

**2019**

**IMG FOOTBALL  
LINEBACKER  
DRILL BOOK**



**IMG**

ACADEMY

# **MOVEMENT / BALL DRILLS**

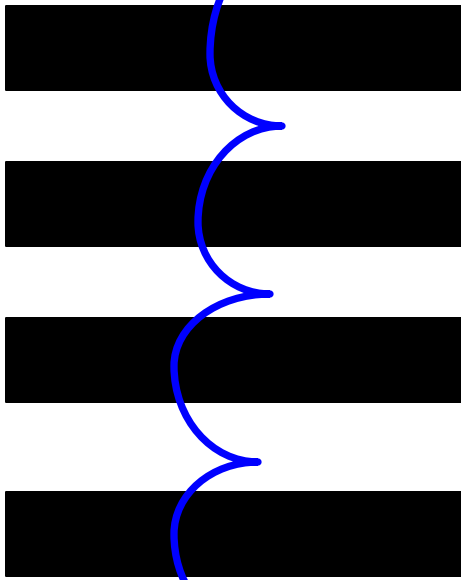


# **IMG**

**ACADEMY**

# BAG AGILITY

**LB**

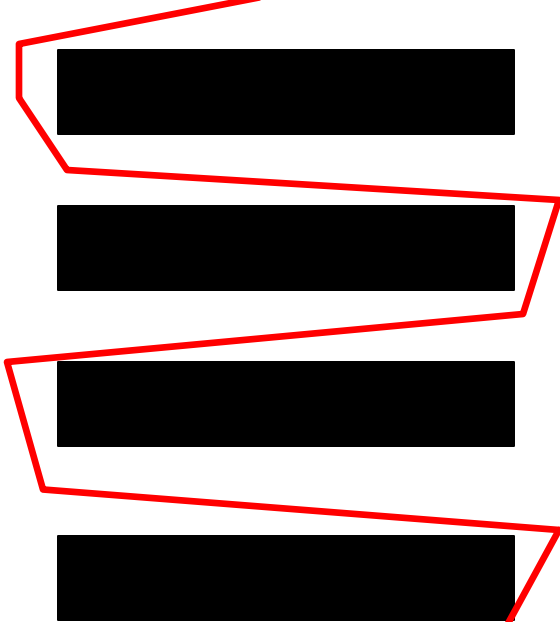


**PROCEDURE:** LB start facing Coach on far end of Bag. On Command, execute a lateral stepover on the bags, putting both feet in the bags. At end of drill, coach will throw a ball waste high. Catch the ball and run 5 yards through to finish.

Emphasize good stance/pad level and maintaining it through the drill, keeping eyes up, pumping arms, and a great finish through 5 yards.,

COACH

**LB**



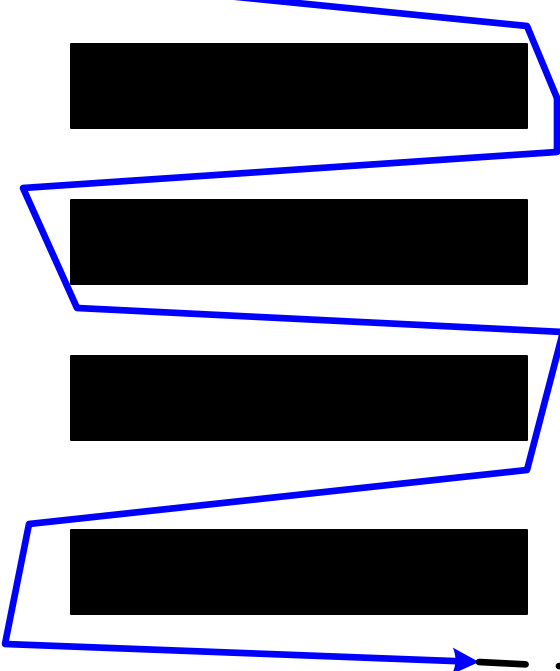
**PROCEDURE:** LB start facing Coach on far end of Bag. On Command, shuffle skate through the bags. Drill will end with coach throwing ball in air – Jump and High Point it

Emphasize good stance/pad level and maintaining it through the drill, keeping eyes up, feet low to the ground without crossing over. Technique over speed to start - don't touch the bags

COACH

# BAG AGILITY

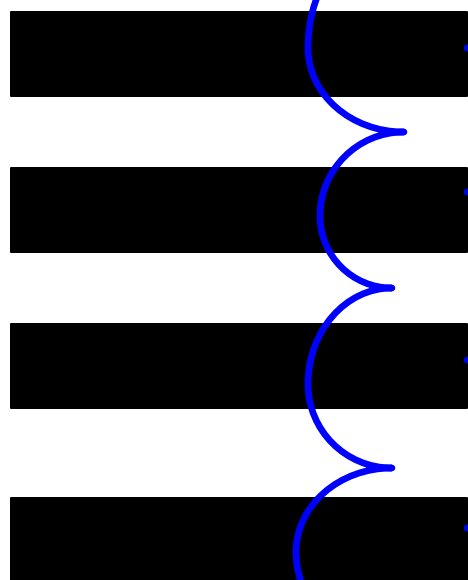
**LB**



**PROCEDURE:** LB start on far end of bag, opposite side of Coach. On Command, start with a forward run. At end of bag, transition to a backpedal. Continue to transition from backpedal to forward run, planting on opposite foot of side you are breaking. At end of bags, coach will roll a ball – scoop and score getting great knee bend on the scoop. Emphasis is to keep pad level constant through bags, not raising up during plant/ drive

**COACH**

**LB**

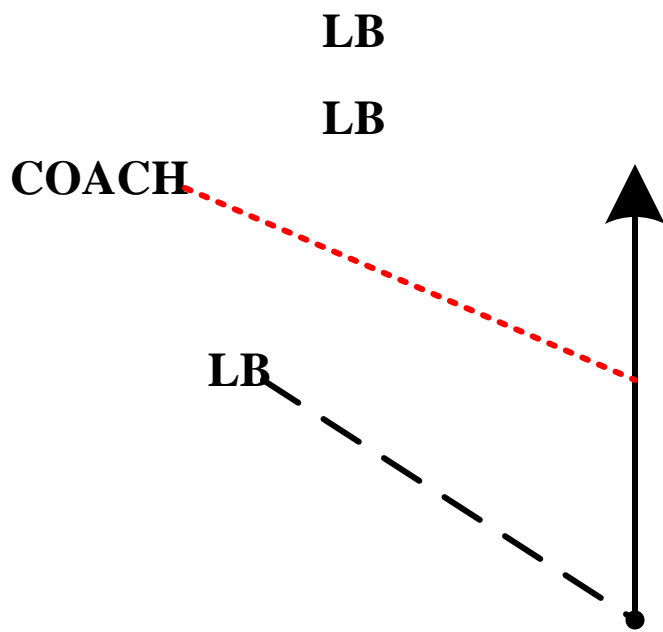


**PROCEDURE:** LB start facing Coach on far end of Bag. On Command, execute a lateral stepover on the bags, putting both feet in the bags. After final bag, go back shuffling forward and touching each bag. Speed turn and finish by running forward 5 yards outside of the bags.

Emphasize good stance/pad level and maintaining it through the drill, keeping eyes up, picking knees up on stepover, and exploding for a great finish

**COACH**

# 45 DEGREE DOWNHILL

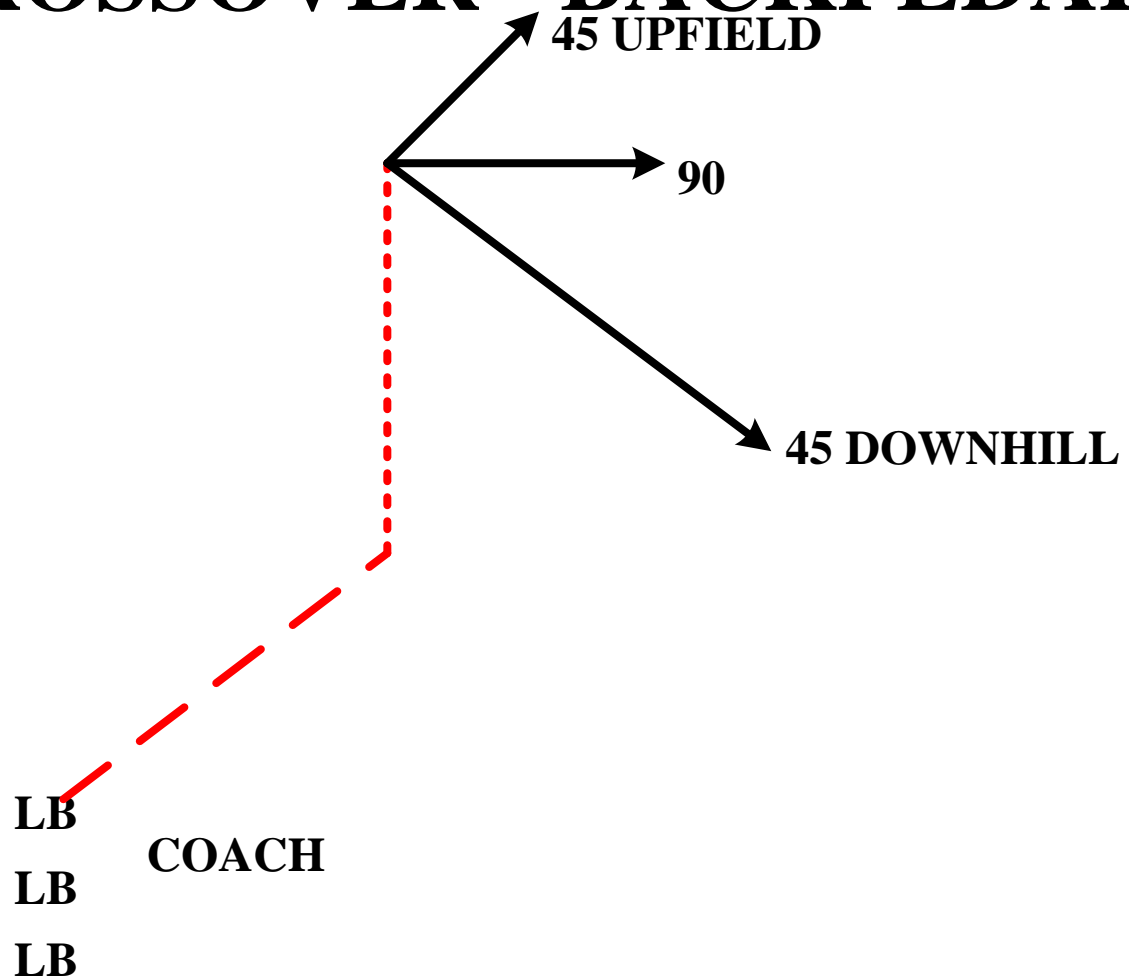


**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. When Coach points ball down, LB Open hips and Crossover Run at 45 Degree Angle. When Coach brings ball back up in the air, stick foot in the ground and run straight downhill. Catch ball thrown from coach and run through original LOS

Those not in drill will align behind coach. 1 at a Time – Repeat to get 1 rep opening hips to right and left.

**COACHING POINTS:** Good Stance. (Feet Slightly Wider than Shoulder Width, Knees Bent, Arms Hanging Comfortably). Open Hips at 45 Degree Angle and Maintain Vision on Coach Throughout Drop. On Command plant off back foot and explode straight downhill

# CROSSOVER - BACKPEDAL



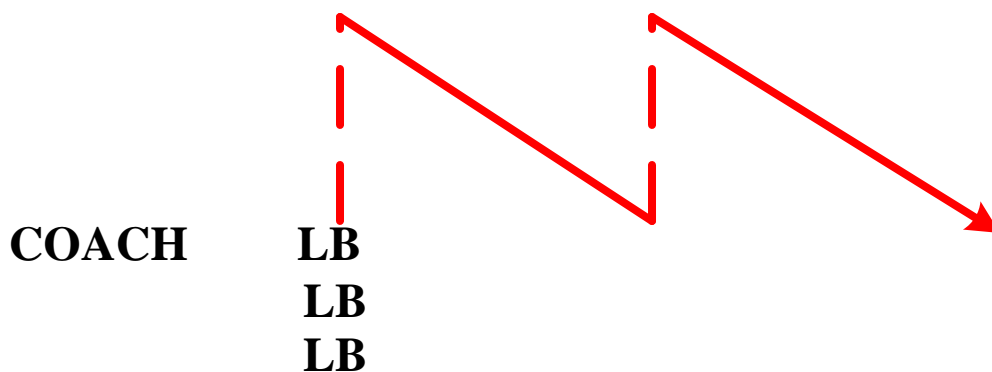
**PROCEDURE:** LB start in a Single File line along the sideline. On Coach's command, Linebacker open at a 45 degree angle and crossover run to simulate a zone drop. When coach lifts ball up, transition to a backpedal. Coach will then throw a ball, and Linebacker will break at an angle to catch the ball and run back through the sideline.

Vary the types of breaks required to catch the football – 45 Downhill, 45 Upfield, 90 Degree Break to Either Side, Etc.

Coaching Points are to have a great pad level / stance, and to keep shoulders on the same plane throughout the drill – Not raising up and down based on movement.

On backpedal – Eyes over Knees, Knees over Toes. Pump arms with elbows scraping the side of the body.

# W DRILL



**PROCEDURE:** LB start in a Single File line along the sideline. On Coach's command, 1<sup>st</sup> Linebacker up will start to backpedal. On Coach's command, Linebacker will come out of backpedal and break downhill at a 45 Degree Angle. Upon reaching sideline, transition to backpedal, and break downhill 1 more time at a 45 degree angle on Coach's Command.

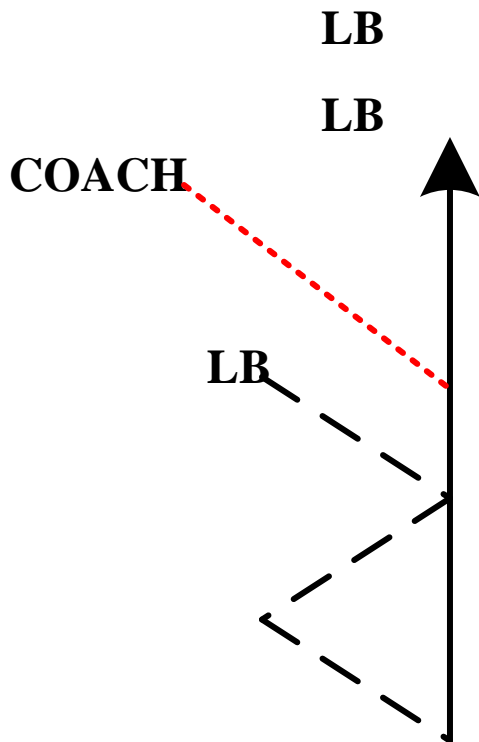
**COACHING POINTS:** Keep Pad Level same throughout drill – do not raise up or down. Eyes Up – Knees Over Toes – Chest Over Knees on Backpedal. Pump Arms quickly with elbows tight to body. Keep feet low to the ground – think “skim the grass.” Eyes should be up the whole time to see when coach is sending you downhill

**On the Break – Use one of 2 Types of Breaks**

**“T Step.”** Plant foot is the foot opposite of where you are breaking. Get plant foot down with all cleats in ground, at 90 degree angle to direction you are breaking. After the plant, next step should be a “6 inch” positive step downhill in the direction you are breaking – not underneath the frame of the body, and not out wide (causing you to round the break)

**“Foot Fire.”** Fire feet quickly in place at the top of the backpedal. Think weight on the balls of the feet – NOT All Cleats in the ground. During foot fire, get “Mental weight” on the foot to the side you are breaking, and start downhill.

# 45 45 DOWNHILL



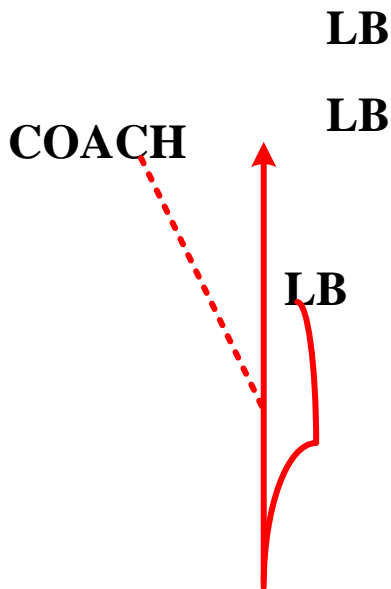
**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. When Coach points ball down, LB Open hips and Crossover Run at 45 Degree Angle. Coach Will move ball left and right, signaling to flip hips and crossover run in opposite direction. When coach brings ball up, plant and drive straight downhill, catching the ball that will be thrown.

Those not in drill will align behind coach. 1 at a Time – Repeat to get 1 rep opening hips to right and left.

**COACHING POINTS:** Good Stance. (Feet Slightly Wider than Shoulder Width, Knees Bent, Arms Hanging Comfortably). Open Hips at 45 Degree Angle and Maintain Vision on Coach Throughout Drop. On Command plant off back foot and explode straight downhill



# HIP FLIPS DONWHILL

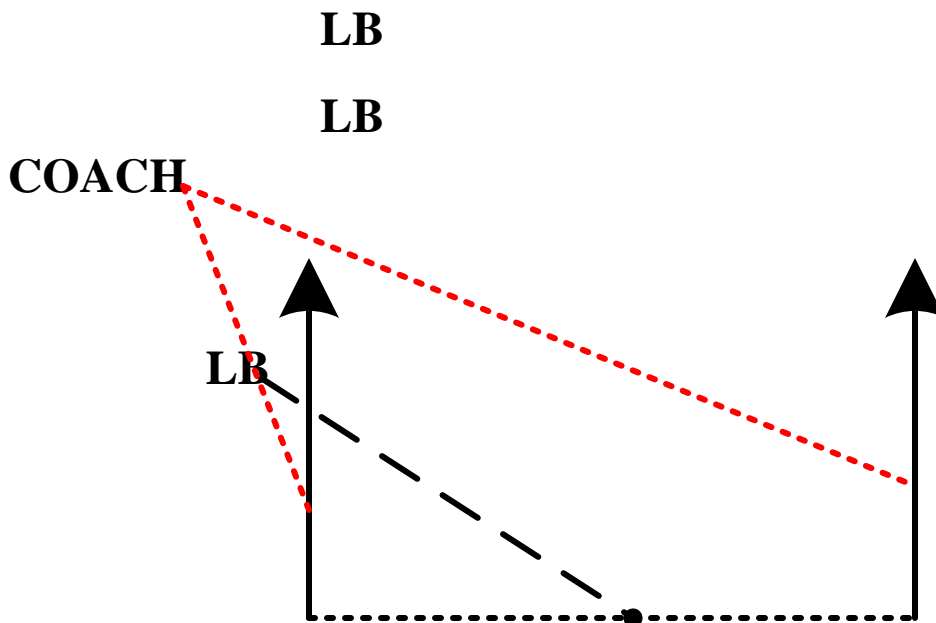


**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. When Coach points ball to either side, LB Open hips in that direction and Crossover Run straight down a line with hips open. When coach moves ball to other direction, flip hips and crossover run, staying straight down the same line. When coach lifts ball up, plant and drive straight down the same line, extending arms to catch ball from coach. Finish through Line of Scrimmage

Those not in drill will align behind coach. 1 at a Time  
**COACHING POINTS:** Good Stance. (Feet Slightly Wider than Shoulder Width, Knees Bent, Arms Hanging Comfortably). On hip flip, when turning to your left be violent with left side of body to get turned back up the field (drive backside elbow through). Same thing with right side when turning to right.

On plant / drive, have good pad level, stick back foot in the ground, emphasizing getting all cleats in the ground. After plant step, gain ground with second step with front foot and explode out of break.

# 45 DEGREE MELT + DOWNHILL

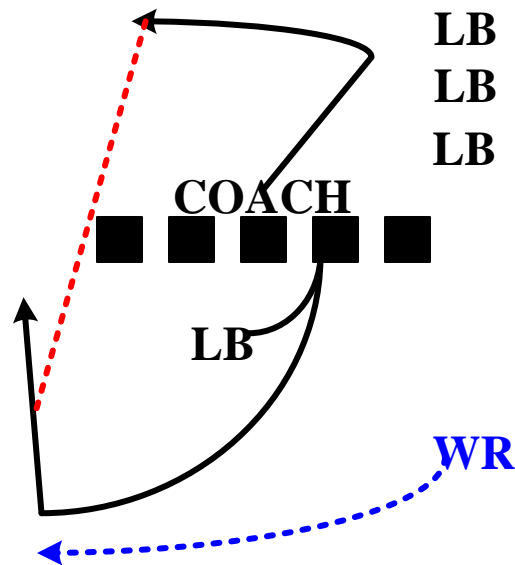


**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. When Coach points ball down, LB Open hips and Crossover Run at 45 Degree Angle. When Coach brings ball back up in the air, square up. Shuffle in either direction off the shoulder tip of the coach. Break on the throw to make the interception and finish through the original LOS.

Those not in drill will align behind coach. 1 at a Time – Repeat to get 1 rep opening hips to right and left.

**COACHING POINTS:** Good Stance. (Feet Slightly Wider than Shoulder Width, Knees Bent, Arms Hanging Comfortably). Open Hips at 45 Degree Angle and Maintain Vision on Coach Throughout Drop. Stay Square on Shuffle at Top of Drop and Do Not Crossover. Melt (Shuffle) off the Shoulder Tip. Break when his Off Hand comes off the football

# BOOT CROSSER



**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. LB React up to respond to run action when Coach Extends Ball. Recognize Boot and turn and burn for 5 steps, looking up crosser. Man turn into a LB that is simulating a crossing route. Be ready to play the ball through his hands.

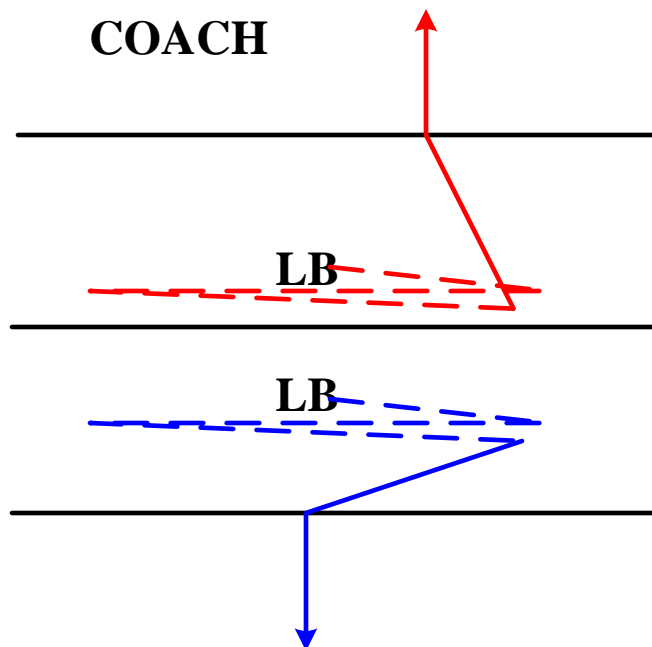
After Drill LB go to WR. WR go to back of line. Those not in drill will align behind coach. 1 at a Time – Repeat to get 1 rep turning into crosser to right and left.

## **COACHING POINTS:**

Be ready to look up Crosser as soon as you see Boot. Boots turn into Man Coverage with Man Eyes – even in Zone. Know where the Crosser will be thrown – Sprint to the Reception Area – Not the Mab,

Be ready to play the ball through the hands of the WR.

# MIRROR SHUFFLE - SCOOP

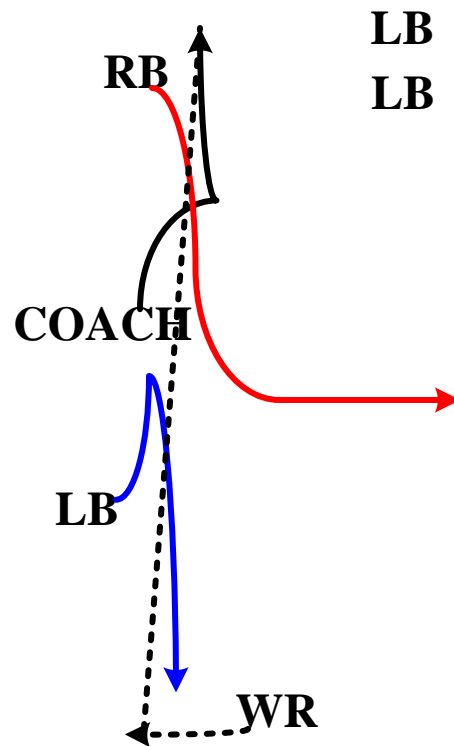


**PROCEDURE:** 2 Linebacker start facing each other on either side of a white line on the field. 1 Linebacker will be facing a coach, who will be pointing to different sides. Linebacker will shuffle in the direction the coach is pointing, not knowing when he will have to change direction. 2<sup>nd</sup> Linebacker will be changing direction not off the coach, but off the Linebacker that is looking at the Coach. On command, Linebacker looking at Coach will turn around and locate a football to scoop. When Linebacker with back to coach sees this, he will do the same thing.

## **COACHING POINTS:**

Keep a Constant Pad Level throughout the drill. No Crossover - Don't Click the Heels – Feet Skim the Grass. Mirror Defender – burn your eyes on your man and react to him. Need quick reactions on COD and going to get the football

# ISO PASS – TURN/BURN DIG

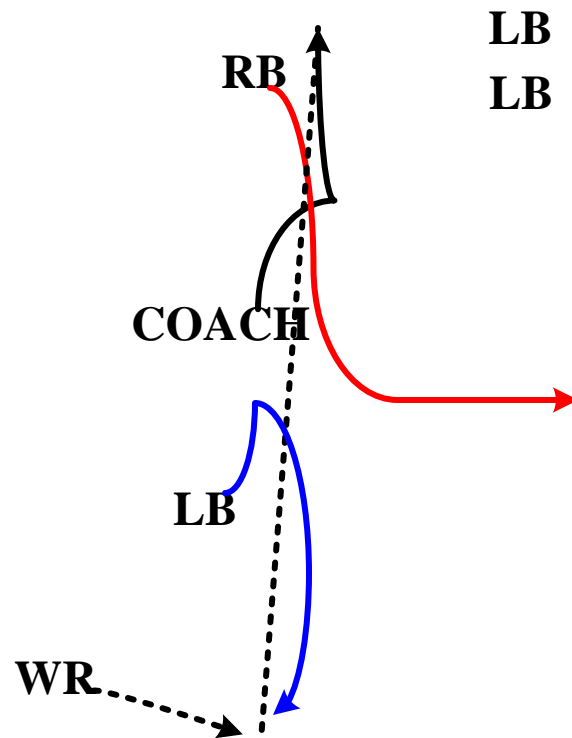


**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. Another LB simulates Running Back in Backfield, while a 3<sup>rd</sup> will simulate a WR (align 14 yards deep, slightly inside numbers). Linebacker will respond to hard run action between Coach and RB, and “Turn and Burn,” driving for 5 steps while looking up the in cut by the Wide Receiver. Wide Receiver will start a tempo jog inside on an in cut as LB starts to drive for depth.

After Each Rep, RB goes to LB. LB goes to WR. WR goes to back of Line.

**COACHING POINTS:** Recognize Play Action – Turn your back to Quarterback and think “Drive for 5” Steps. Turn Outside in and Look up the Dig First. Aim for 2 Yards O/S Pro Hash – This is where the ball will be thrown. Hands up when WR looks to catch ball – Be Ready to punch pocket. No ball thrown – vision back to QB and feel the WR.

# ISO PASS – TURN/BURN OVER

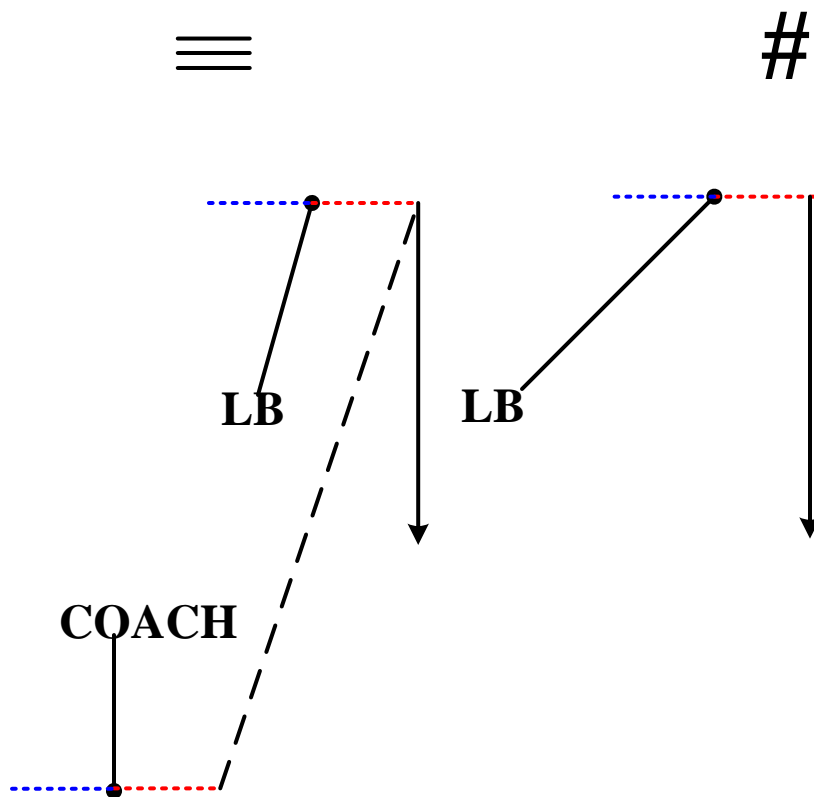


**PROCEDURE:** Single LB Start at LB Depth 5 Yards in Front of Coach. Another LB simulates Running Back in Backfield, while a 3<sup>rd</sup> will simulate a WR (align 16 yards deep, over the ball). Linebacker will respond to hard run action between Coach and RB, and “Turn and Burn,” driving for 5 steps. Check the In Cut by #1. With no In Cut, turn back inside and look up the over. WR will start Tempo job on Over Route.

After Each Rep, RB goes to LB. LB goes to WR. WR goes to back of Line.

**COACHING POINTS:** Recognize Play Action – Turn your back to Quarterback and think “Drive for 5” Steps. Turn Outside in and Look up the Dig First. No Dig – Look up the over. If you see the WR on an Over, Drive to the reception area and be ready to get hands up, punching pocket when he looks for the ball.

# CLEAN FEET DRILL

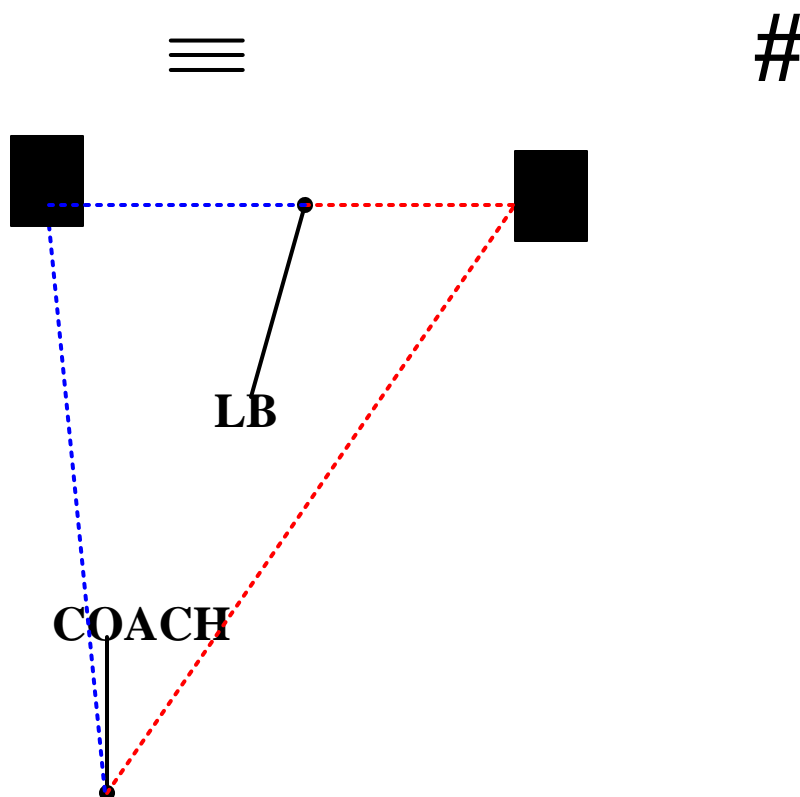


**PROCEDURE:** 2 Linebacker start at Linebacker Depth. Coach simulates Quarterback. On snap, Linebackers will execute a Hook Curl and Curl Flat Drop. At top of drop, melt of shoulder tip of Coach. Coach will throw a ball to one of Linebackers. Break on throw and run back through original LOS. LB who the ball is thrown to will intercept the ball.

**COACHING POINTS:** Keep vision on Quarterback during drop – when he sets, you set. Push for width in quick game.

At top of drop – keep feet hot. Melt on the QB Shoulder tip – shuffle to the side his shoulder is pointing. Break when his off arm comes off the ball – need great triggers in vision coverage! Attack the ball when it is in the air – Go get it, don't let it come to you

# TRIGGER DRILL – POP UPS

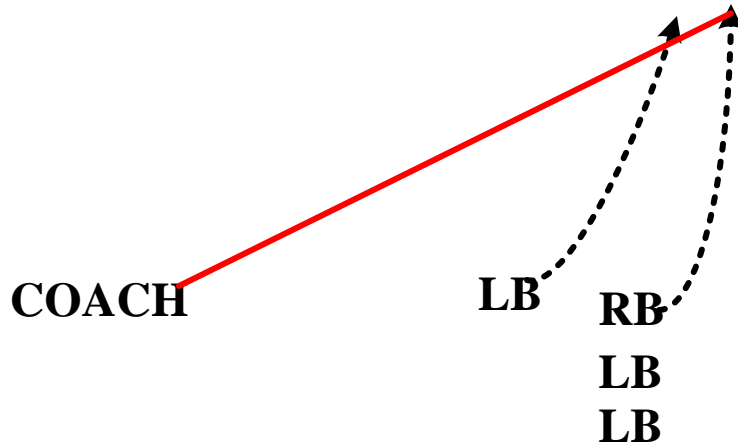


**PROCEDURE:** Linebacker starts at Linebacker Depth and drops to the Hook. 2 Pop Ups will be on either side of him, simulating receivers that have settled at the top of their routes. Coach will throw to one of the 2 Pop Ups. Linebacker will break and undercut the pop up to make a play on the ball. Intercept pass and run through original LOS.

**COACHING POINTS:** Keep vision on Quarterback during drop. When you get to the top of the drop, keep your feet hot - don't stop them. Get a great break on the ball by planting / putting weight on the foot opposite the side of your break (Break Left – Plant Right). Extend your arms to intercept the pass and give a great finish by running through the LOS



# MAN TURN – IN PHASE

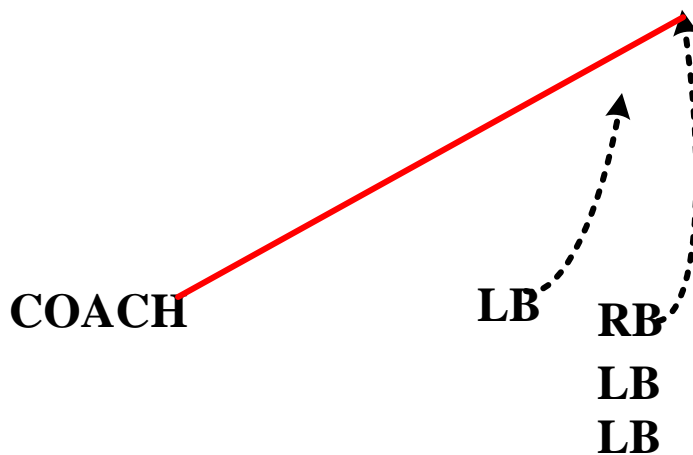


**PROCEDURE:** 2 Linebacker align next to each other and face forward, even with Coach. On Coach's Command, LB furthest away from coach will simulate a RB and jog at a slow tempo vertically down the field. LB closest to coach man turn into him and run with the vertical, staying in phase. When RB looks for ball, LB will turn into the receiver and make a play on the ball.

After each rep, Linebacker goes to back of line. Running Back goes to Linebacker, and next Linebacker up becomes Running Back. Repeat 1x on Each Side.

**COACHING POINTS:** Simulates a flat defender carrying a wheel or any other vertical route. Keep eyes locked on man until you see him look for the ball. Do not just run stride for stride – take an angle to cut him off and reduce the width of the field. Only look for ball when you are in phase. When you do turn and look for the ball, turn into the defender, not back to the middle of the field. Turning back to the middle will drift your body away from where the ball is going to be thrown.

# MAN TURN – OUT OF PHASE

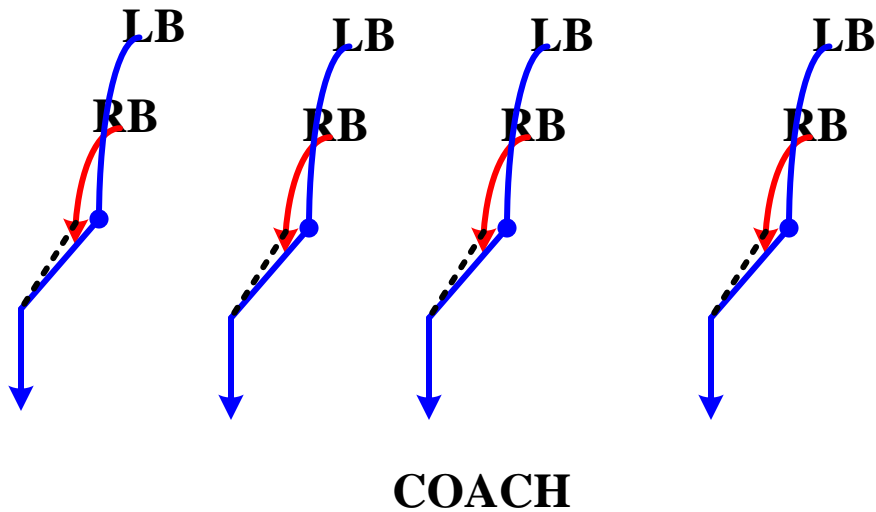


**PROCEDURE:** 2 Linebacker align next to each other and face forward, even with Coach. On Coach's Command, LB furthest away from coach will simulate a RB and jog at a slow tempo vertically down the field. LB closest to coach take off after a couple steps to simulate a trail position on the RB. When RB goes to catch the ball, LB will punch up and through the pocket where he is attempting to catch the ball.

After each rep, Linebacker goes to back of line. Running Back goes to Linebacker, and next Linebacker up becomes Running Back.

**COACHING POINTS:** Simulates a flat defender carrying a wheel or any other vertical route. In a trail position, you cannot look back for the football. When you see the Running Back try to catch the ball, take a quick uppercut in an attempt to time your punch when the ball hits his hands. Punch up and through – Do not wind up.

# STRIP DRILL



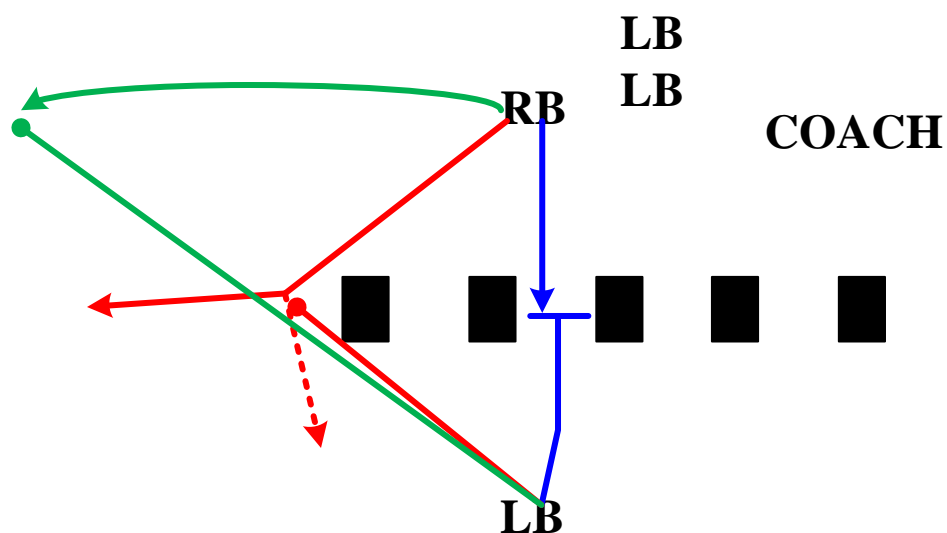
**PROCEDURE:** Linebackers will pair up and spread out across the field, with one holding a ball and simulating a Running Back. Linebacker not with the football will line behind the ball carrier, slightly behind him. On command, ball carrier will start in a tempo jog. Linebacker will run to him and strip the football. Scoop the ball and finish through 10 yards.

1<sup>st</sup> Time through, Linebacker will simulate with an uppercut. 2<sup>nd</sup> Time thru, Linebacker will simulate with an over the top punch. After 2 reps, flip ball carriers. Repeat to get 1 Uppercut and 1 Over the Top Punch with each hand with each LB.

**COACHING POINTS:** Whether going over the top or underneath, emphasize a quick punch – do not wind up. Punch with the arm that is nearest to the football. In general, if the ball carrier is taller than you, try to strip with an uppercut. If the ball carrier is shorter, think over the top punch.

On scoop, get a great knee bend – get low to scoop the football.

# MAN TO MAN APPROACH



**PROCEDURE:** Linebacker aligns in a Coverage Alignment to Cover a Running Back offset in the Gun. Running Back will either release up the middle on a checkdown, to the flat on a diagonal, or swing. LB take a good approach angle to cover the Running Back.

Running Back goes to Linebacker after each rep. Linebacker goes to back of line.

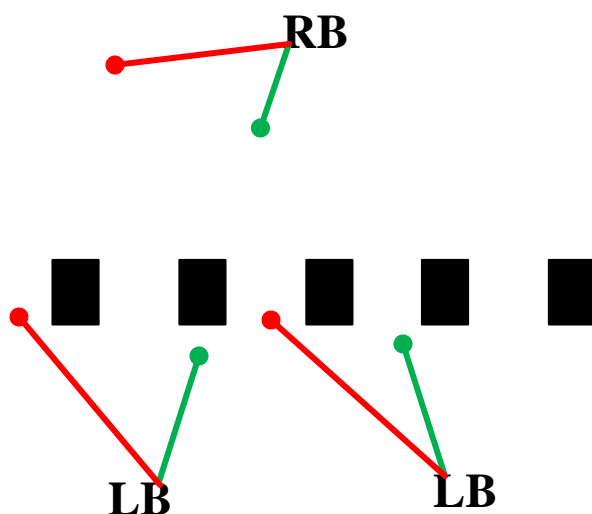
## **COACHING POINTS:**

**Vs. Checkdown (If RB Gives you his shoulders) – Keep him in the hole. Deny 1 side or other and use 2 hand jam to prevent him from gaining speed.**

**Vs. Diagonal Release – Play Inside Out – aim for inside shoulder (Near Shoulder). Deny the Angle Route and Tackle the Catch to the Flat.**

**Vs. Swing Release – Close Ground – Aim for Near Shoulder. Take Angle to Prevent Cutback (Use Sideline)**

# RB KEY DRILL



**PROCEDURE:** Linebacker aligns in Base Alignments, keying the Running Back. Coach will play Running Back in this drill. Vs. Running Back Wide Mannerism (Shoulders turned), Linebackers will crossover run and Fire A and C Gaps playside. Vs. Running Back Tight Mannerism (Shoulders square), Linebackers will stay square and fire both A Gaps, getting downhill and pressing the ball carrier. 2 Linebackers up at a time – Go to back of line after each rep

## **COACHING POINTS:**

See the Shoulders of the Running Back – When in Doubt treat it as inside run. Backside Linebacker – on Perimeter Run make sure to leverage the ball carrier, staying behind the ball and approaching his near hip

# **BLOCK PROTECTION DRILLS**

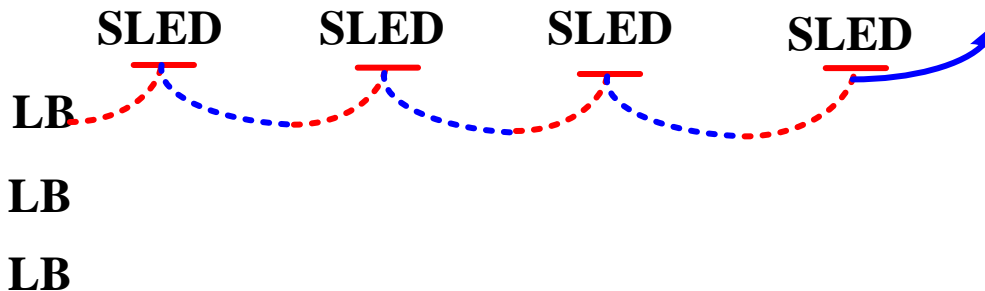


# **IMG**

**ACADEMY**

# 4 MAN SLED / STRIKE

COACH



**PROCEDURE:** 1 Linebacker starts offset slightly to the left of the 1<sup>st</sup> Sled. Other Linebackers form a single file line behind him.

On Command, the 1<sup>st</sup> Linebacker will engage the sled, grabbing the dummy and locking out. After doing this with the first sled, shuffle to the following sled and repeat. On the final sled, rip through with the backside arm and finish in a fit position.

Next Linebacker in line will start the drill when the person in front of him makes contact with the 3<sup>rd</sup> sled. Drill will be done twice – once going from left to right, once going from right to left.

## **COACHING POINTS:**

Start in a good football position (Knees bent, shoulders over toes, feet slightly wider than shoulder width), and maintain that pad level through the drill. When going from left to right, you will be offset slightly to the left of the dummy. Use a short power step with the right foot when making contact (Near Foot).

This is the first drill in a progression of getting off blocks – we are emphasizing the “Grab” in This Drill. As you go through the sled, shoot your arms without winding up, keeping the elbows tight and emphasize “grabbing” the dummy with thumbs up on contact.

# SANDBAG BLOCK PROTECTION – LOCK OUT

COACH



**PROCEDURE:** Linebackers start in a line spreading across the width of the field, facing Coach. Start in a football position, bent at 3 places, head over toes, eyes up and facing Coach. On Command, Linebackers will Lock out on the sandbag to simulate taking on a blocker.

**COACHING POINTS:** This drill simulates the “Locking Out” Phase of Getting off a block – The 2<sup>nd</sup> part of the 3-Step “Grab, Lock, and Throw.” Linebackers already have engaged the blocker with their hands inside and thumbs up.

On the lock out, emphasize keeping the elbows tight with the body, driving up on the blocker, and rolling the hips to generate power from the lower body.



# FIT POSITION THROW / TACKLE



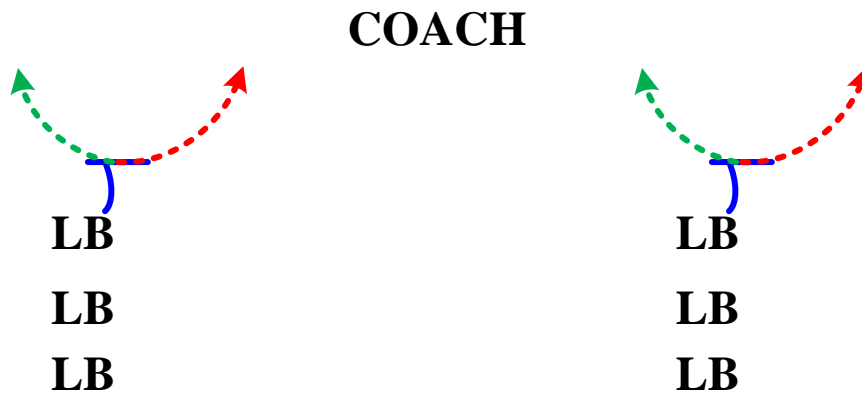
**PROCEDURE:** Linebacker start in a Single File Line, offset to either side of a Linebacker that will be simulating an Offensive Lineman. In this drill, the Linebacker will start in a fit position on the offensive lineman, with hands inside and arms locked out. On command, Linebacker will get off the block by throwing the blocker away from the side he is climbing towards.

After the shed, Coach will be running to the side LB finished on with an agile bag. Tackle the agile bag and finish by running 5 steps through contact.

**COACHING POINTS:** This is the 3<sup>rd</sup> Drill in a Progression where we are teaching to “Grab,” “Lock,” and “Throw.” You have already Grabbed cloth of the blocker with arms inside, and locked the arms out. Now we must get off the block by throwing the blocker in a downward motion, away from the side we are trying to get to.

Finish with a good pad level and a Near Foot / Near Hip tackle on the Agile Bag.

# SANDBAG BLOCK PROTECTION – LOCK /THROW



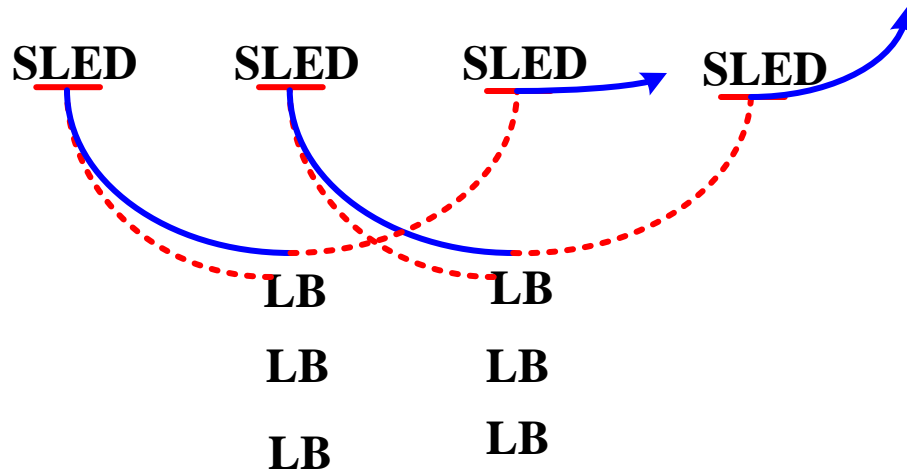
**PROCEDURE:** 2 Linebacker start in a football position, good pad level, holding a Sandbag waste high. On Coach's Command, Linebackers will extend the Sandbag to simulate getting off a block. Lock out arms, bring hips and throw the bag to either side.

Drill will be repeated so that Linebackers get rep on each side, shedding a block and climbing to the Left and Right.

**COACHING POINTS:** Block protection technique will be emphasized with the Sandbags. Hold the sandbags to simulate initial contact with the inside breastplate of the blocker – Elbows tight, thumbs up, grabbing cloth. On Comand, lock out the arms and roll the hips for power. Throw the bag to either side to simulate the shed. This combines the 2<sup>nd</sup> and 3<sup>rd</sup> Drill in a Block Protection Progression, use a “Lock” and “Throw” at the same time.

# 4 MAN SLED / SHED

COACH

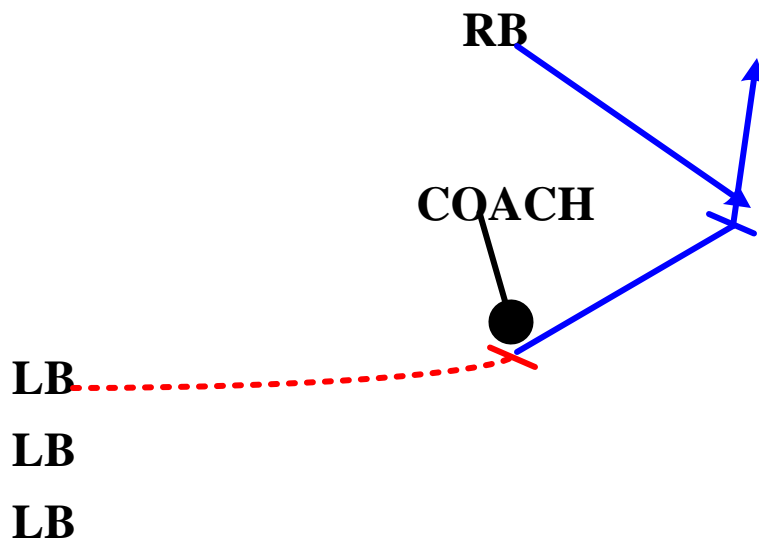


**PROCEDURE:** 2 Linebackers start head up over the 2 sleds on the inside. All other backers stand behind the 2 Linebackers in the drill. Coach will stand on the opposite side of the sled, facing the Linebackers.

Coach will point to either side, and the 2 linebackers will attack the 2 sleds to that side, lock out and return to their original alignment. Second time through, coach will point to a side. This time, linebackers will attack the sleds to that side, ripping through and finishing on the other side of the sled.

**COACHING POINTS:** Start in a good football position (Knees bent, shoulders over toes, feet slightly wider than shoulder width), and maintain that pad level on approach to sled (allows hip roll on contact with sled). In contact with sled, grab the dummy with thumbs up, and lock the arms out while rolling the hips. Keep head up during contact with sled. On the second rep, be violent bringing the backside arm to rip through.

# LEG PROTECTION TACKLE



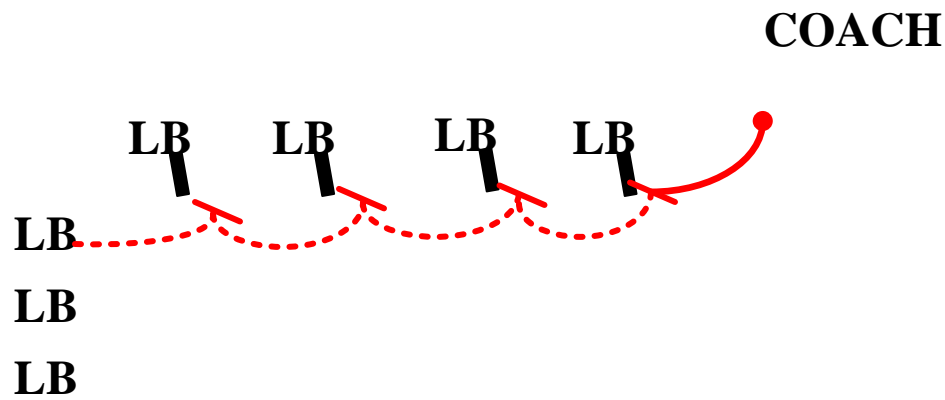
**PROCEDURE:** Linebacker start offset 5 yards to either side of Coach, 3-4 yards in front of him. Running Back will start 5 yards behind coach. On Command, Linebacker will Shuffle to the Coach. Coach will throw a Medicine Ball to simulate a Cut Block, and Linebacker must use leg protection technique to get off block. After getting off cut block, Running Back will start forward at a 45 degree angle. Linebacker will execute a Near Foot Near Shoulder tackle on the agile that the Running Back is holding.

After each rep, Linebacker will go to Running Back. Running Back will go to back of line.

**COACHING POINTS:** Maintain good pad level on shuffle to coach, without crossing over. When medicine ball is thrown, get your eyes on the medicine ball, keep your outside leg back, and use your hands to throw the ball off of you.

After defeating the block, get on course to make a Near Foot / Near Shoulder tackle, rolling your hips through contact on the agile bag.

# LEG PROTECTION ON AGILES



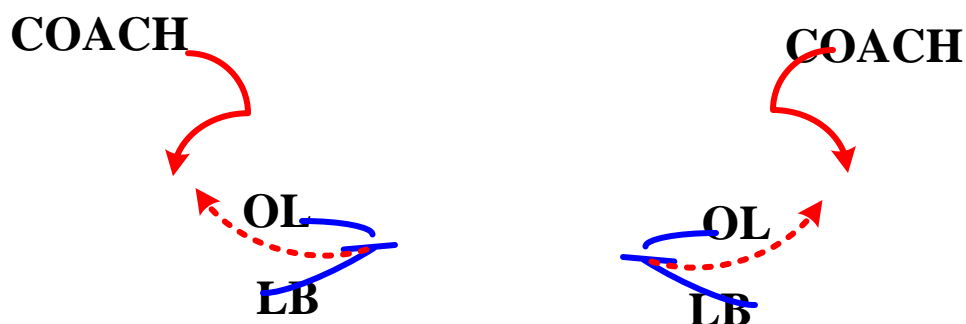
**PROCEDURE:** 4 Linebackers will hold an Agile Bag, approximately 1 yard apart. Everyone else will start in a line, facing the 4 Linebackers. On Command, 1<sup>st</sup> Linebacker in line will start a shuffle through the 4 backers holding the bags. Each linebacker will throw the agile out at the shuffling Linebacker, simulating a cut block. Linebacker will use his hands to get off the block, keeping his backside leg back and eyes on the agile. After defeating the block, shuffle to the next agile and repeat. Finish in a fit position on coach.

Linebacker will take Final Bag after finishing through the bags. All Linebackers holding agiles move 1 bag closer to the line. Linebacker holding 1<sup>st</sup> bag will go to back of line.

**COACHING POINTS:** Maintain good pad level through each bag, without crossing over. When agile is thrown, get your eyes on the bag, keep your outside leg back, and use your hands to throw the bag off of you.

After going through each of the 4 bags, finish in a fit position on coach.

# FIT POSITION – FALLBACK ARM OVER



**PROCEDURE:** 2 Linebackers will start in the drill, with 1 of the linebackers simulating an Offensive Lineman. The Linebacker will start in a fit position on the Offensive Lineman, with his head offset to the playside Gap (simulating a Linebacker that is fitting his gap on Outside Zone).

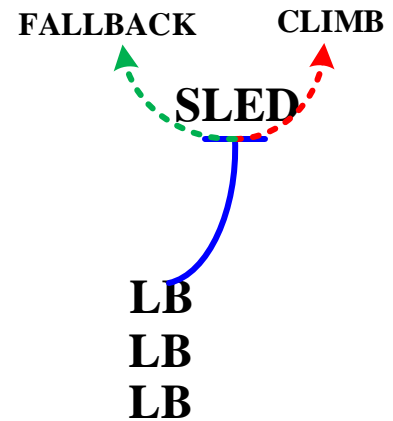
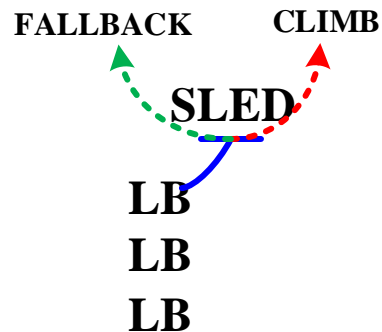
Maintain this leverage to the playside of the offensive lineman as he drives you down the line. When the Running Back starts to cut the ball back, wait until the ball gets to your level (he cannot continue to press frontside). Use a quick arm over technique to fall back and finish on the ball. Execute a near shoulder tackle on the agile the coach is holding.

**COACHING POINTS:** See the Running Back fall back with your head to the playside of the offensive lineman, emphasizing that you are in your correct gap. Do not fallback until you have secured your playside gap (Running back gets to your level)

When the Running Back starts to fall back, be strong with your backside hand, driving the body of the offensive lineman back to the playside. Execute a quick arm over without raising up and giving the offensive lineman your chest. Use near shoulder technique on the tackle – fall back left, make contact with left shoulder.

# 1 MAN SLED – CLIMB / FALLBACK

COACH

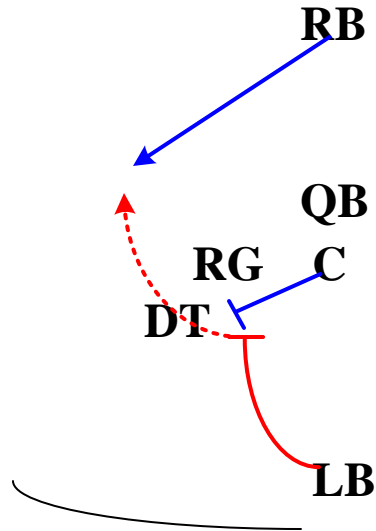


**PROCEDURE:** Linebacker start in a Single File Line, slightly behind Sled and Offset to the Left. On Coach's Command, LB 1<sup>st</sup> in Line will approach sled and Climb the Block, finishing in a fit position on the Right. Second time through, LB will Fall Back, finishing in a fit position on the Left.

Repeat 1x on Each Side for 4 Total Reps (Climb Rt/Lt, Fall Back Rt/Lt). Drill will be done in a progression – Start with LB offset immediately behind the sled, and work to 3-4 yards behind sled, teaching an approach to a block.

**COACHING POINTS:** Engage blocker when stepping with your foot closest to Blocker (Offset left – Contact made on step with right foot). Shoot hands with elbows tight to body and thumbs up. Keep pad level on approach with ass back – roll hips on contact. Do not push the sled – Grab and Throw as you are locking your elbows out. Head stays up throughout the drill – Have to see the ball carrier

# EARHOLE DRILL



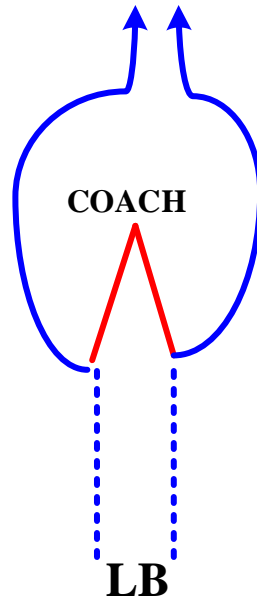
**PROCEDURE:** 1 LB start at Linebacker Depth, facing a Center, Quarterback, and Running Back. Trash Cans can be used to simulate a Guard and 3-Technique. On Snap, QB and Running Back will execute an Outside Zone track, while Center will Power Push the 3-Technique. Linebacker – See the Center Press the 3-Technique and get downhill to take the Double Off. Climb the block of the Center and get downhill to make a play on the Running Back.

Coach can play Quarterback in the Drill. After completion, Linebacker go to Running Back. Running Back go to Center. Center go to the back of the line.

**COACHING POINTS:** He Presses – You Press. Get downhill when you see the power push by the Center on the 3-Technique. Use good block protection technique – Hands inside, thumbs up, good pad level and bring hips. Climb the block of the Center and find the ball, using Near Shoulder leverage on the Running Back.



# AVOID DRILL

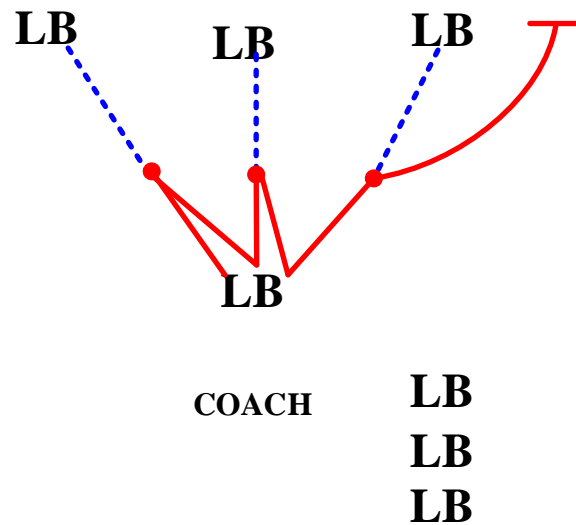


**PROCEDURE:** Linebackers start in a Single File Line, 5 yards away and facing Coach. On command, Linebacker will run towards either side of Coach, who will have 2 cones in his hand. Coach will hold a cone out, trying to make contact with LB (simulating a LB on 2<sup>nd</sup> level). Linebacker will avoid cone and stack back to finish directly behind Coach. Repeat so each LB gets a rep avoiding left and avoiding right.

**COACHING POINTS:** Drill is trying to simulate the idea of avoiding an offensive lineman at the second level so that LB can press the ball carrier and make a play. Get skinny to avoid the cone – turn at 90 degrees so there is less surface area of your chest for cone to hit.

After avoiding, stack back behind Coach to stay on original path to ball carrier.

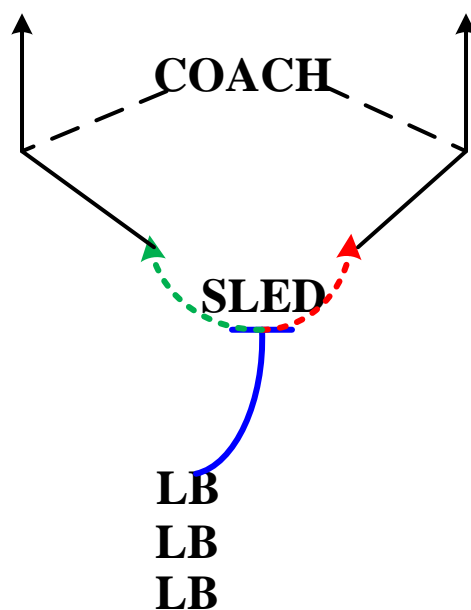
# 3 MAN SHIELD



**PROCEDURE:** 3 Linebackers will hold Hand Shields, 2-3 yards away and facing a Linebacker that is up first in the drill. Coach will stand behind the Linebacker in the Drill, facing the Linebackers holding hand shields. On command, Coach will point to 1 of the Linebackers holding hand shields, who will come downhill towards the Linebacker in the drill. Linebacker will attack him, engaging and locking out before backpedaling. Repeat this process 2 more times with the Coach pointing at the Hand Shield holder that will be up. On the 3<sup>rd</sup> Rep, Linebacker will shed the block and finish in a fit position. Rotate clockwise after each rep (Linebacker in Drill to Left Hand Shield, Right Hand Shield to back of line, etc.)

**COACHING POINTS:** Keep feet hot while starting the drill and after engaging each of the first two blockers coming downhill. For each of the 3 reps, Linebacker must “get off the spot” quickly, reading the O-Line as an Under key and attacking the one that comes to block him. On the 1<sup>st</sup> 2 reps in the Drill, emphasize getting up on the toes of the blocker, engaging and locking out. On the 3<sup>rd</sup> rep in the drill, emphasize throwing the bag away from the side you are shedding towards and finishing in a fit position.

# CLIMB/FALLBACK & SCOOP

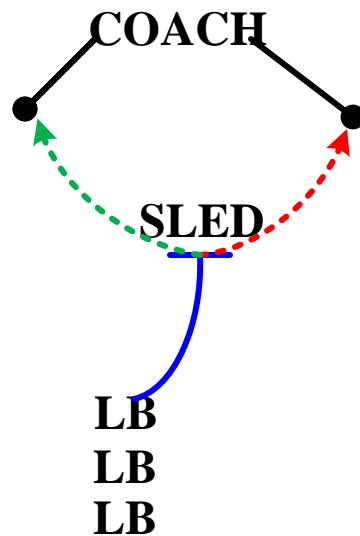


**PROCEDURE:** Linebacker start in a Single File Line, slightly 3-4 yards Sled and Offset to the Left. On Coach's Command, LB 1<sup>st</sup> in Line will approach sled and Climb the Block. After Getting off the Block, Linebacker will locate a ball that Coach has rolled to the side, scoop it, and run a full 5 yards after the scoop

**COACHING POINTS:** Same Coaching Points on Shed as Climb / Fall Back. Emphasis on head up / eyes up to see ball carrier.

The scoop part of the drill teaches a great pad level as you come off the block – have to be low and bend your knees to be able to scoop the ball. As you come out of the block, keep a good pad level and explode out of it, locate the ball, and scoop.

# 1 MAN SLED – CLIMB / FALLBACK WITH LEG PRO

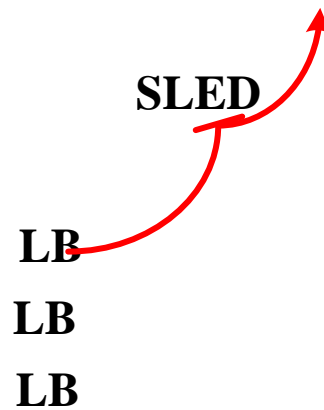


**PROCEDURE:** Linebacker start in a Single File Line, slightly behind Sled and Offset to the Left. On Coach's Command, LB 1<sup>st</sup> in Line will approach sled and Climb (1<sup>st</sup> Time) or Fall Back (2<sup>nd</sup> Time). On Shedding Block, Coach will throw a Medicine Ball at LB to simulate a Cut Block. Use Hands and Feet protect legs and get off cut.

Repeat 1x on Each Side for 4 Total Reps (Climb Rt/Lt, Fall Back Rt/Lt).

**COACHING POINTS:** Same Coaching Points as Climb / Fall Back on Sled. On Cut Block See the defender that is trying to cut you – use your hands to throw him by. Key Point: Protect yourself by keeping your outside leg back. Finish in a Fit Position on Either Side.

# 1 MAN SLED – CLUB/RIP CLIMB



**PROCEDURE:** Linebackers start in a Single File Line, 3-4 yards behind the sled and slightly offset to either side. On command, Linebacker will approach Sled and use a Club/Rip technique to Climb the Block and finish on the opposite side. This drill is designed to simulate a perimeter run where an offensive linemen is quick to the second level to cut the Linebacker off

**COACHING POINTS:** Get up on the toes of the Sled before executing the Club/Rip for maximum power

Aiming point for the Club is the far shoulder of the defender – try to push his shoulder back up the field towards the line of scrimmage and get him turned.

On the rip, have a great pad level so you are not exposing your body, and be violent with the backside part of the body – violent with the elbow ripping through and violent with the backside leg. Come tight off of the lineman to get up the field without overpursuing

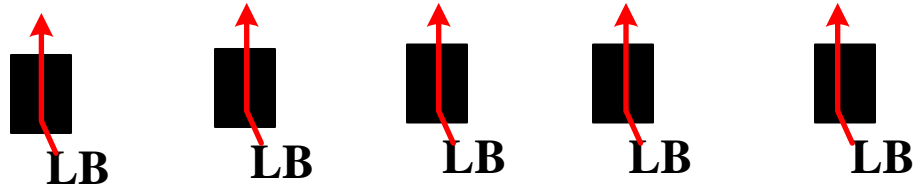
# TACKLING DRILLS



**IMG**

ACADEMY

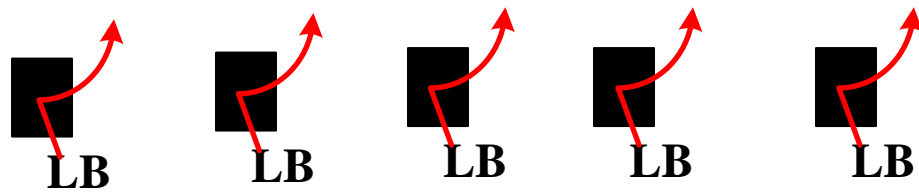
# FIT TACKLE



**PROCEDURE:** 5 Linebacker Start, on knees and slightly offset to either side of Standup Agile Bag. On Command, Linebacker will execute a Shoulder Tackle on the Agile Bag, making contact with the Bag with his Near Shoulder.

**COACHING POINTS:** Aiming point for the defender is the Thigh (or Imaginary Thigh) of the Ball Carrier. Get EYES Through the THIGH. Wrap and Squeeze the lower body (Think driving the Defender's Knees together).

# ROLL TACKLE

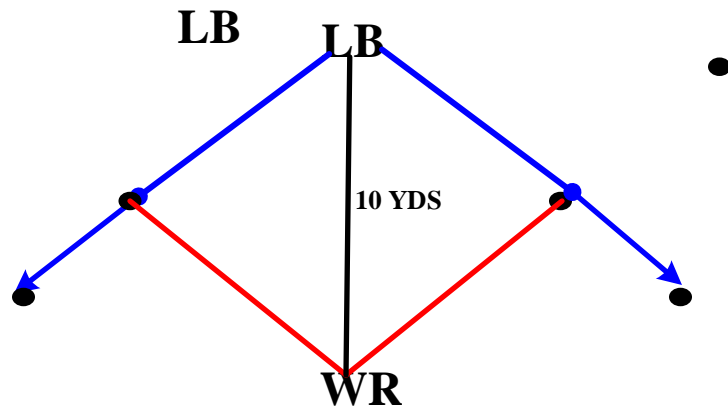


**PROCEDURE:** 5 Linebacker Start, on knees and slightly offset to either side of Standup Agile Bag. On Command, Linebacker will execute a Shoulder Tackle on the Agile Bag, making contact with the Bag with his Near Shoulder. This Time, Linebackers will Roll Away from Contact

**COACHING POINTS:** Same Coaching Points on the Tackle. On the Roll, emphasize Violently rolling away from the point of contact. If I make contact with my left shoulder, roll right. If I make contact with my right shoulder, roll left.

**CP: Think "Roll Tackle" When Near Shoulder Contact is Made BELOW The Waist**

# ANGLE TACKLE



**PROCEDURE:** Linebacker will align facing a Running Back, 10 yards in front of him. Cones will be offset at 5 yards, 45 degree angle to either side. On Command, Running Back will start Running towards one of the cones, holding an agile in the hand opposite the side he is going. Linebacker will track his near hip and tackle the agile using Near Shoulder Technique.

## **COACHING POINTS:**

### **2 Key Coaching Points in This Drill**

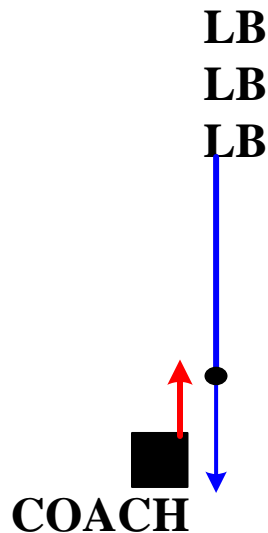
1.) **Same Foot Same Shoulder:** We Want to be putting our foot in the ground at the same time that we are making contact with the bag. Going to our left – Left Shoulder Contacts the Agile, Left Foot in the Ground at the Same Time. Going to our Right – Right Shoulder Contacts the Agile, Left Foot in the Ground at the Same Time.

2.) **Drive for 5 –** We are running **THROUGH** the Tackle – Not To the Tackle. Drive for 5 Hard Steps – Preventing Yards After Contact. Run Through the Cone that is offset 5 yards past the point of contact

**CP: Think “Drive for 5” when Near Shoulder Contact is Made ABOVE The Waist**



# SQUARE TACKLE ON AGILE



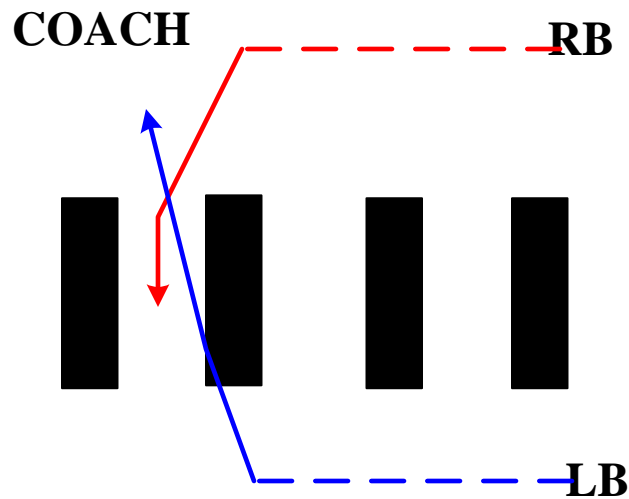
**PROCEDURE:** Linebacker will align in Single File Line 5 Yards, slightly offset from Coach who will be holding an Agile Bag. On Coach's Command, Linebackers will start chopping feet. As Coach Starts to move Agile Bag toward Linebacker, run towards the Agile and make a squared up tackle on the Agile, making contact with the Near Shoulder.

## **COACHING POINTS:**

Start in a great football position – Knees bent, chest up, feet slightly wider than shoulder width. Keep that same position through the end of the drill!

This drill takes place in a tight area – we want to simulate running through contact – after making Near Shoulder contact with the Agile, run through contact for 5 steps. We are not running to the tackle – we are running through the tackle!

# EYE OPENER



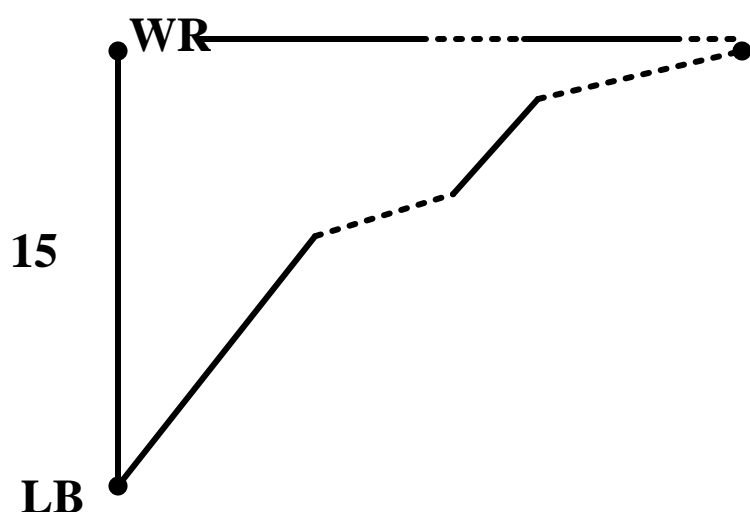
**PROCEDURE:** Place a set of Agile Bags approximately 2 yards apart. 2 Linebackers will stand on opposite sides of the agile bag, with 1 simulating a ball carrier. Ball carrier and Linebacker will be facing each other. On command, ball carrier will start a tempo shuffle down the field. Linebacker will mirror the ball carrier, keeping an inside out relationship. When ball carrier commits to a gap by pressing it, Linebacker will attack the gap and fit up the ball carrier

## **COACHING POINTS:**

Mirror the movement of the Running Back, keeping an inside out position. When the Running Back starts to press downhill in between 2 of the agile-s, fire the gap and make Near Foot / Near Shoulder contact. Wrap up the ball carrier and drive him back for 5 hard steps.

Don't guess or anticipate when he will press the gap – Stay Flat and mirror him until he commits downhill.

# RUN THE ANGLE



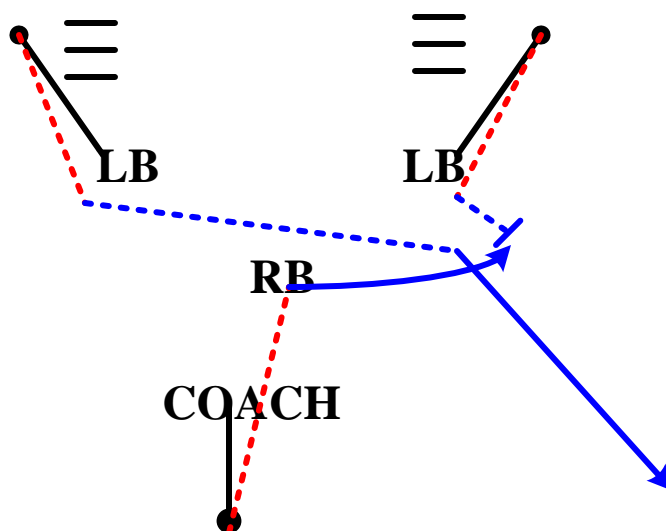
**PROCEDURE:** Linebacker will align 15 yards apart from a Wide Receiver. Wide Receiver will be facing the End Zone, Linebacker will be facing the Wide Receiver. On command, Wide Receiver will run towards the End Zone at a job, body facing the End Zone. Linebacker tracks the Near hip of the Wide Receiver.

After a few yards, the Wide Receiver will square up, facing the Linebacker and simulating the threat of a Cutback. Linebacker will transition from a forward run to a scallop, squaring up and shuffling while still closing the ground on the Wide Receiver. Repeat this process until the Linebacker closes the ground and fits the WR up.

## **COACHING POINTS:**

At the start of the drill, the key coaching point is to close the ground between the WR and the LB, while tracking the Near Hip. When the WR squares up, he has the ability to Cut Back – So the Defender wants to be square, allowing him to track the Near Hip and still close the distance to the ball carrier

# TRIGGER TACKLE

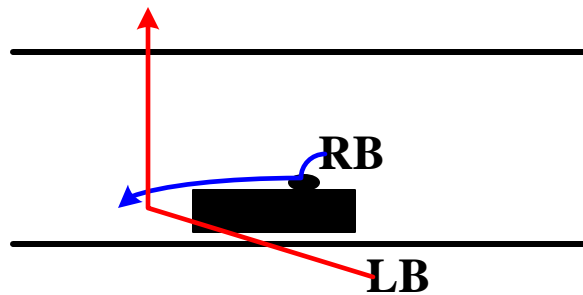


**PROCEDURE:** 2 Linebackers will go at 1 time – 2 Hook Curl Defenders. Coach will Align as Quarterback – Either Under Center or in the Gun. On Snap, Drop to your Landmark. Trigger when his hand comes off Ball. Coach will simulate throwing Checkdown to a Running Back. On the throw, Hook Curl Defenders will pursue the Running Back proper leverage. First defender to Running Back will fit him up. Second defender to Running Back will go for the ball and execute a strip. Defender who strips will scoop and score and go to back of line. Defender who wraps up will go to Running Back. Running Back also goes to back of line, and two new linebackers will take the next rep.

## **COACHING POINTS:**

**Zone Drops: Open Hips and Maintain Vision on Quarterback During Drop. Set when the Quarterback Sets Up – Do Not Drift in Your Drop. Pop in Place, and Trigger when the Quarterback's Off hand Comes off the ball. Leverage the ball – The ball carrier is inside of both hook curl defenders, so both defenders keep the ball on their inside shoulder – OWN YOUR SHOULDER. Attack straight up for 1 step to set the angle. First defender there: execute a good tackle, stepping Near Foot / Near Shoulder and shooting elbows tight from body. Second defender – Use quick uppercut to strip, don't wind up. Bend from knees when scooping / scoring.**

# PRIDE TACKLE



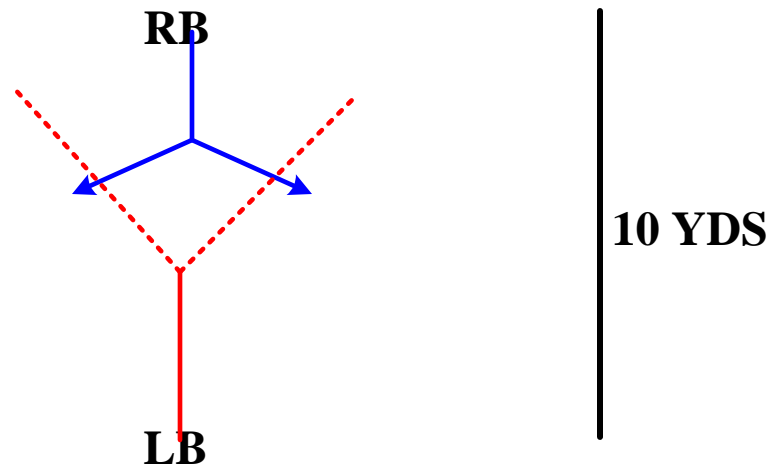
**PROCEDURE:** 2 Linebackers will be up at a time facing each other on either side of an agile bag. Agile bag will be placed about 1 yard away from a white line on the field. Drill starts with a Linebacker simulating a Running Back picking up the football and running to the other side of the agile, trying to cross the white line. Linebacker will track his near hip and fit up the Back, trying to drive him past the white line five yards on the other side of the drill

**Running Back –** Make the Linebacker run his feet and work - don't allow yourself to be driven back. Go to back of line after drill and flip roles 2<sup>nd</sup> time through

## **COACHING POINTS:**

**Get off the Spot quickly when the Running Back picks up the football. Track his near hip. Make Near Foot / Near Shoulder contact and wrap up. Run feet through contact and drive for 5 hard steps - don't let the Running Back get past the white line in front of you**

# PULP TACKLE



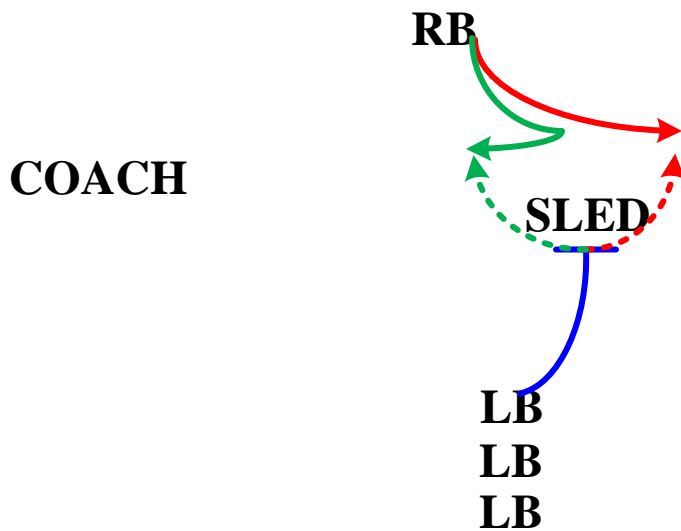
**PROCEDURE:** 2 Linebackers will be up at a time facing each other, 10 yards apart. 1 Linebacker will be simulating a ball carrier. Both players will start to tempo jog towards each other. At approximately 3-4 yards away, the ball carrier will make a move to one side or the other. Linebacker will react to his movement, adjusting his angle to make Near Foot / Near Shoulder contact and fit up the ball carrier

## **COACHING POINTS:**

**Key Point in this Drill is to make Near Foot / Near Shoulder Contact. The Ball Carrier is making a move late, so you will be reacting to his move, not knowing which shoulder to make contact with as you are tracking the ball.**

**Fit up the ball carrier and drive for 5 hard steps.**

# 1 MAN SLED – CLIMB / FALLBACK TACKLE



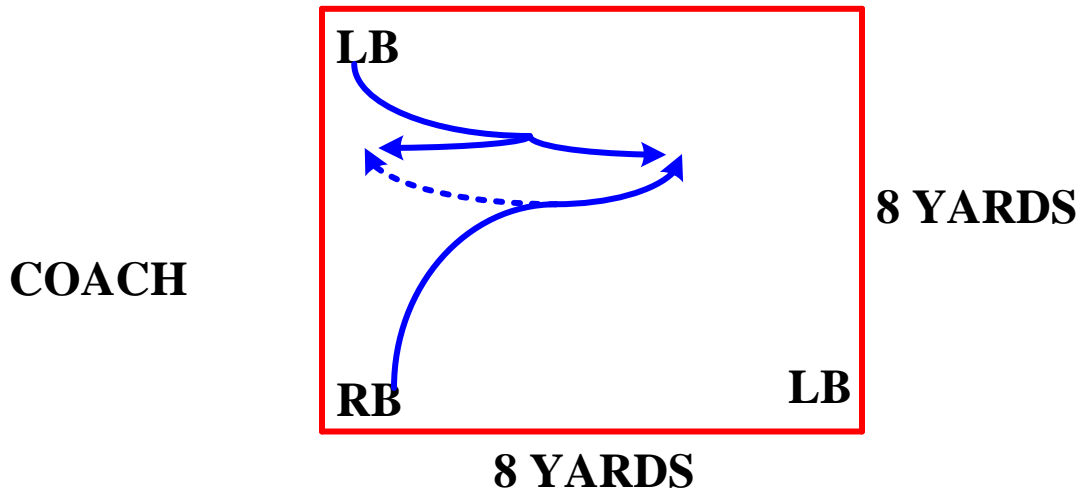
**PROCEDURE:** Linebacker start in a Single File Line, slightly 3-4 yards Sled and Offset to the Left. On Coach's Command, LB 1<sup>st</sup> in Line will approach sled and Climb the Block. Ball Carrier will be standing on other side of sled, mirroring LB and holding an agile bag with his hand furthest from the sled. After shedding block, LB tackle the Agile Bag. On Fall Back Tackle, RB hold agile in hand closest to sled.

Repeat 1x on Each Side for 4 Total Reps (Climb Rt/Lt, Fall Back Rt/Lt). LB hold agile after your rep, RB holding agile go to back of line.

**COACHING POINTS:** Same Coaching Points on Shed as Climb / Fall Back. Emphasis on head up / eyes up to see ball carrier.

On Tackle, make contact with Near Shoulder to the Ball carrier while stepping with near foot to ball carrier (Left Side of Ball Carrier – Contact with Right Shoulder and Right Foot). Backside Leg stays Back for the Cutback. Head Up / Eyes Up. Good pad level on approach - Explode through contact by rolling hips and finish by running through contact with the bag. Keep arms tight to body to wrap up. Stay up – Do Not go to ground.

# CHASE TACKLE



**PROCEDURE:** Running Back and Linebacker start facing each other 8 yards apart. 2<sup>nd</sup> LB aligns 8 yards to either side of the Running Back, creating an 8 yard box. Running Back starts in a tempo jog to middle of box. Linebacker facing Running Back approaches him. Running Back has one move to make on Linebacker to either side. LB wraps up. When RB makes 1<sup>st</sup> move, 2<sup>nd</sup> LB will come from behind and punch the ball out, scoop, and score.

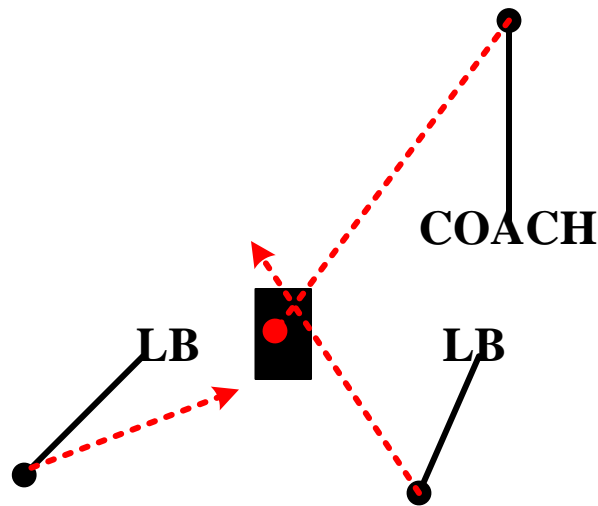
Trailer goes to Running Back. Running Back goes to Linebacker. Linebacker goes to back of line.

**COACHING POINTS:** Linebacker on approach stay slightly behind the Running Back to prevent the cutback. Use Near Foot / Near Shoulder to wrap him up. Secure the Tackle.

Second LB make sure tackle is secure to punch the ball out. Use quick uppercut to punch the ball – do not tomahawk or wind up. Find the ball and bend knees to pick up, scoop, and score.



# SPRINT TACKLE



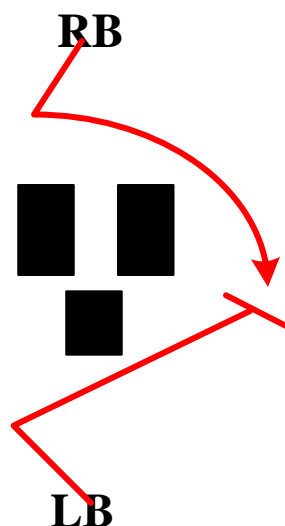
**PROCEDURE:** 2 Linebackers will go at 1 time – a Hook Curl Defender and a Curl Flat Defender. Coach will Align as Quarterback – Either Under Center or in the Gun. On Snap, Drop to your Landmark (Hook Curl H+1, Curl Flat Top of Numbers). Trigger when his hand comes off Ball. Pop Up will, be ½ Way in Between #s and Hash – 5 Yards off LOS. First Defender There – Tackle pop up using Near Foot Near Shoulder Technique. Second Defender There – Fit Up Pop Up. 2 New Linebackers for Every Rep

## **COACHING POINTS:**

**Zone Drops:** Open Hips and Maintain Vision on Quarterback During Drop. Set when the Quarterback Sets Up – Do Not Drift in Your Drop. Pop in Place, and Trigger when the Quarterback's Off hand Comes off the ball.

**Tackle:** First Defender There – Take approach angle so that he cannot cross your face – Near Foot / Near Shoulder, deny the cutback. Make contact with the pop up with your near shoulder while stepping with your near foot. Roll hips and run through contact. Arms tight to body – Scrape elbows on side to wrap up. Second Defender There – Finish in Fit Position on Pop Up

# FALL BACK TACKLE



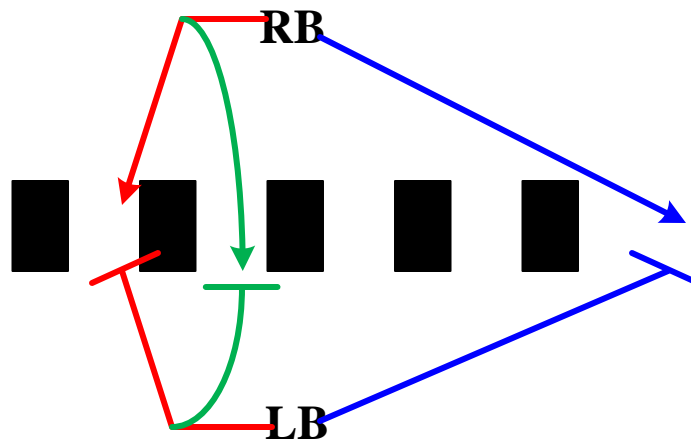
**PROCEDURE:** Running Back aligns 8 yards deep in Backfield, directly over the 3 trash cans simulating a double team. LB aligns at Linebacker Depth head up over the Defensive Tackle. On snap, Running Back will execute zone footwork to either side for 3-4 Steps. Linebacker will mirror the Running Back. After 3-4 Steps, Running Back will fall back, simulating a cutback on the other side of the Double team. Linebacker will fall back with him, executing a Near Foot Near Shoulder tackle on the Agile.

After each rep, Linebacker goes to Running Back. Running Back goes to the Back of the Line. Running Back – When Cutting Back Left, Hold Agile in Right Hand. Cutting Back Right – Hold Agile in Left Hand.

## **COACHING POINTS:**

Shuffle feet without crossing over to mirror the Running Back. His shoulders are square – this means he has a chance to cut back, your shoulders must stay square also. Stay behind the ball. As he commits to a cutback, press the Running Back and tackle the Agile Bag that he is holding (Step with Near Foot, Make Contact with Near Shoulder closest to RB).

# MIRROR DRILL



**PROCEDURE:** Running Back aligns 8 yards deep in Backfield in the home position. LB aligns at Linebacker Depth head up over the Running Back. On snap, Running Back will execute zone footwork to either side. Linebacker will use mirror footwork to match the Running Back. When RB presses the LOS and commits to a gap, LB will press the gap and execute a Near Foot Near Shoulder tackle on an agile that the Running Back is holding.

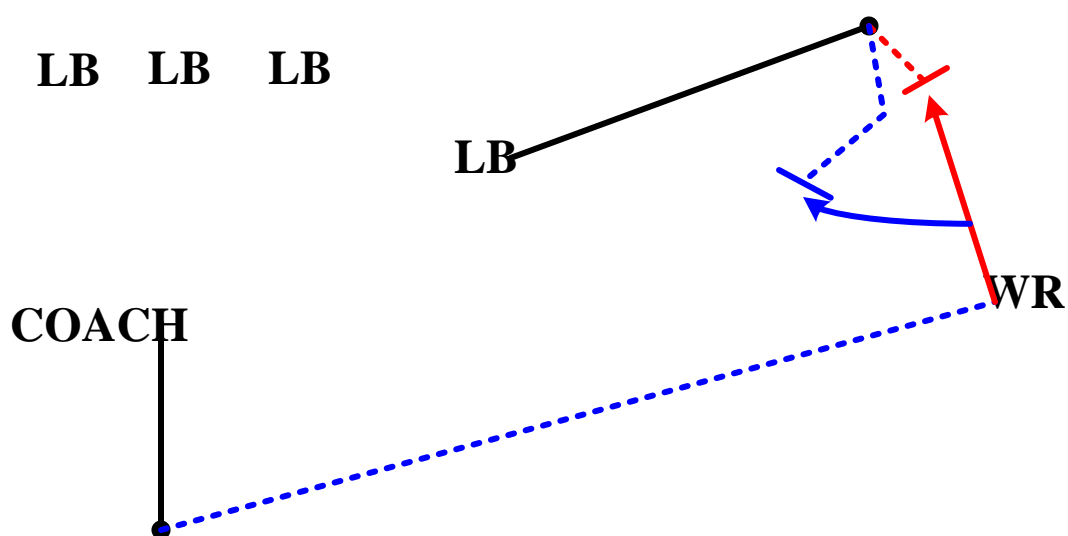
After each rep, Linebacker goes to Running Back. Running Back goes to the Back of the Line.

## **COACHING POINTS:**

Shuffle feet without crossing over to mirror the Running Back. When his shoulders are square – your shoulders are square. Do not crossover run unless you have to (Clearly Perimeter Run). When in Doubt – Treat as Inside Run.

Stay Behind the football – Never overpursue and give the cutback. As RB gets downhill, attack him and make contact with your shoulder nearest him, while stepping with your foot nearest him.

# SIDELINE TACKLE



**PROCEDURE:** Linebacker will align 5 yards off the LOS. Coach will simulate a Quarterback Under Center, going through a 5 step drop. On snap, Linebacker will drop to play Curl Flat, setting when Coach sets up, with aiming point 1 yard inside WR. Coach will simulate throw to WR. Linebacker will attack WR, leveraging the ball and using the sideline. WR has 1 move to make. Linebacker track the WR inside out and fit the WR up using Near Foot / Near Shoulder technique.

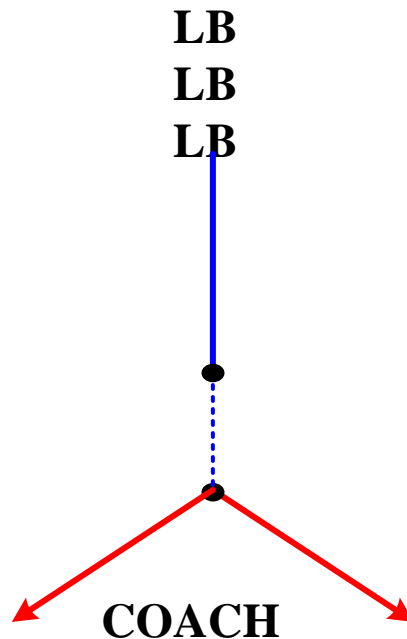
After each Rep, LB will go to WR. WR will go to back of line

## **COACHING POINTS:**

**Zone Drops:** Open Hips and Maintain Vision on Quarterback During Drop. Set when the Quarterback Sets Up – Do Not Drift in Your Drop. Trigger immediately on throw. Keep inside leverage on the ball – do not lose leverage and give the WR the cutback. Attack straight up for 1 step to help set angle. Use good technique to wrap up after making contact with Near Shoulder. Shoot the elbows tight to body to wrap up.

**Wide Receiver:** Make this drill hard on the LB. Not using agiles because we want you to make a move so it is a difficult tackle (simulating open field tackling)

# SHIMMY TACKLE



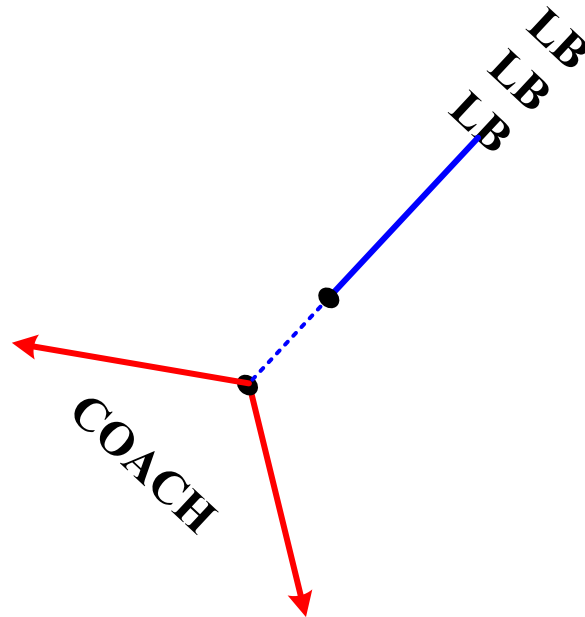
**PROCEDURE:** Linebacker will align in Single File Line 15 yards in front of Coach, who will be holding Agile Bag. On Command, Linebacker will run towards Coach, breaking down on a cone approximately 3-4 yards in front of Coach. Keep feed hot for 2 more yards after breaking down. Coach will be moving the agile bag back and forth, and after Linebacker reaches second cone, will throw it one way or the other. Linebacker will run through and tackle the Agile Bag.

## **COACHING POINTS:**

As you approach Coach and start to break down on the cone, emphasize keeping feet hot while breaking down – we do not want to stop our feet! Keep your eyes on your target – in this case the Agile Bag. Do not guess where the bag is getting thrown.

Make a Near Shoulder Tackle with the Agile Bag – Going to right, contact with Right Shoulder. Going to Left, contact with Left Shoulder. Run through contact – sprint through the contact with the bag for 5 hard steps.

# SHIMMY TACKLE - ANGLE



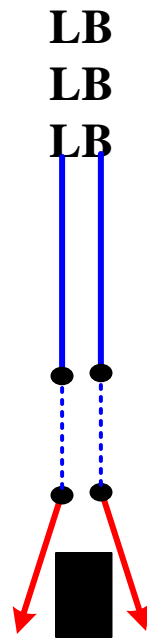
**PROCEDURE:** Linebacker will align in Single File Line 15 yards away from Coach, offset at a 45 degree angle to simulate a Sideline Tackle. On Command, Linebacker will run towards Coach, breaking down on a cone approximately 3-4 yards in front of Coach. Keep feet hot for 2 more yards after breaking down. Coach will be moving the agile bag back and forth, and after Linebacker reaches second cone, will throw it one way or the other. Linebacker will run through and tackle the Agile Bag.

## **COACHING POINTS:**

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Make a Near Shoulder Tackle with the Agile Bag – Going to right, contact with Right Shoulder. Going to Left, contact with Left Shoulder. Run through contact – sprint through the contact with the bag for 5 hard steps.

# SQUARE TACKLE ON CAN



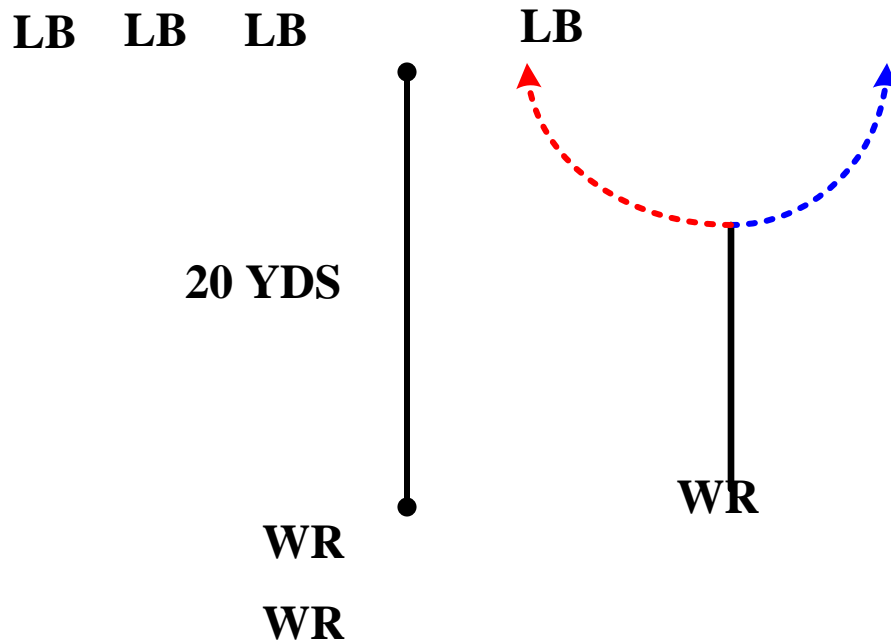
**PROCEDURE:** Linebacker will align in Single File Line 15 yards in front of Trash Can, slightly offset to either side. 4 Cones will be aligned to create a box, 3x3 Yards and approximately 1 yard in front of the Trash Can. On command, Linebacker will run at full speed to the first set of cones. On reaching cones, linebacker will start to break down, keeping feet hot an approach to trash can. Linebacker will simulate a profile tackle on the trash can, keeping the leverage that he started with on the can.

## **COACHING POINTS:**

As you approach Coach and start to break down on the cone, emphasize keeping feet hot while breaking down – we do not want to stop our feet! Keep your eyes on the can as your target. Maintain leverage that you started with on approaching the can.

Because we are just tackling air in this drill, really want to emphasize shooting the elbows tight from the body to wrap up. Almost feel as if you are “scraping” your elbows against your side.

# OPEN FIELD TACKLE



**PROCEDURE:** Linebacker will align 20 yards apart from a Wide Receiver. On Wide Receiver Motion, Linebacker will attack the near hip of the wide receiver, keeping his leverage. On approach, Wide Receiver will have a 2 way go on the Linebacker, making one move to try to make him miss. Linebacker will fit up and tag off WR to show that he would have made the play.

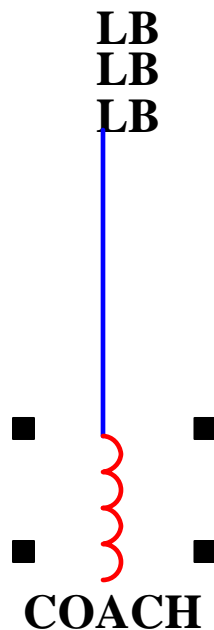
Switch lines after completing the Drill – LB go to back of WR line, WR go to back of LB line.

## **COACHING POINTS:**

In Open Field situations like this, attack straight up for 2 steps to set your angle to the inside hip of the ball carrier. Break down as you approach him but keep running your feet. Continue to track the near hip of the ball carrier, working out with him if he breaks outside but maintaining your leverage. If he breaks inside, leverage should allow you to make the tackle.



# LONG STRIDE SHORT STRIDE

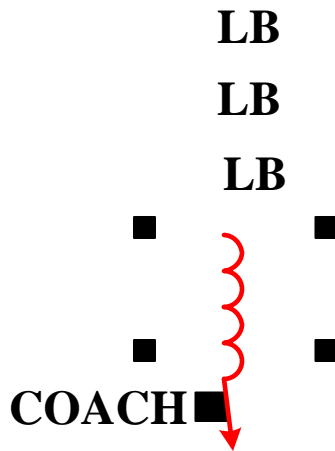


**PROCEDURE:** Linebackers will align in a Single File Line, 10 yards in front of a 3 yard box of cones. On command, 1<sup>st</sup> Linebacker up will Start in a Full Speed run towards the cones. Upon reaching the first set of cones, start to break down and take short, choppy steps towards the Coach. Finish in a fit position on coach.

## **COACHING POINTS:**

This drill works Long Stride – Short Stride. Long stride to close the ground to the ball carrier – Short stride to come to balance. As you start to short stride – think short, choppy steps, eyes up, chest up. Emphasize continuing to close ground on the coach as you short stride - don't just run in place

# SHORT STRIDE WRAP & ROLL



**PROCEDURE:** Linebackers will align in a Single File Line, directly in front of a 3 yard box of cones. On command, 1<sup>st</sup> Linebacker up will Start to “Short Stride” to a Coach holding an agile on the other side of the box. On reaching the Coach, Linebacker will make a Near Shoulder “Roll” Tackle on the Agile Bag.

## **COACHING POINTS:**

Emphasis is to gain ground on the Short Stride – Too often, the Short Stride becomes more of a “Jog in Place.” We want to continue to close ground on the ball carrier as we short stride. Think Eyes Up – Chest Up – Wider Base and continue to gain ground.

On the Roll – Think “Roll” when Near Shoulder Contact is made below the waist. Same Foot Same Shoulder – And Roll Away from Contact (Right Shoulder Contact – Roll Left)

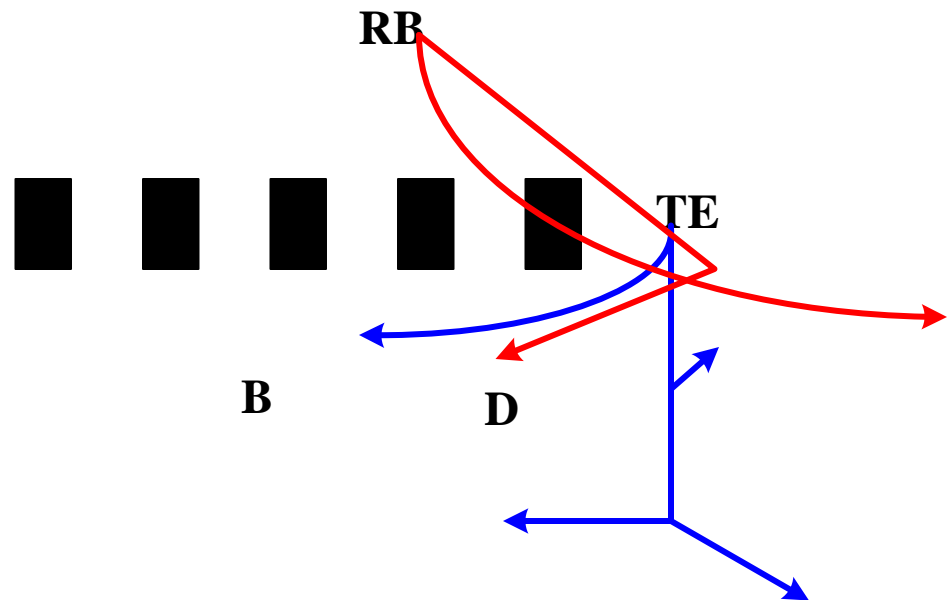
# **COVERAGE SPECIFIC DRILLS**



**IMG**

ACADEMY

# NEAR DOUBLE PUSH DRILL



**PROCEDURE:** Backer And Dime will take Even Alignments. Running Back will align in Gun offset to TE. Backer and Dime – Communicate “Alert Push” and “I’m High/I’m Low” Pre-Snap. Coach will direct various Near Double Sorts for the Running Back and Tight End (Yogi, Y Shallow, 973, H Angle, etc.). Backer and Dime will match or pass off the routes based on Split Safety Coverage called (2, 4, 6).

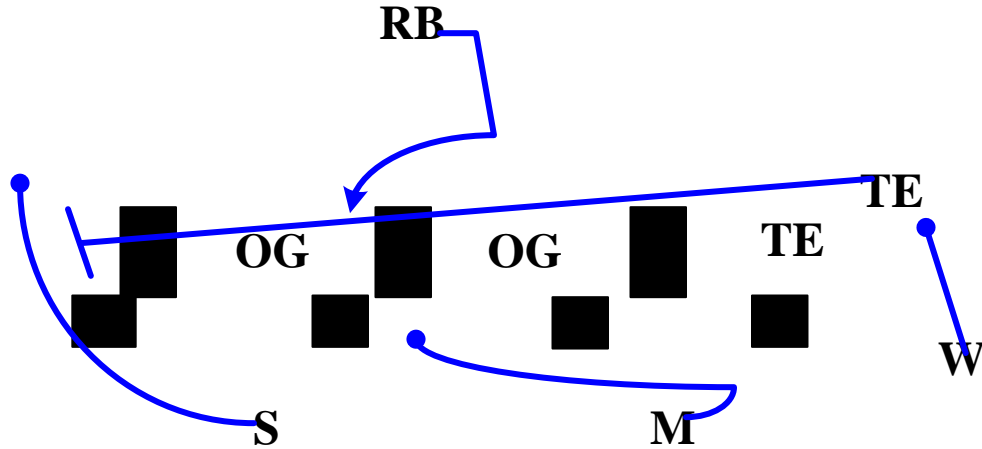
## **COACHING POINTS:**

**Great Communication Pre- and Post-Snap.** We will start at Slow Tempo and work to get faster – but Communication at slower tempo is essential before we move to faster tempo.

**Alignment is Critical.** Backer take an alignment that will allow you to relate to #3 after a Push – But Know that you still have the B Gap vs. Belly and cannot get cut off by C/PSG Double. Dime – Know that you may have Traffic Issues if you have to match #3 to the Flat – Deepen Alignment if Necessary.

**After the Sort is Declared – This is a drill to work MATCH Coverage – get your eyes on your match throughout the Down.**

# KEY DRILL



**PROCEDURE:** Linebackers will align as a Running Back, Guards, and Tight Ends / Fullbacks based on Personnel. On Snap, Coach will direct various run plays and backfield actions to the Linebackers simulating offensive personnel (Power, Stutter, Zone, Flash, etc.).

Linebackers will Key the Running Back through the Core, responding to the Run Action and fitting their Proper Gap. Fullbacks, Tight Ends, and Pulling Guards will use hand shields when possible, forcing the Linebackers to take on a block as they are fitting their gap. Linebackers involved in the drill will go through fits of the same run, rolling through different coverages, before jumping in as offensive positions with 3 new linebackers coming up.

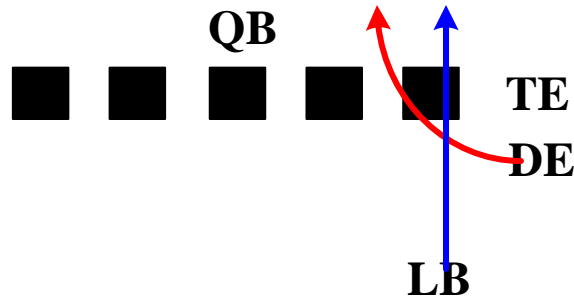
## **COACHING POINTS:**

**Great Pre-Snap Communication (Alert Flash with Y Off, Communicating RB Alignments, etc.). Read Keys and Get Off the Spot to Fit**

**When taking on a Defender with a Hand Shield, grab, lock and throw to shed the Block. Take on blocks / fit your gaps with good pad level – this is not a Walk Thru!**

# SCRAPE DRILL

RB



**PROCEDURE:** Linebackers will align as a Tight End, Defensive End, and Off the Ball Linebacker. On Snap, Defensive End will execute a Pirate Stunt, working to the B Gap. Linebacker will align in a Tan Alignment and Scrape off of the Pirate by the Defensive End

This drill will simulate run fits in Cover 2 with a Pirate, as well as any Blitz where we are trying to coejm off of a slanting Defensive Lineman.

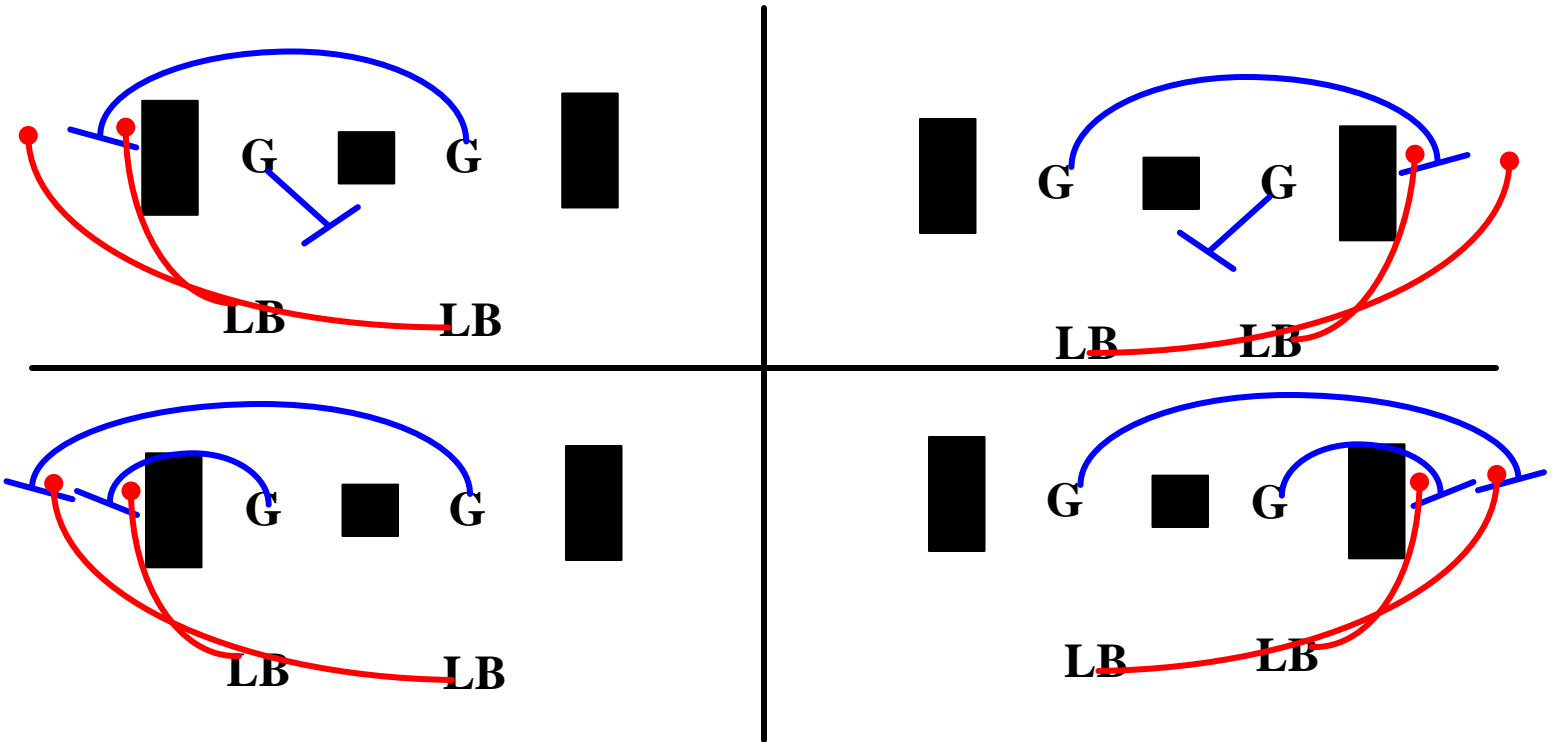
## **COACHING POINTS:**

**Tan Alignment –** Allows you to come straight downhill without having to change your angle to eliminate air

**Pop Pop at the Snap –** Let the Defensive End do his job and come as tight as possible off him – eliminate any air between his stunt and your downhill attack

**Spill any kick out or lead blocks that you face.**

# PULL DRILL



**PROCEDURE:** 2 Linebackers align at Linebacker Depth in Base Alignments. 2 Linebackers not in will simulate Offensive Guards. Place Agiles on either side of Guards to simulate Offensive Tackles. On Coach's Command, Guards will execute an "O" Run to Either Side, or a Stretch OG Run to either side. Linebackers will read keys and react to the pulling guards, executing run fits based on the coverage

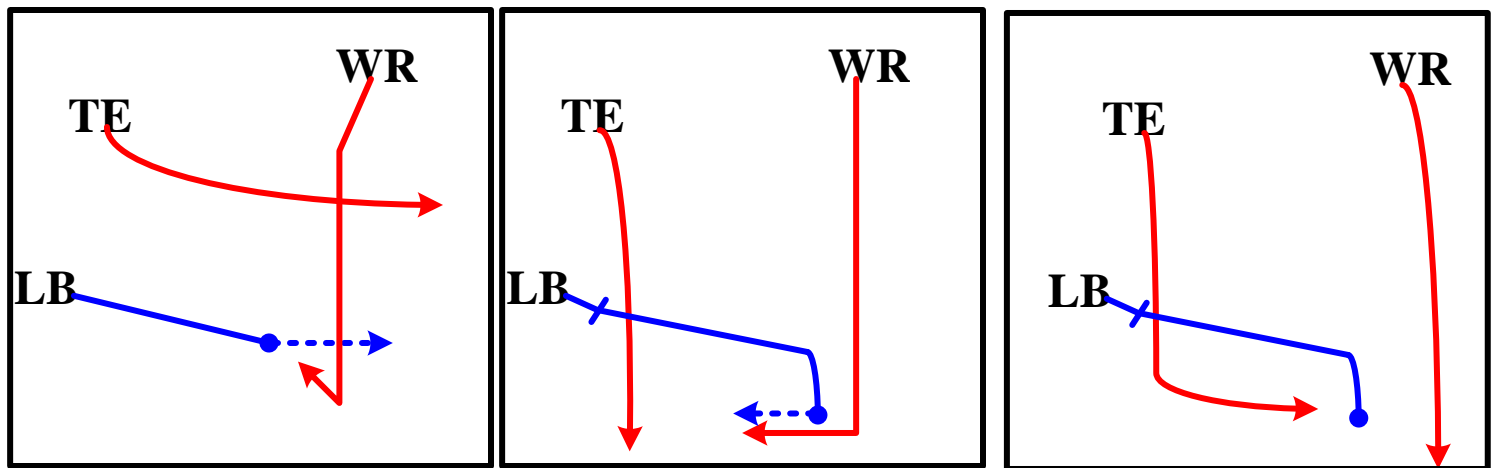
3-4 Reps at a time for each set of Linebackers – When finished, go to back of line and Flip Linebackers / Guards 2<sup>nd</sup> Time Through

## **COACHING POINTS:**

**In Pursuit – Scrape Tight to Color – whether it is a Stretch Run or 1-Back Power – come tight off of the down block to spill or hammer.**

**Taking on Blocks – "Thick" Spill or Hammer – Cheek to Cheek. Shoot hands with elbows tight, be ready to get off the spill or hammer and finish on the ball.**

# CURL FLAT VISION DRILL



**PROCEDURE:** This drill will simulate a Curl Flat drop to a 1 or 2 man side. On snap, Linebacker will get to landmark to play Curl Flat Vision, with an aiming point of 10 Yards Deep and 1 Yard Inside #1. With #2 Detached, use Punch/Widen Technique on #1.

As you get to the top of drop, see the release of #2. With #2 Up – Get Ready to Hinge for the 7 Route. With #2 Flat – Hold the Curl Window as long as you can. Roll with #1 on an In Cut When Possible

## **COACHING POINTS:**

- Open Hips – 45 Degree Angle – Have Urgency at Start of Drop
- Settle when QB Settles
- Feel In Cut by #1 and Roll with it when possible
- Threat to Flat – See Shoulders – Man Turn with Wheel – Swing Route - Don't have to beat him to flat, rally to it and make tackle (Deep to Short)
- Play Sail Route with your Body and Depth – Comeback by #1 with your Eyes and Width
- With #2 Removed and Reroute – Extra Urgency to get to Drop after Reroute (Don't be Late and Don't be Short)