

Escondido High School Football Linebacker Drills

Stance:

Linebackers should be in a comfortable stance with feet just outside of shoulder width and good bend in the knees. The shoulders of the Linebacker should be over his knees, with eyes up and arch in his back. He should be comfortable to run in this position in all directions.

Block Protection Drills

1 Step Drill:

Purpose: Teach Linebackers how to make contact with a player.

Technique: Pair up linebackers facing each other. The linebacker will line up opposite a bag holder and be shaded to the left. The linebackers right foot should be slightly back and in the middle of the bag. The right shoulder should be on the bag. On coaches command, Linebacker will take a six inch step with his right foot to the bag and throw his forearm through the bag. The foot should make contact on the ground at the same time the forearm hits the bag. Coach should emphasize a quick step and contact and accelerate through contact. Repeat drill with left shoulder.

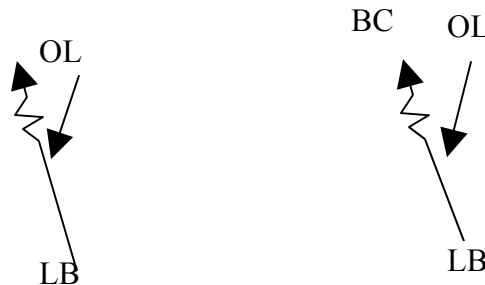
Alternate Techniques: Drill can also be done versus a sled, or against a man wearing full pads

Block Shed Drill:

Purpose: Teach Linebackers how to attack and take on a blocker

Technique: Line up Linebacker head up on bag holder about 5 yards away. On cadence, have linebacker attack the bag with his right shoulder. The linebacker should aim his right shoulder at the hip of the defender. Linebacker should look to make contact with his right foot, right shoulder and forearm at the same time and get to the hip of the blocker. Linebacker should break down after getting to the hip of offensive lineman and redirect to football.

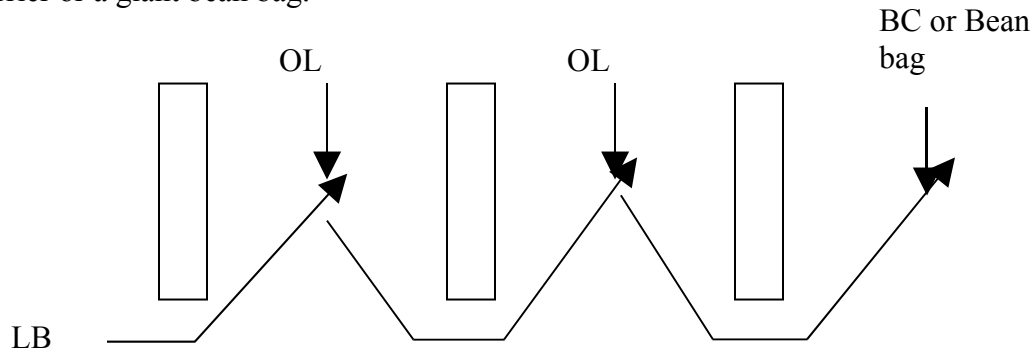
- Progression:**
1. Bag holder standing. (Move LBer to 3 yards)
 2. Bag holder takes two steps to shoulder. Redirect to football
 3. Full pads: blocker full speed to contact. Redirect to football
 4. Full Pads: blocker full speed to contact, Form tackle ball carrier or Bag



Multiple Shed Drill:

Purpose: Teach Linebackers how to attack and take on a blocker

Technique: Line up 3 agility bags on the ground about 5 yards apart. Linebacker will line up outside the first bag. In between the first two sets of bags is a blocker that the linebacker must take on with his shoulder outside the third bag is a ball carrier that they must wrap up and form tackle. Linebacker takes on first blocker, turns and drops, shuffles, takes on second blocker, then backs up shuffles and form tackles either a ball carrier or a giant bean bag.



Read Drills

Purpose: Teach Linebackers to react to most common blocks by offensive line

Technique: Line up Linebacker facing the lineman they about 4-5 yards (technique would be used in game). Linebacker should key the feet and shoulders of the Offensive lineman to alert them on what to do.

Base Blocks: If Offensive lineman attacks your playside number, attack playside hip of the offensive lineman. Hit the lineman with your inside shoulder and break down when you get to his hip.

Reach Block: If offensive lineman zone steps and aims for your outside shoulder work down the line and attack playside hip of the offensive lineman. Hit the lineman with your inside shoulder and break down when you get to his hip.

Linebackers must recognize the difference between zone reach steps and down blocks.

Down Block: If offensive lineman turns shoulder down the LOS, Replace the hip of the offensive lineman (where he started from). Look to adjust path to lineman blocks.

Pass: On pass set by the offensive lineman, drop to your coverage and look for receivers attacking your zone. Settle down in zone and have your eyes on the QB's shoulder.

Tackling Drills

Form Tackling:

Purpose: To teach Linebackers the proper technique in tackling

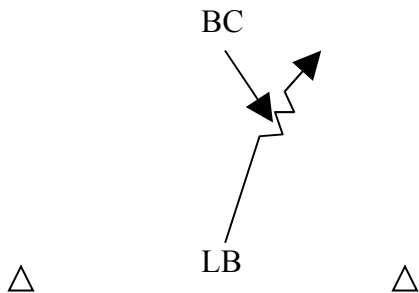
Technique: Pair up linebackers facing each other. Start with Linebacker facing ball carrier with right shoulder in mid section, head to the left side with bowed neck and right foot slightly staggered. On Cadence, linebacker should step with right foot through the crotch of the ball carrier. The linebacker should wrap arms vertically behind the ball carrier and clinch wrists together at lower back. These are a form rep activity and should only be done at about half speed. Repeat with both shoulders.

Progression: 1. 1 Step Tackle
2. 3 yard Step and Tackle

Angle Tackles:

Purpose: Teach Linebackers how to tackle a ball carrier.

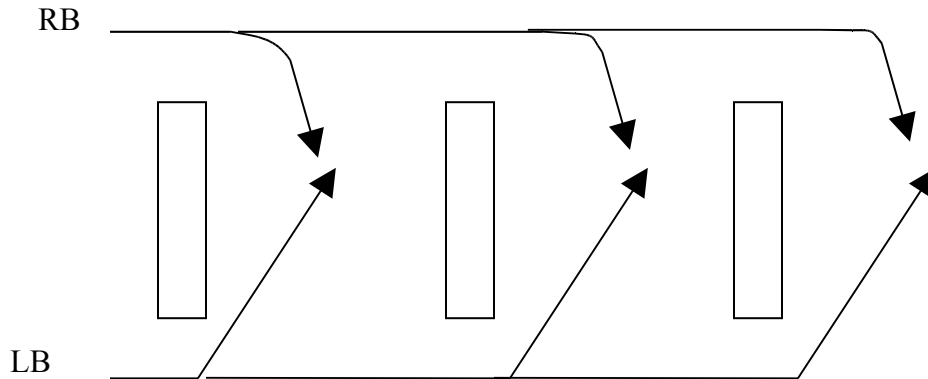
Technique: Line up a linebacker facing the ball carrier about 5 yards apart. Put a cone about 3 yards to the right and left of the linebacker and have the running back attack the inside of the cone. Linebacker should make the tackle on the running back with his head in front and hit with his inside shoulder. He should make contact with his shoulder at the hip of the ball carrier and run his feet through on contact. Make sure the linebacker is wrapping his arms around the ball carrier. Repeat drill with Ball carrier going other direction



Pick a Whole Tackle Drill:

Purpose: Teach lineman how to keep a proper relationship to a ball carrier and learn when to attack the ball carrier.

Technique: Line up three agility bags about 3 yards apart. Have the linebacker line up on the end of one bag and the ball carrier on the opposite side of the bag. On coaches cadence the ball carrier will run with his shoulders perpendicular to the line of scrimmage and attack one of the three wholes. The linebacker must shuffle until the back has committed and then attack the whole and wrap up the ball carrier and run through contact. The Linebacker should reverse the momentum of the ball carrier and cause him to go backwards.



Shed and Tackle Drill

Purpose: Teach Linebackers how to take on a block, shed and make the tackle

Technique: Line up Linebacker about 5 yards from an offensive lineman between two bags that are about 5 yards apart. Behind the lineman should be a ball carrier with the ball. Coach give the offensive lineman and back a direction to go either right or left. Linebacker must read the direction of the lineman attack his hip and make the tackle of the ball carrier between the two bags.

