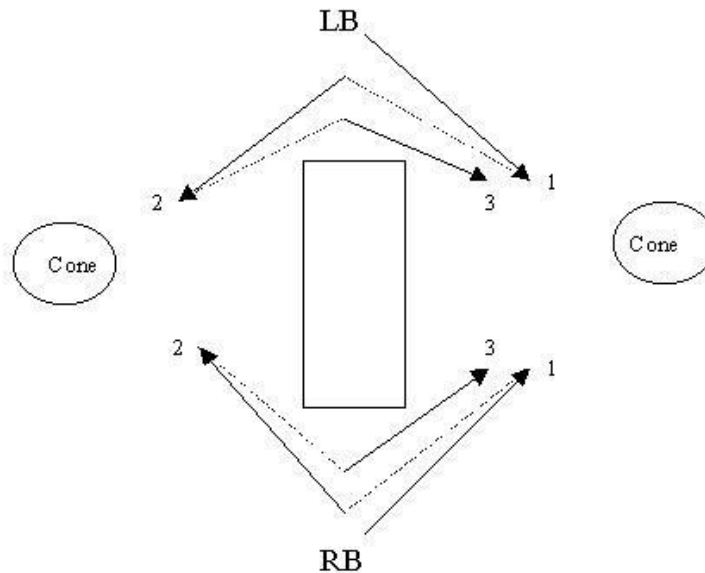
This is the only passing drill we do with the ILB's, they step up, then break to a pointer. They have to drop the proper foot at a 45 and continually rotate their head to see QB see receiver. The cones are about 10-15 yards square.

NEXT PAGE

LINEBACKER DRILLS 2



Fit In DRILL



In this drill, the RB and LB start on opposite ends of a large blocking dummy. The RB picks which side to begin the drill.

#1 – the RB runs to the inside of the cone. The LB must keep his shoulders square to the LOS, fill the hole, and “fit in” to the RB with good technique.

**the LB just fits into the RB on #1 and #2.

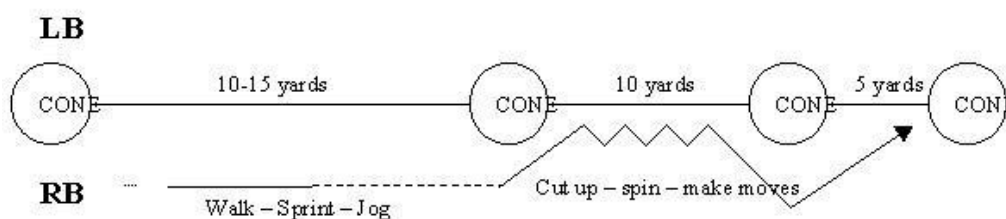
When the LB is fit in, the RB will then go to the other side and the LB must drop step at a 45 degree angle, then come forward and fill the hole on the other side the same way he did the first time.

#3 is the same thing except the LB is to drive the RB for a few steps.

FITTING IN – by “fit in”, I mean the LB must have his shoulders square to the LOS, Head in front, hips down, and wrap the RB.

Our aiming point on contact with the center of our chest, head always in front, on the ball if possible, feet apart and choppy.

MIRROR DRILL



The mirror drill is one of the best I have ever used.

The first 10-15 yards the RB can walk, sprint or jog, but must do each in that 15 yards. During this, the LB must trail the RB by 1 yard, and maintain that position. When the RB is walking the LB is shuffling, when the RB is sprinting, the LB must turn his hips and run with the RB, but his shoulders need to stay as square as possible to the LOS. The Jog, the LB must come out of his sprint, and go immediately to a shuffle.

Cut up-spin-make moves – basically the RB has all kinds of freedom here. He can make any move he wants. The LB must “fit in” to him on every move.

The last 5 yards the RB tries to get between the cones and again the LB must fit in to him and drive him for a few yards.

IMPORTANT – the LB must at all times maintain good hitting position, during the first 10 –15 yards the LB must be able to stop – break down – and fit in at any time. Hips are always down, head always up, shoulders always square to LOS as possible.

This is a high energy drill – and I am blessed to have 2 very quick RB’s that can change speeds quickly. They are a couple of little darty type running backs.

Again this is a low contact drill, it can be done without pads. With out pads I just have the LB push off the RB instead of fit in to him.

DEFENSE IS AN ATTITUDE