

# Linebacker Drills





# Linebacker Drill Library

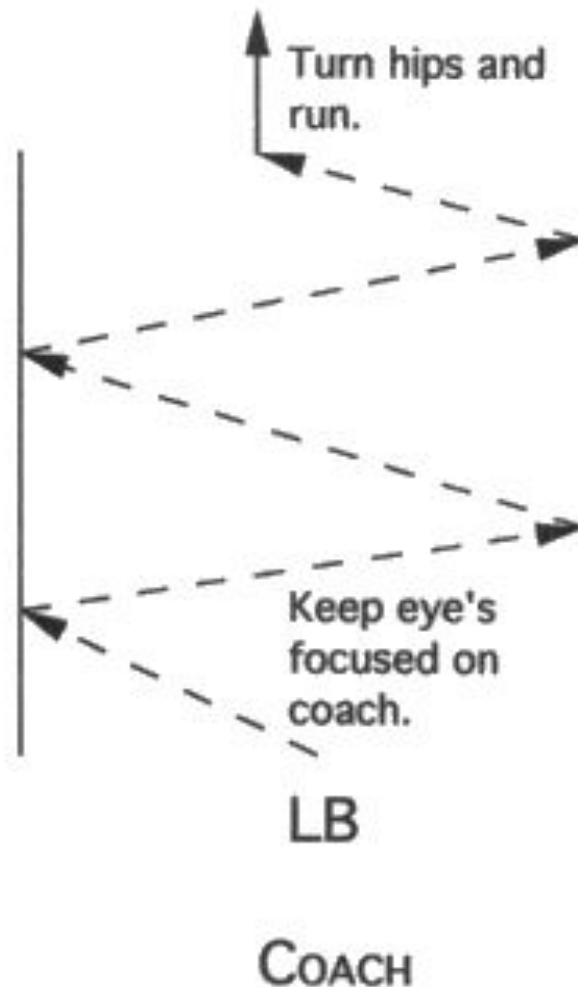
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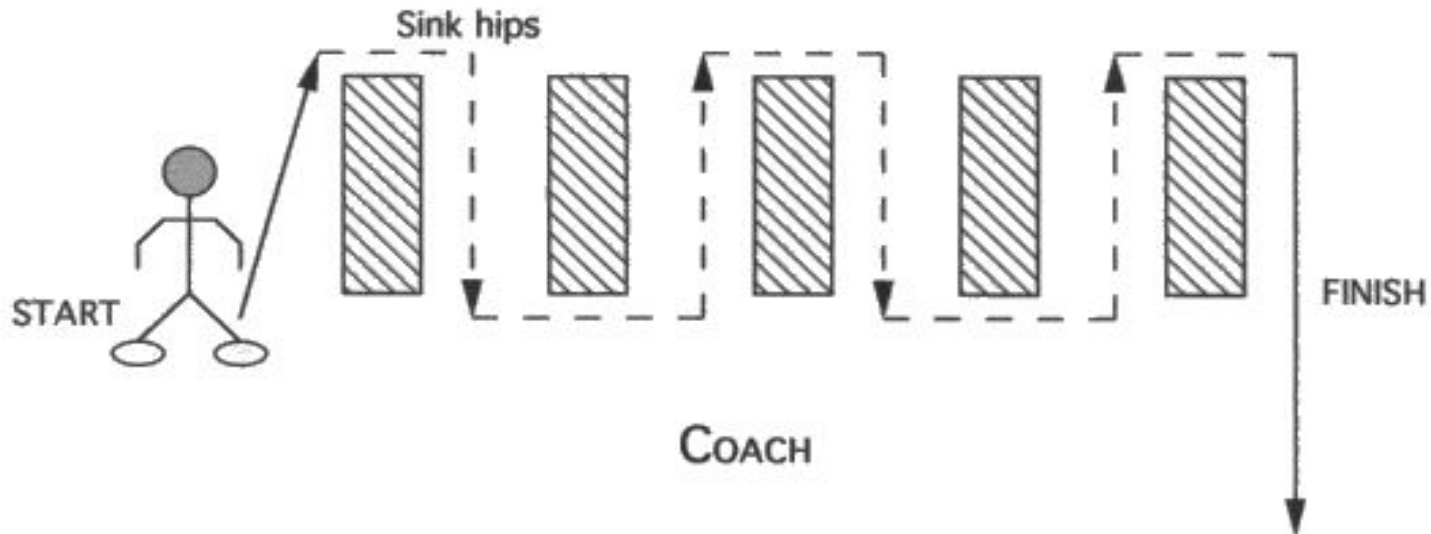
# Angle Run Drill

With angle and run drill a coach will start players with ball movement. Player takes freeze step and then starts running with crossover steps while maintaining eye contact on the football. Angle run should be at a 45 degree angle, drill is conducted between two five yard line stripes. Everytime player hits a five yard line stripe he will plant his near foot, open his hips at a 45 degree angle and then start the other way. Coach will signal the end of drill by the read of the ball. When coach shows ball straight back, the player then will swing his hips around and then sprint a hard five yards.





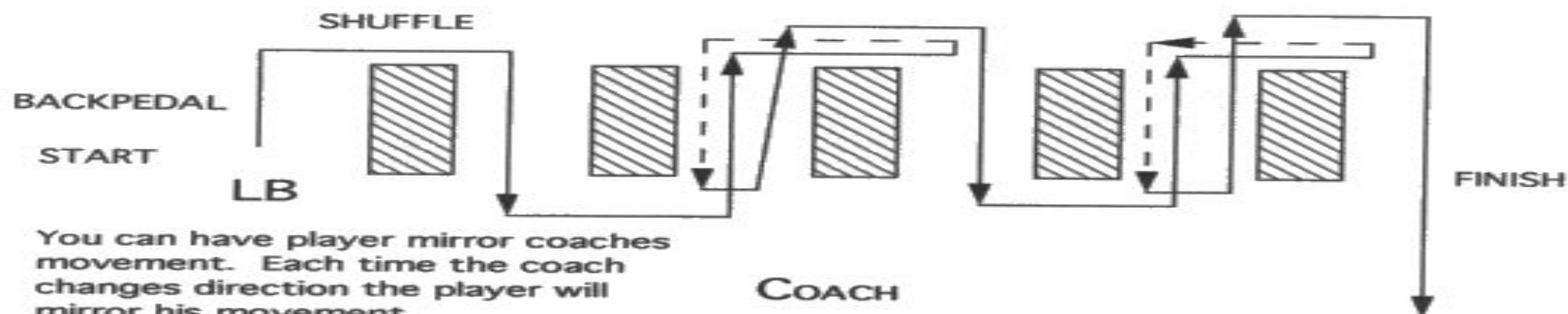
# BP, Shuffle & Plant Drill



Player starts with a good two point stance, proper stance should always be reinforced at this point. Drill begins with player taking his freeze step and then starts into a backpedal once reaching the end of the bag he will sink his hips and go into his shuffle. Player should always keep his shoulders square and his eyes on the coach. Once into the shuffle player always maintains a great base with feet shoulder width apart and arms pumping, never cross the feet over. On the plant, player will plant the foot to the direction of his movement and drive off, sprint as hard as possible, plant and shuffle. Finish drill by sprinting a hard five yards past the end of the bags.



# BP, Shuffle Plant & Chance



You can have player mirror coaches movement. Each time the coach changes direction the player will mirror his movement.

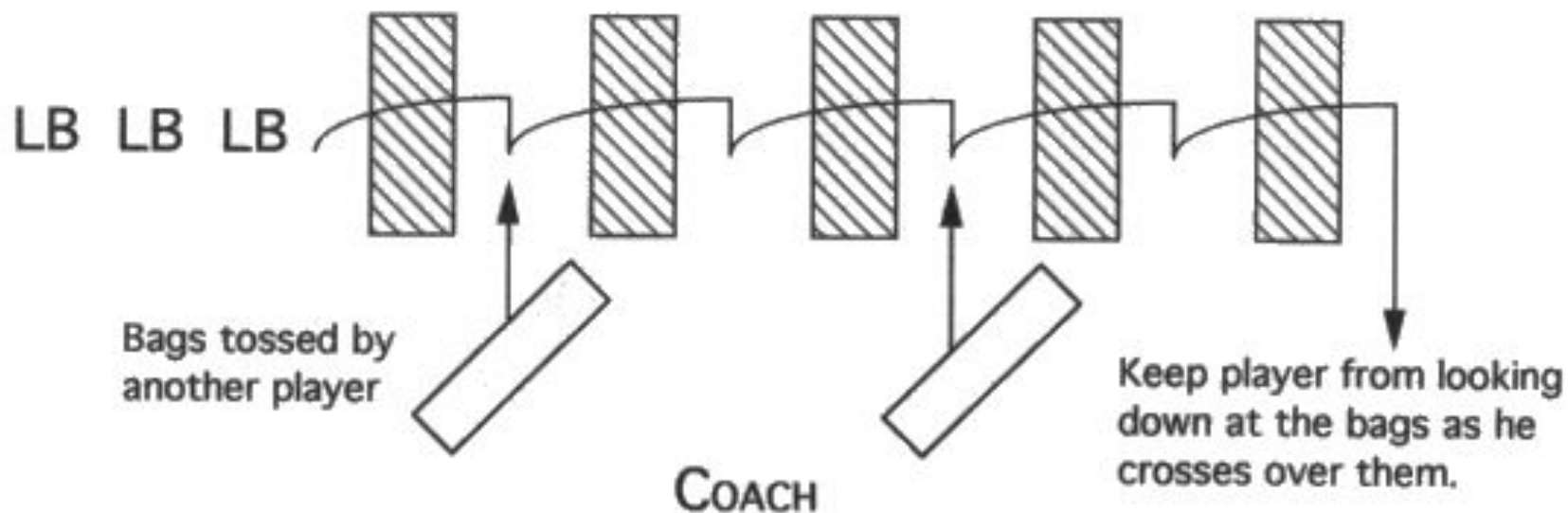
Change of direction drill is exactly like drill number eight except the coach will give a command to change his direction. Coach should look for players ability to plant suddenly while maintaining a good playing position. Player starts with a good two point stance, proper stance should always be reinforced at this point. Drill begins with player taking his freeze step and then starts into a backpedal once reaching the end of the bag he will sink his hips and go into his shuffle. Player should always keep his shoulders square and his eyes on the coach. Once into the shuffle player always maintains a great base with feet shoulder width apart and arms pumping, never cross the feet over. On the plant, player will plant the foot to the direction of his movement and drive off, sprint as hard as possible, plant and shuffle. Finish drill by sprinting a hard five yards past the end of the bags.



I want to reference the use of barrels as coaching aides. 50 gallon plastic drums can be picked-up at most industrial sites and can usually be obtained free by just asking. If you don't have access to bags the 50 gallon drums make a great substitute.



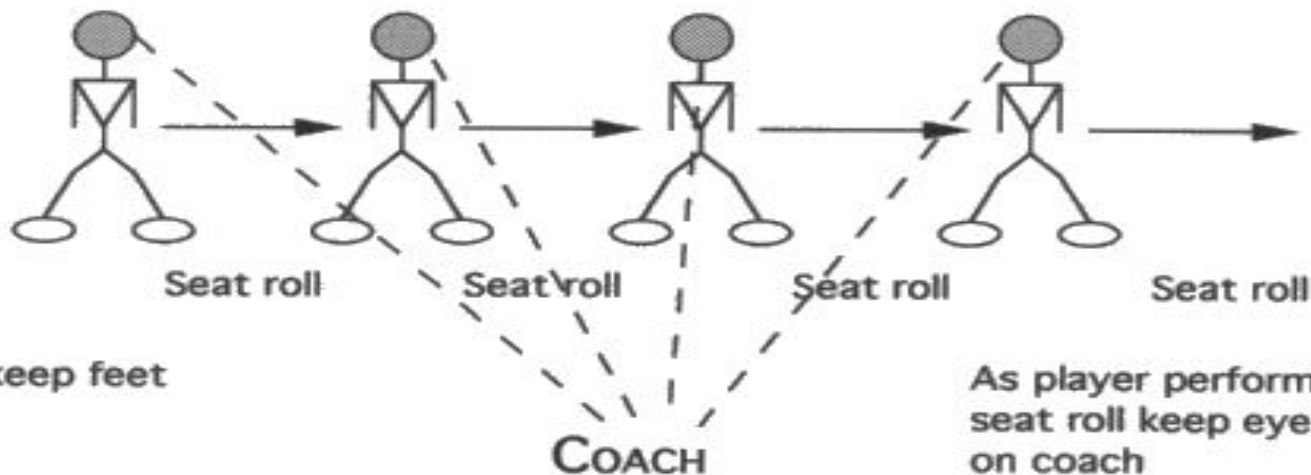
# Bag & Cut Work Drill



On command from the coach, player will begin to shuffle across the bags while maintaining a good playing position with shoulders parallel to the L.O.S. Position two players holding bags, as players shuffle across the bags players with bags will toss the hand held bags at their feet. Player must be able to sink his hips and keep bags off his legs. Keep eyes focused on the coach and don't look at bags while shuffling across them.



# Seat Roll Drill



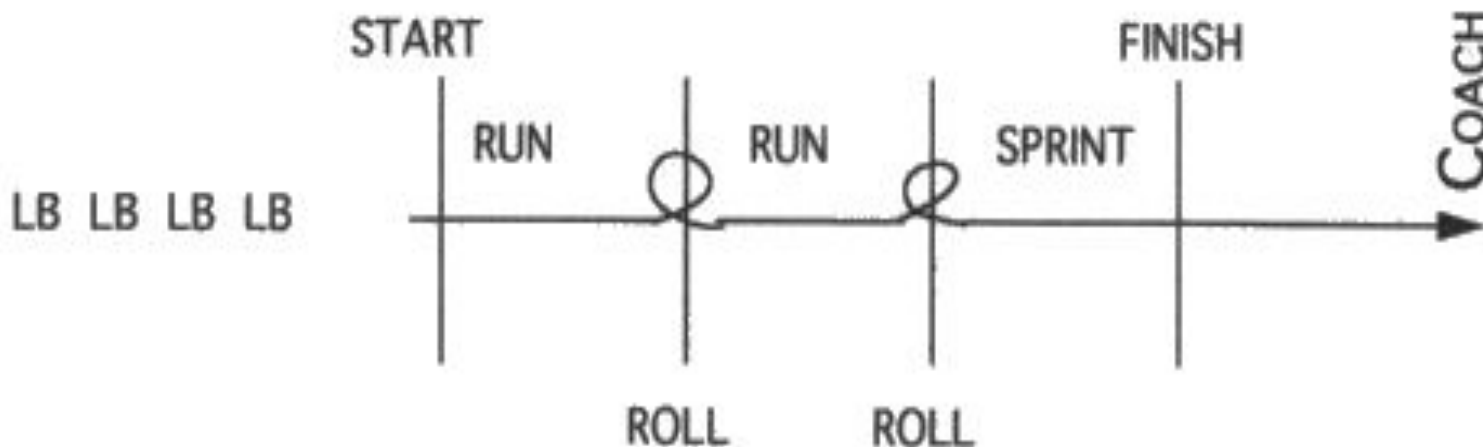
Butt roll drill should emphasize good stance with legs bent, feet shoulder width apart, and great shuffle without crossing over the feet or losing proper base.

Coach gives players a direction in which to start their shuffle. As players start their shuffle maintain eye contact on coach. Coach will give the command to drop to their hips and butts and will perform a seat roll. After seat roll has been completed, players will come back up into a proper playing position.

Look for knees bent, back flat, and head up. Players will finish drill on command from coach by sprinting straight ahead for hard five yards.



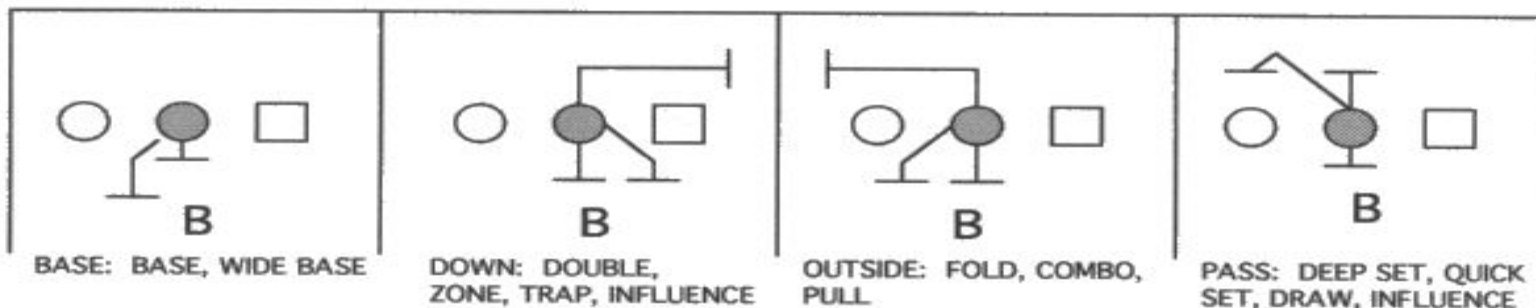
# Forward Roll & Run Drill



Form a single file line, on coaches command player starts running straight ahead. When player hits the first five yard line he will execute a forward roll. On completion of roll player will come up on his feet run to the next five yard line execute second forward roll. Once completing the second forward roll, come up and finish drill by sprinting five yards past finish line.



# Keying Guards Drill (4)

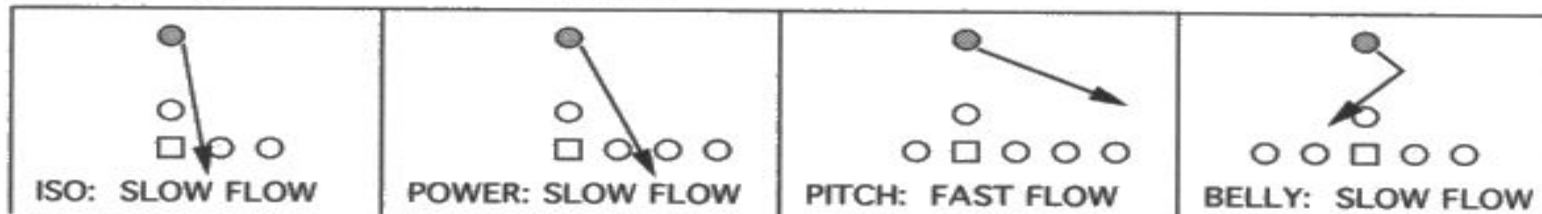


## REDUCTION READS

In a reduced front alignment, your linebacker reads are now strictly fullback and near back. On the snap of the football the linebacker's will take their freeze step and react to the back's initial movement when run comes to them. When initial movement is away from your linebackers they will double freeze step to secure counter action, then react to back's movement.

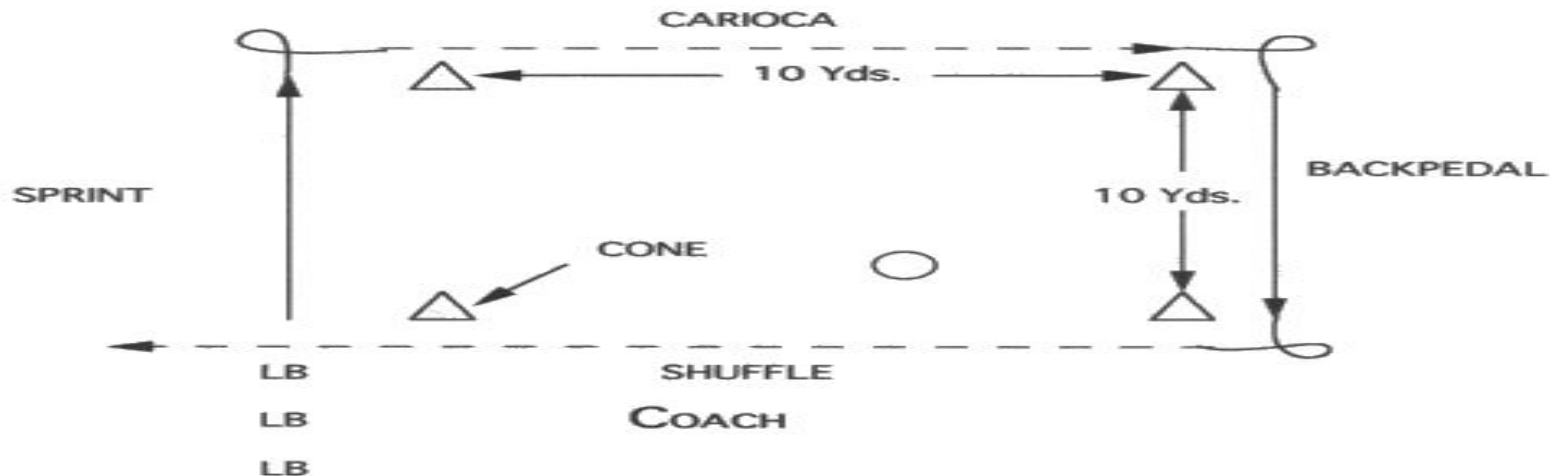
## BASIC BACK MOVEMENTS

A running back's movement is determined by the angle of his running route. A linebacker's flow is broken into two types of movement, slow flow and fast flow. The different angles will effect their reactions.





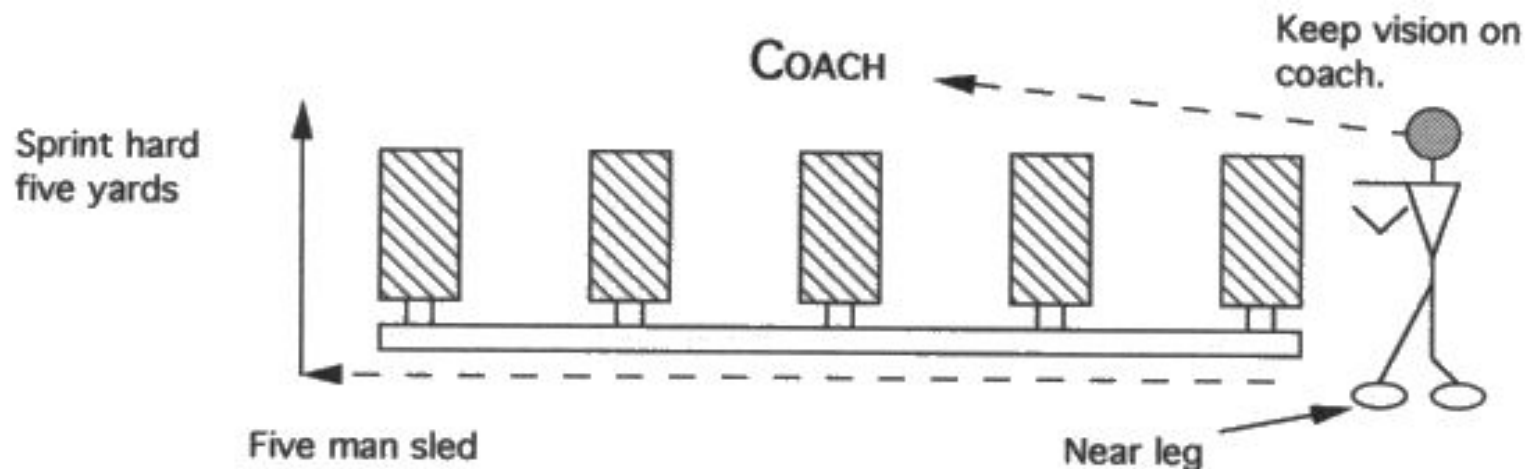
# 4 Corner LB Drill



The **FIRST PHASE** of 4 corner drill is the straight ahead **SPRINT**. Your linebacker starts by freeze stepping and then sprints 10 yards, once reaching the 10 yard cone he then pivots around off his inside foot which will put him facing the coach. **SECOND PHASE** of four corner is **CARIOCA**, once your linebacker comes out of his pivot he will then step with one foot and crossover with the other, then step again and crossover behind. Keep shoulders square to the line of scrimmage while maintaining a "Z" in the knees and keep eyes focused on the coach. Go as fast as you can and stay low. Once reaching the second cone you come out of your carioca shuffle by pivoting and go into a backpedal. The **THIRD PHASE** is a **BACKPEDAL** which requires your linebacker to begin backward movement with a good body lean with the chin in line with the knee. Make sure when backpedaling your weight is distributed over the knees and in line with the hips. Always keep arms pumping when backpedaling. The **FOURTH PHASE** of four corner is the **SHUFFLE**, once reaching the third cone pivot and keep shoulders square to the L.O.S. Shuffle for ten yards to the next cone by keeping feet shoulder width apart, never allow the feet to come together or crossover. Keep the "Z" in the knees and shoulders square to the L.O.S. while always maintaining eye contact with the coach. When you reach the fourth and final cone turn and finish the drill with a hard five yard sprint.



# Hand Shiver & Shuffle Drill



Drill is designed to teach sink, shuffle, hand shiver, and vision on ball carrier. Player will step up with playside foot and deliver hand shiver to bag.

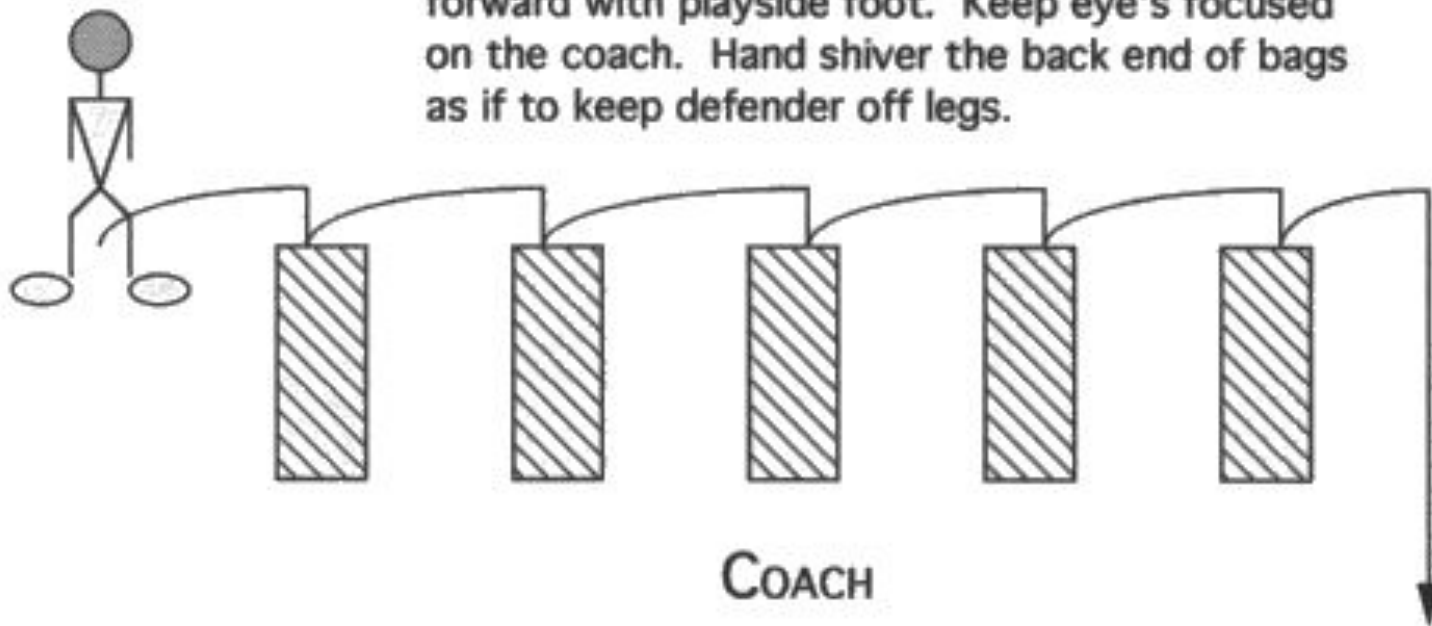
Player will step deliver blow and then shuffle, keeping shoulders squared to the sled. Player should step towards the middle of the bag, splitting it down the middle

Step with near leg. Strike a blow with both hands, lock out elbows, demand quick feet. Finish drill by sprinting a hard five yards when coming off last bag.



# LB Hot Stove Drill

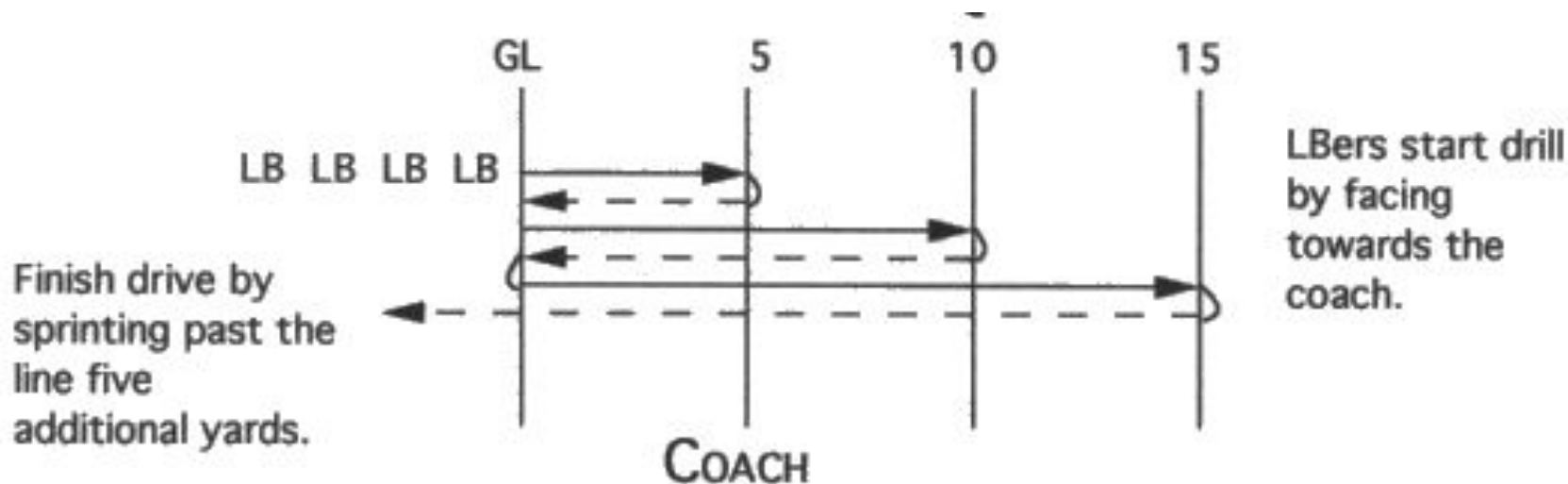
Linebacker will sink his hips while stepping forward with playside foot. Keep eye's focused on the coach. Hand shiver the back end of bags as if to keep defender off legs.



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.



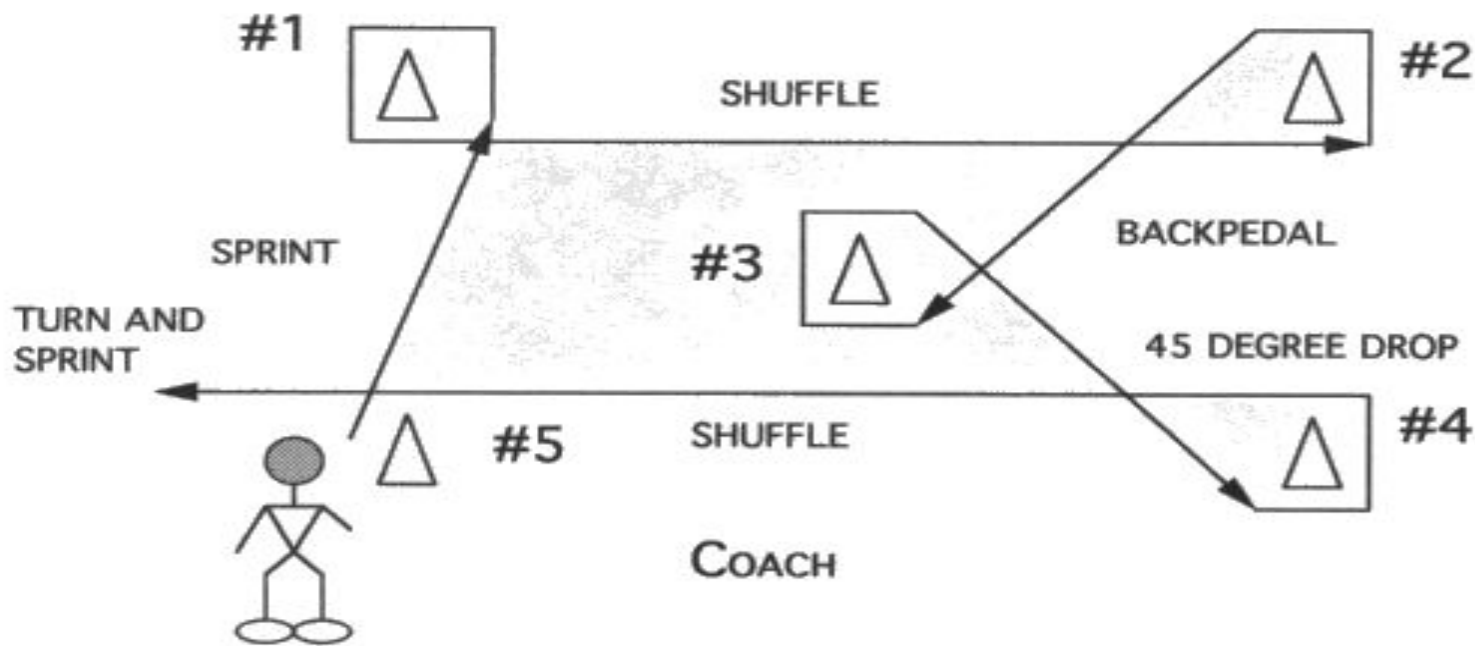
# Line Progression Drill



Start on goal line and freeze step and sprint to the five yard line. Square shoulders facing the coach and then plant outside foot and push off with outside leg and step with inside foot back towards the goal line. Concentrate on touching each line with the hand away from the coach, this will help in squaring the shoulders towards the coach. When running to your left plant the left foot and touch the line with the left hand on change of direction, when running to your right always plant the right foot and touch the line with the right hand on change of direction.



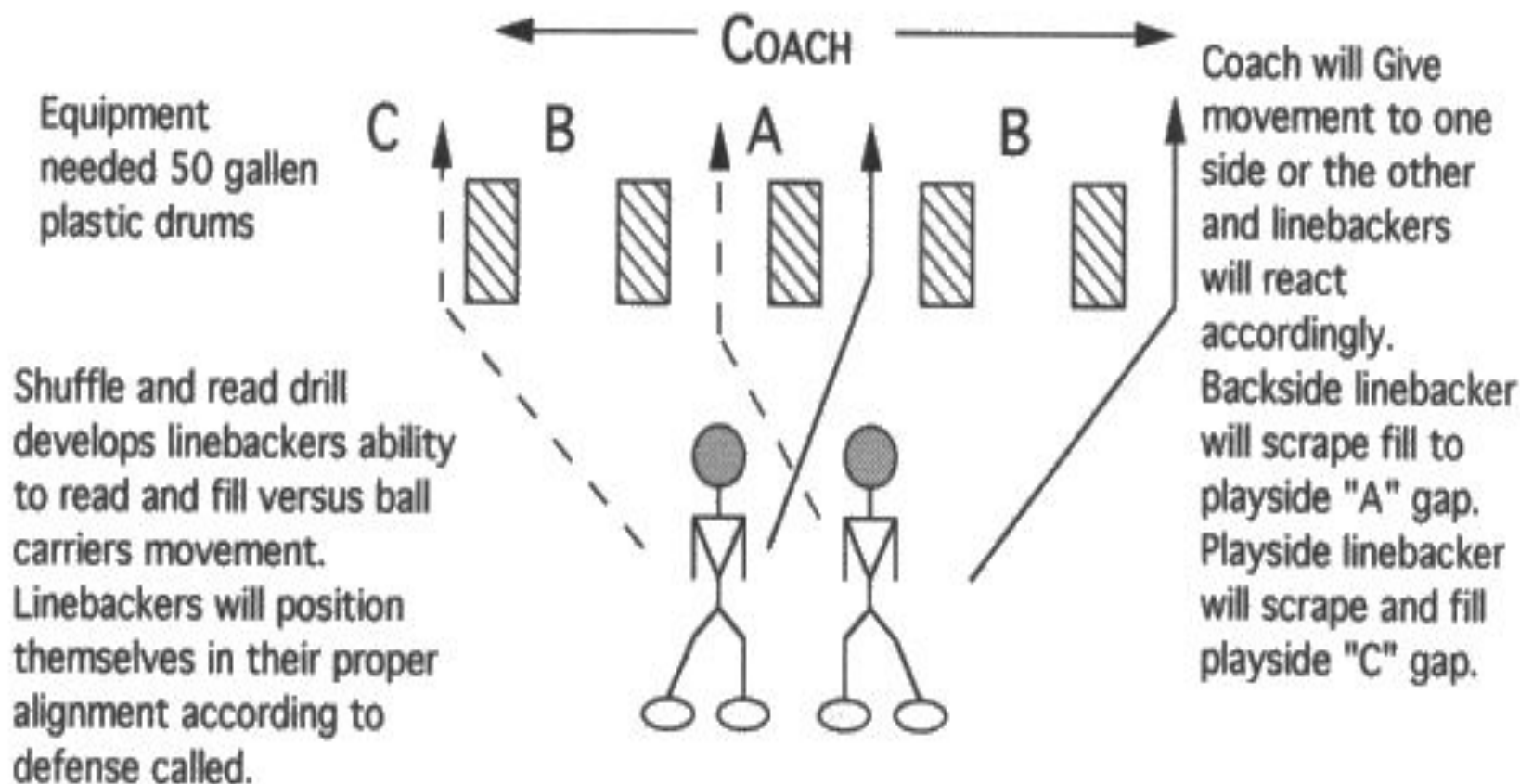
# LB Maze Drill



The MAZE drill combines sprint, parallel shuffle, backpedal, and 45 degree drop. Player begins by sprinting to cone # 1 and sprints around it and then pivots into a shuffle. At cone #2 pivot into a backpedal at a 45 degree angle towards cone #3, circle cone #3 while still in a backpedal. Once coming around cone #3 turn and sprint at a 45 degree angle around cone #4 then go into a shuffle, keep feet shoulder width apart, "Z" in the knees and chin over the knees. Finish the drill by turning and running a hard five yards once hitting the fifth cone.



# Read, Shuffle and Fit Drill

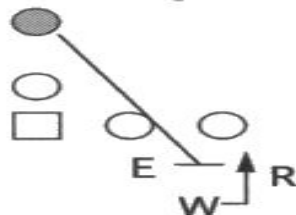


“Can use agile bags at heels of LB’s to prevent false steps w/run keys”



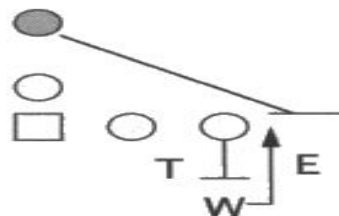
# Scrape Technique Drill

## 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



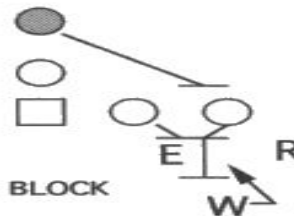
Same as ISO. Defeat down block by tackle or logging guard. Keep outside arm free with outside - in leverage.



LOG BLOCK

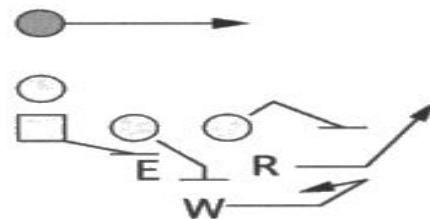


COACH



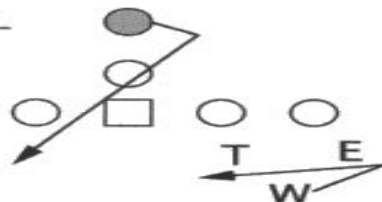
DOWN BLOCK

## 3. PITCH DRILL



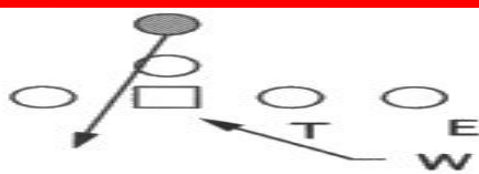
Freeze step, read fast flow. Start to scrape, redirect by maintaining depth, help late on belly.

## 4. BELLY DRILL



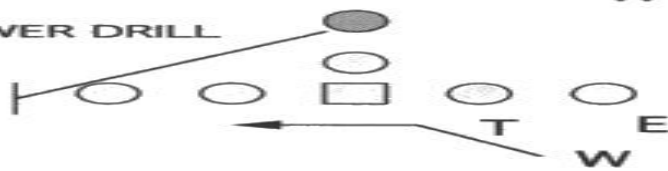
Freeze step. Read slow flow. start to scrape, re-redirect by maintaining depth and help late on belly. As linebacker redirects his flow keep shoulders parallel to the L.O.S.

1. ISO DRILL



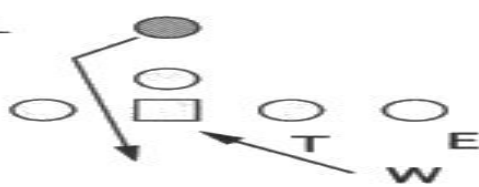
Double freeze step, read slow flow away, attack "V" of the center's neck, securing cutback and constricting "A" gap.

2. POWER DRILL



Same as ISO. Once point of attack has been determined, defeat center's block and continue down L.O.S., securing any cutback seams.

3. BELLY DRILL

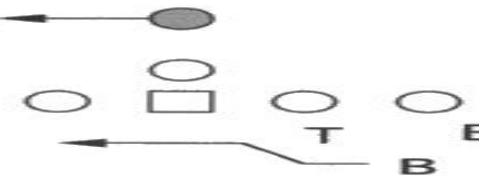


Double freeze step, read slow flow. Attack immediately near "A" gap. Don't go over the top. Linebacker must constrict L.O.S. now, keep inside out relationship on ball carrier.

COACH

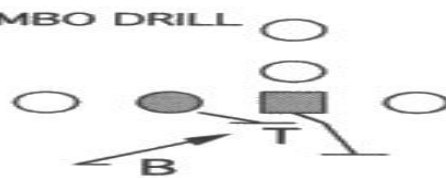
When working the following situations the coach should always position himself behind his linebackers.

4. PITCH DRILL



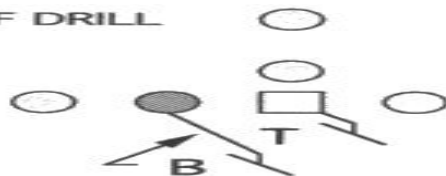
Same as power except that it's fast flow, squeeze L.O.S. shuffle, maintaining inside - out leverage. As linebacker scrapes keep an inside out relationship on ball carrier.

5. ZONE COMBO DRILL



Freeze step, attack "V" of the center's neck. Secure backside cutback. Remember, the freeze step helps buy your linebacker time to get proper read key. Look for ball carrier to cut back.

6. CUT - OFF DRILL

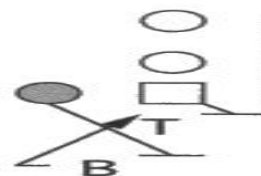


Freeze step. Determine angle and depth of guard's path. Defeat blocker with one of the following three options.

Whenever linebacker must cross face, take backside arm and shoulder and rip it through aiming for the playside shoulder of blocker.



Lber should get to inside shoulder and cross face.

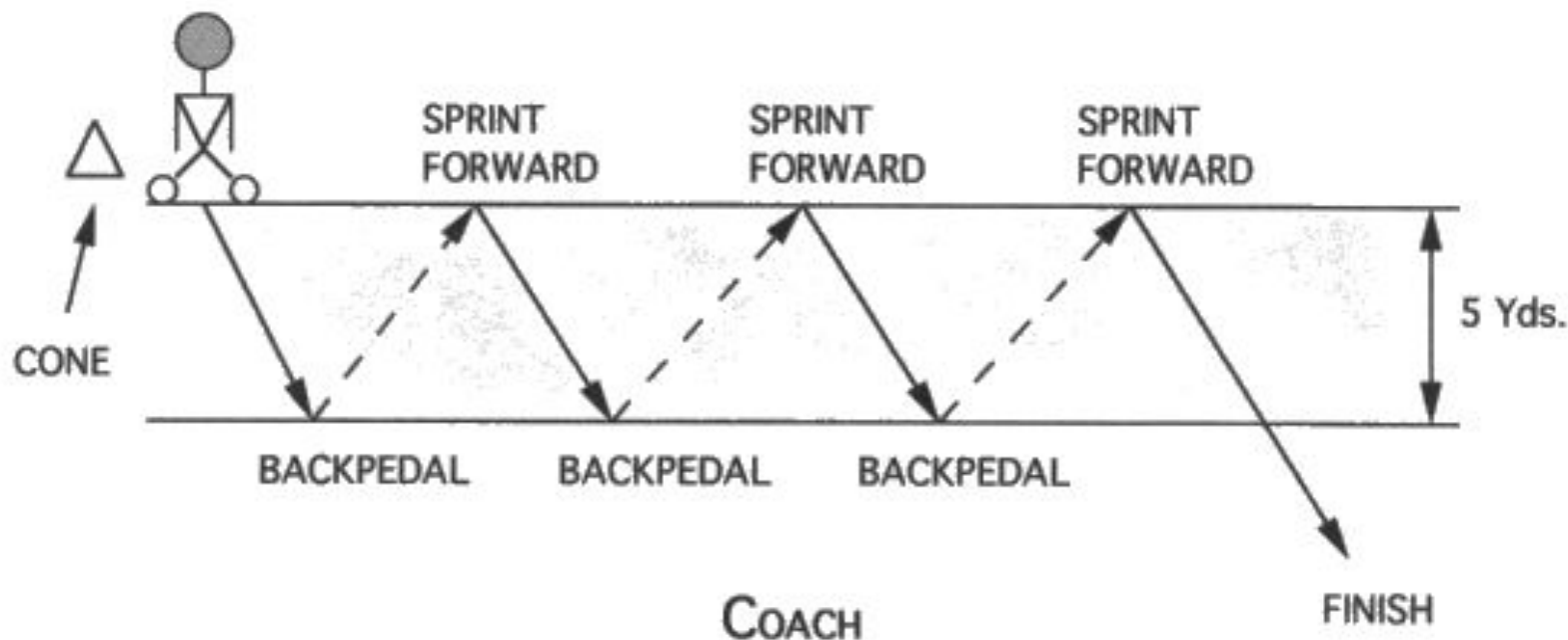


Lber should ear hole guard and replace him in "A" gap.





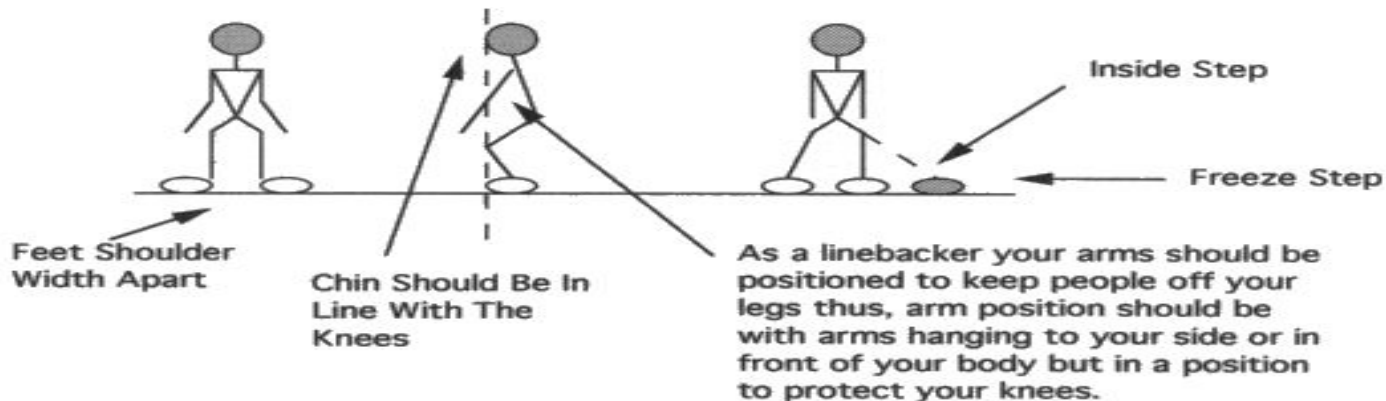
# Sprint/BP Drill



Form a single file line facing towards the coach. Player will start by taking a freeze step and then sprinting at a 45 degree angle forward, then backpedal at a 45 degree angle. Always maintain eye contact with the coach, this simulates locating the runner. change of direction should come off the plant of the backside foot, the foot away from the direction you are running in. Once the first player finishes the next player begins, as your players master this drill the next player can begin his run after first players makes his change of direction.

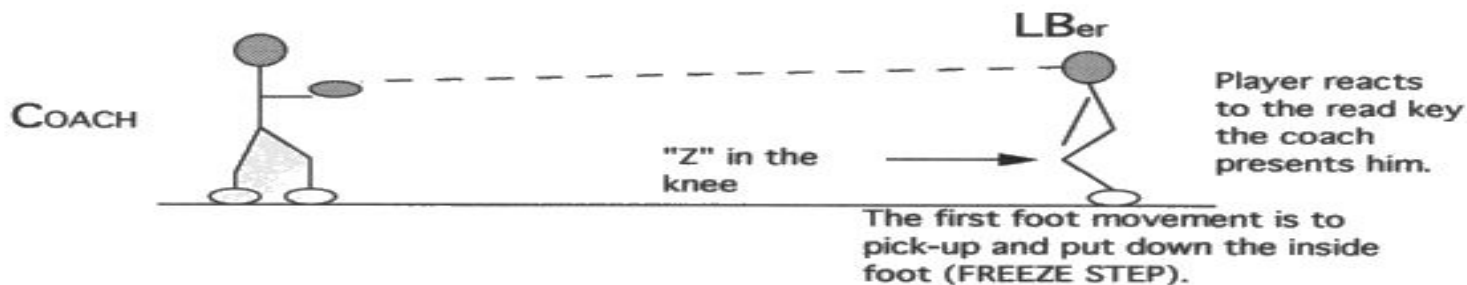


# Stance & Starts w/Freeze Step Drill



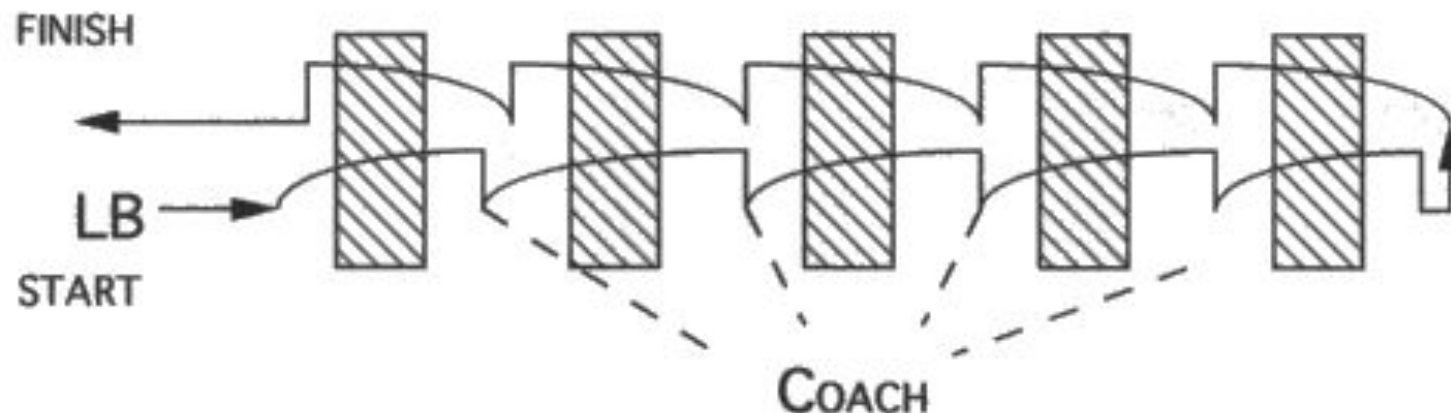
A proper linebacker stance puts your feet shoulder width apart with the feet pointing towards the goal line. The chin should be over the knees, eyes looking straight ahead on designated read key. In order to keep your linebackers from flying out of position you should teach the freeze step. Freeze step is a read step prior to reacting to your keys. The first step a linebacker should take is by picking up and putting down the inside foot. By picking up and putting down the inside foot, buys the linebacker the proper time in which to read proper flow of the ball.

Your linebacker stance should have what we call a "Z" in the knee. This drill should position a coach in front of the players, with the coach giving the linebacker a key in which to read. The read key by the coach could show pass, run right or run left. Look to see if linebacker is taking his freeze step (pick-up put down.)





# Step-Over & Back Drill



The step-over drill is an excellent drill for maintaining vision on the ball while maintaining balance. Player crosses bags while maintaining vision on the coach, don't look at the bags. Keep shoulders square to the L.O.S. keep knees bent (don't stand erect), when player reaches the end of the bags he then returns to the starting point and finishes the drill with a hard five yard sprint. Start your players off slowly so as not to trip over the bags, as they master their step-over increase the speed of the step-over drill. Make sure players do not look down at the bag, keep vision on the coach which represents vision on a ball carrier. Keep shoulders squared to coach.



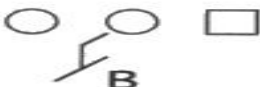
# Strike Drill

## 1. BASE BLOCK DRILL

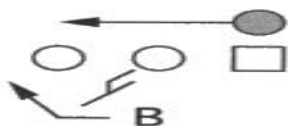


Freeze step, attack guard with inside arm. Squeeze guard inside to "A" gap.

## 2. WIDE BASE DRILL:



Freeze step as guard widens, place eyes at the second level to determine where the point of attack will be.



RUN OUTSIDE

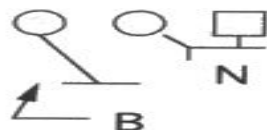


RUN INSIDE

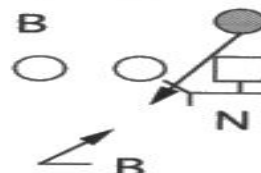
## 3. DOUBLE TEAM DRILL



Freeze step, slide 1/2 man outside and defeat player who replaces guard with your inside arm.



TACKLE DOWN BLOCK



FULLBACK ISO



BACKSIDE GUARD LOGGING

## 4. ZONE BLOCK



Freeze step then slide 1/2 man outside, eyes on second level, defeat block with your movement. attack daylight.

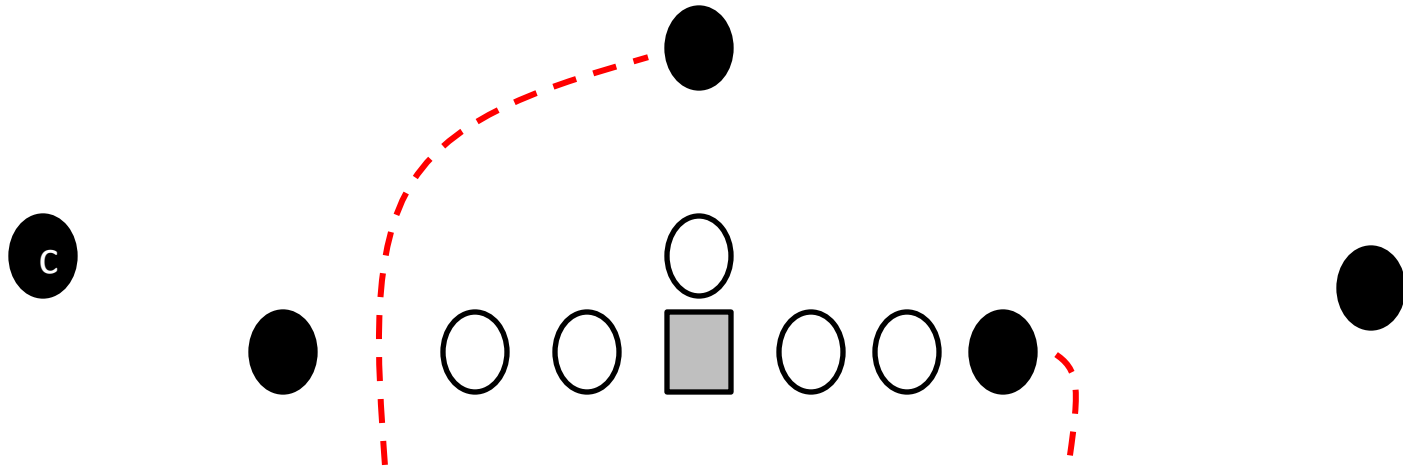
## 5. PULL DRILL



Freeze step then slide 1/2 man outside shuffle & squeeze L.O.S. attack daylight.



# Drops Drill



**M**

**Note:** Have LB's take drop take reads vs. different formations and route concepts.

**Note:** Use Cover 3 and Man concepts.

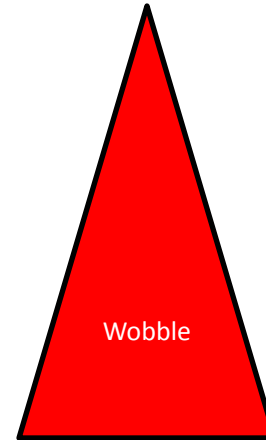
**S**

Hook/Curl

Hook/Curl

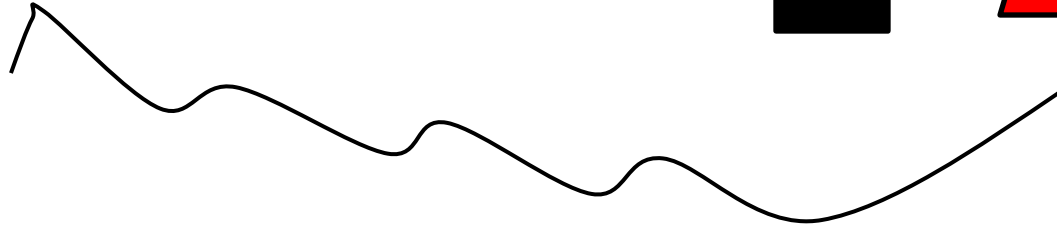


# Gopher LB Drill



“Play off simulated cut w/ball”

**LB**



1. Stay square w/shuffle.
2. Make tackle on wobble w/head across.



# Block Distinction Drill

“Move bag in & out to simulate cut”

1. Stay square w/shuffle.
2. Make tackle on wobble w/head across.

Player



Player



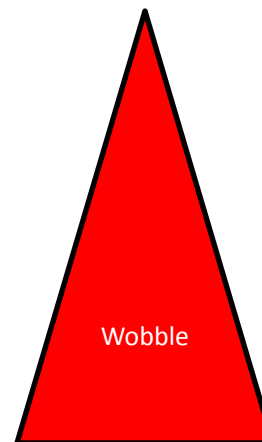
Player



Player



Wobble



**LB**

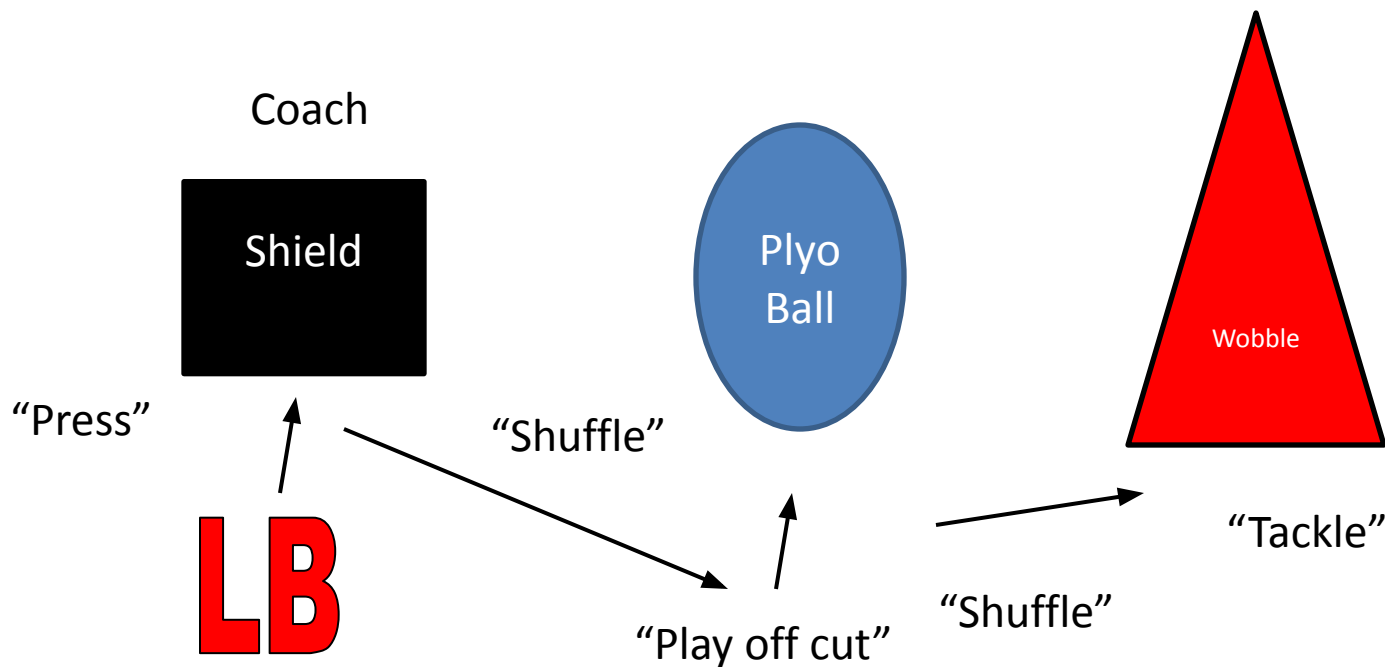


1. Play cuts off bag pushed out by player.
2. Stay square, head up and protect your out side leg.



# Press, Cut & Tackle Drill

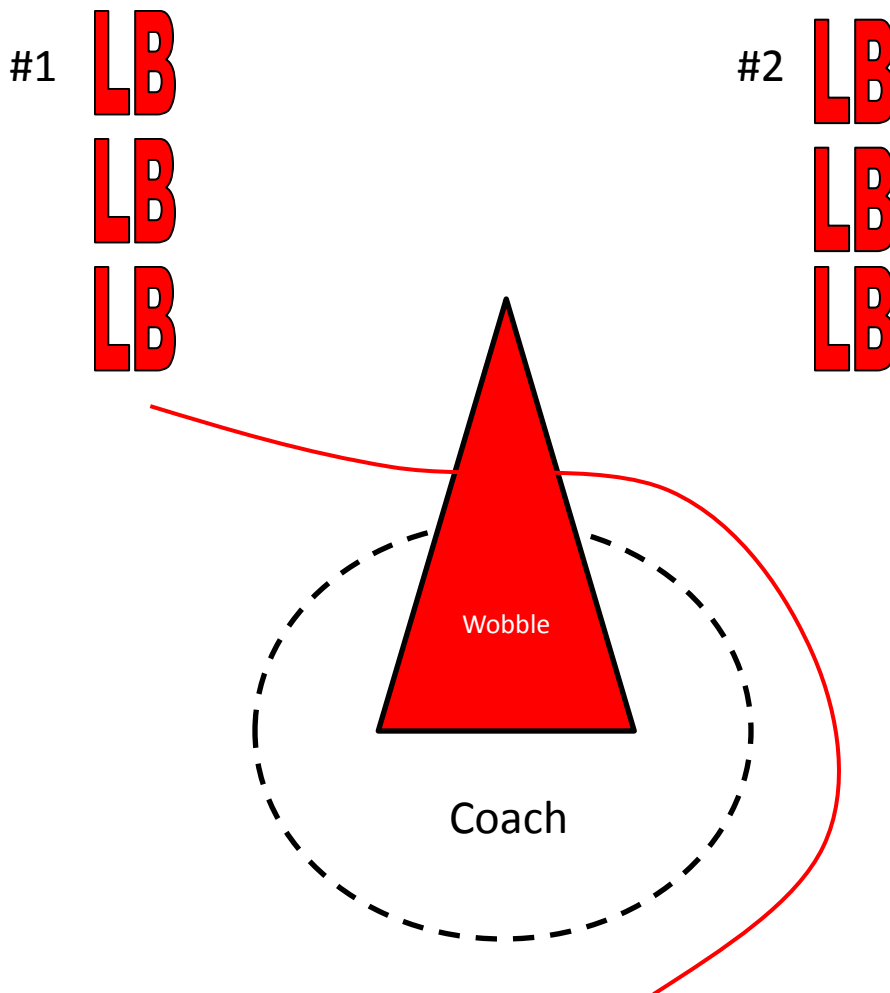
1. Stay square w/shuffle.
2. Make tackle on wobble w/head across.



1. Press off bag held by coach.
2. Play off cut from plyo ball.



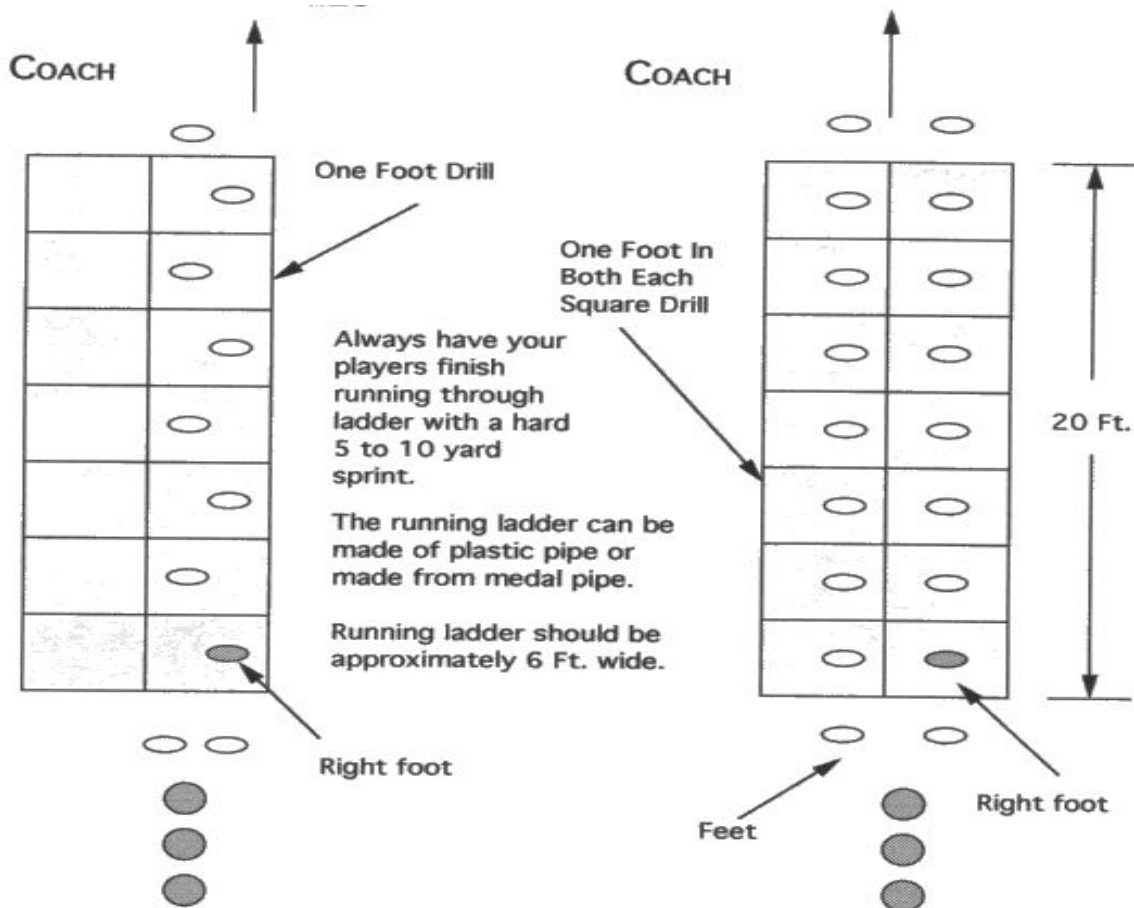
# Harvard LB Drill



1. Play off of simulated cut from the wobble
2. Get low and rip w/inside hand.
3. Line alternate from one side to the other.



# Ladder Drill #1



The one foot drill has the linebacker's running through the ladder with one foot in each square to one side of the ladder.

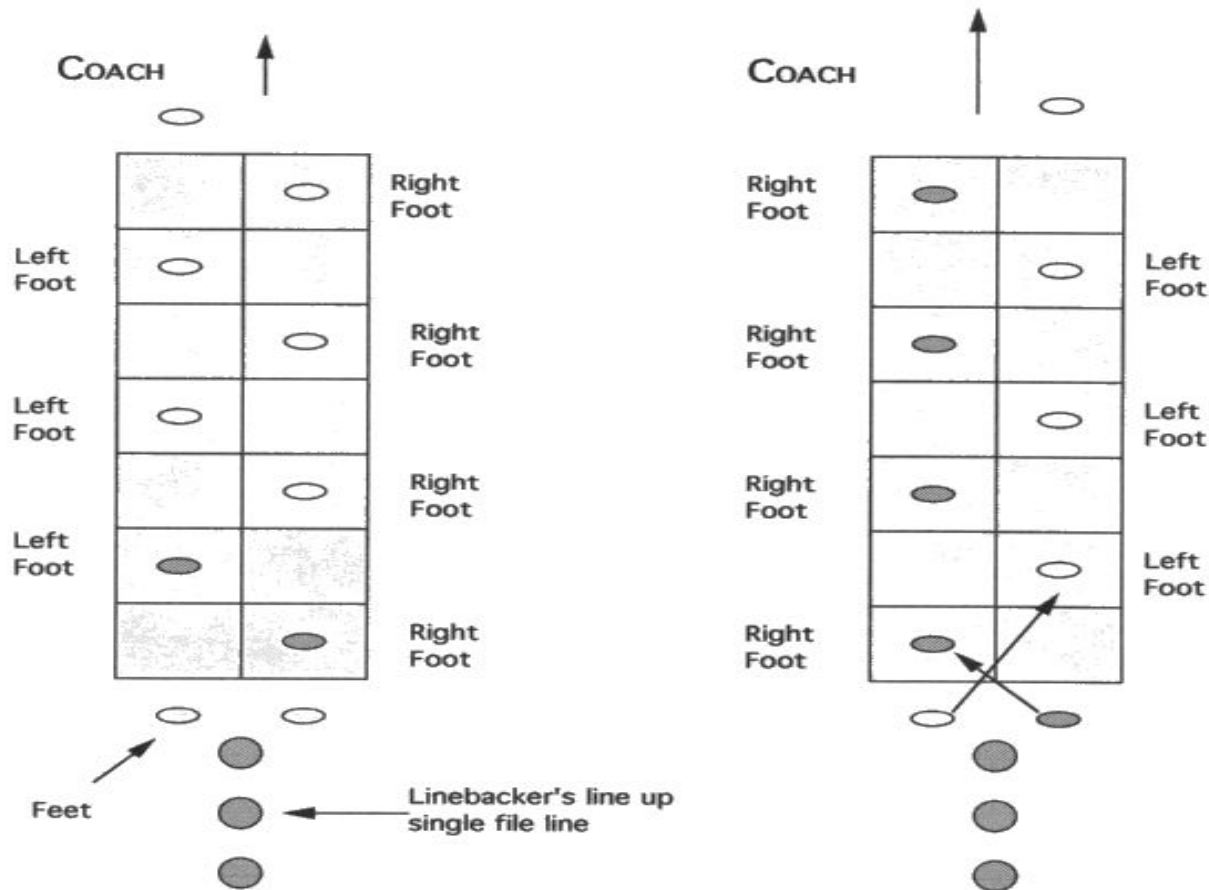
Eyes should be focused on the coach. Run with high knees with hands and arms pumping.

Both feet drill has your linebacker's hitting each square with one foot.

Keep eye's focused on the coach, don't look down at the ladder. High knees with arms pumping.



# Ladder Drill #2



With this ladder drill the linebackers will hit every other square. The object is to work on high knees, keeping eyes focused straight ahead. Don't look down.

This drill is a crossover technique. Linebackers will start the drill by crossing over with his right foot, into the left side square first. The second step is with the left foot crossing over to the right side.



# Ladder Drill #3

Finish the drill by sprinting a hard five to ten yards. After running through the ladder you can have several different options. One, a tackling drill or pursuit drill.

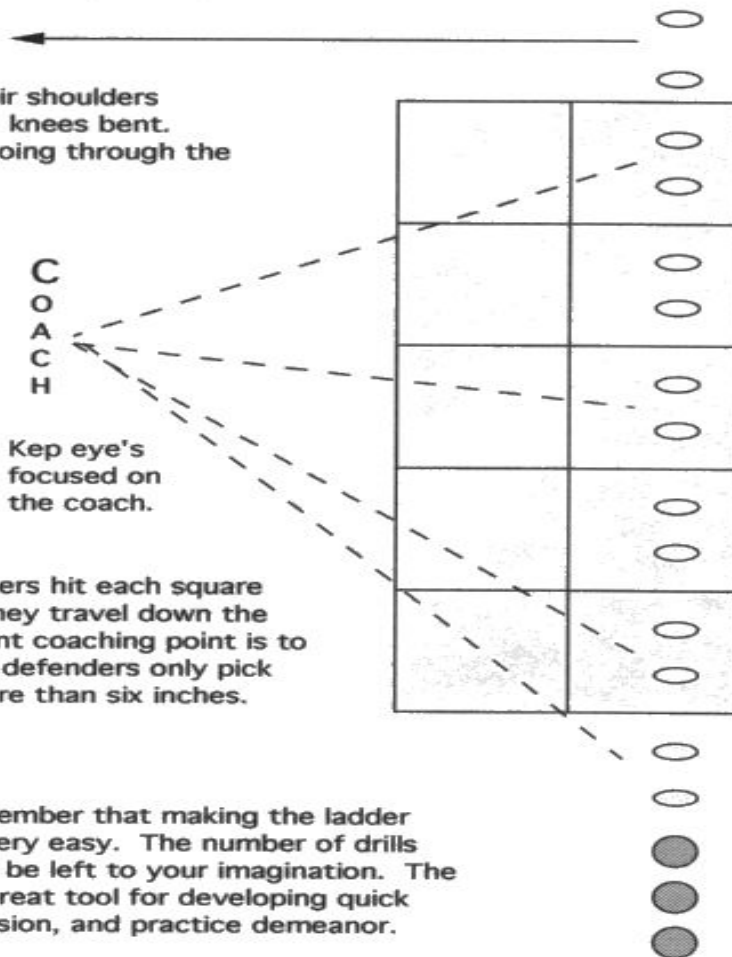
Linebacker's will keep their shoulders parallel to the ladder with knees bent. Keep a low profile while going through the ladder.

C  
O  
A  
C  
H

Keep eye's focused on the coach.

Have your Linebackers hit each square with both feet as they travel down the ladder. An important coaching point is to make sure that the defenders only pick their feet up no more than six inches.

It's important to remember that making the ladder as a training tool is very easy. The number of drills that can be used can be left to your imagination. The ladder represents a great tool for developing quick feet, body control, vision, and practice demeanor.





# LB 3 Man Drill

**Explanation:** Have 3 players line up about 2-3 yards apart facing the drills participant. On coaches command one of three players lunge forward.

**Drill:** One of the 3 players (Simulating Offense) lunges forward on the coaches command. LB Presses and shrugs off player.

**End:** Players Rotate 1<sup>st</sup> to 3<sup>rd</sup> to defense.

