

LB FUNDAMENTALS
EMPHASIS ON KEYS

U OF MARY
GLAZIER CLINIC

PURPOSE OF FUNDAMENTAL PRACTICE

- TO TEACH PROPER DEFENSIVE LEVERAGE
- TO TEACH PROPER BODY DEMEANOR
- TO TEACH PART OF THE WHOLE
- TO TEACH FUNDAMENTALS NEEDED - to EXECUTE RESPONSIBILITY

A K R(T)

- **ALIGNMENT EMPHASIS** — MEETINGS AND GROUP WALK THRU
- **KEY EMPHASIS** — INDY AND GROUP
- **RESPONSIBILITY EMPHASIS** — GROUP AND TEAM
- **TECHNIQUE EMPHASIS** — INDY EXCLUSIVELY TO A POINT (DOB -TACKLING-PASS RUSH).

THE 6 OLB FUNDAMENTALS

- KEYS (PIN7 EMPHASIS)
- COVERAGE
- DOB
- PASS RUSH
- TACKLING
- GAMES

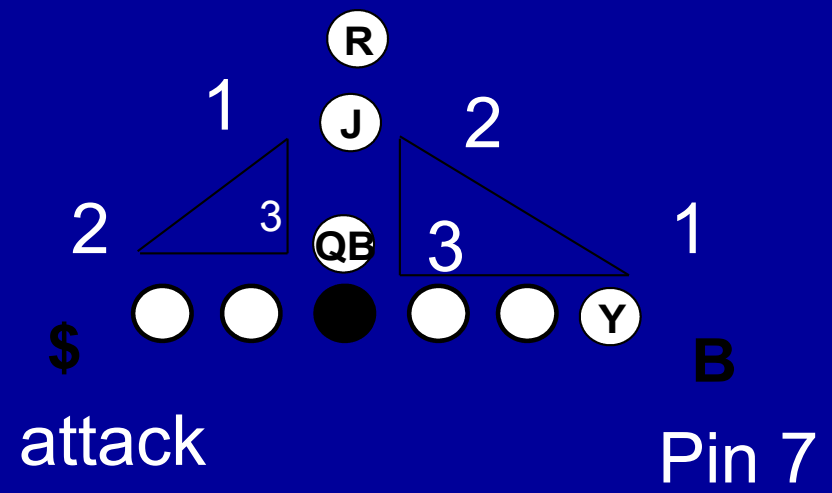
PRESENTATION EMPHASIS INDIVIDUAL PRACTICE

- PIN 7 KEYS
- ILB KEYS

PURPOSE OF KEYS

- TO CREATE EYE CONTROL PROGRESSION FOR THE PROPER REACTION TO EXECUTE RESPONSIBILITY.

OLB KEYS /TRIANGLES



PIN 7 Y READS (1 on 1)

- PURPOSE
- TO TEACH 1ST READ OF THE TRIANGLE
- PROPER DOB AND DEAMEANOR(HANDS/FEET/BODY/EYES)
- TEMPO PERFECT LOW IMPACT

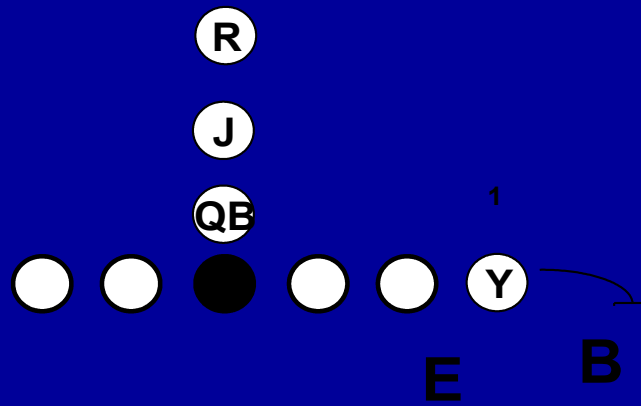
PROGRESSION

- REACH
- BASE TURN OUT
- PASS RELEASE
- DOWN

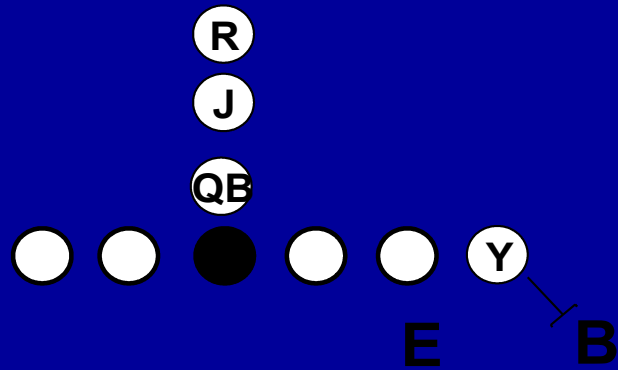
PIN 7 STANCE REVIEW

PIN 7 SNAP STEP REVIEW

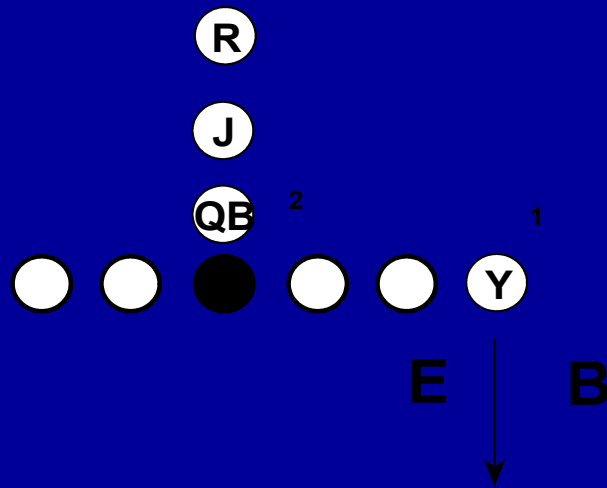
Y REACH



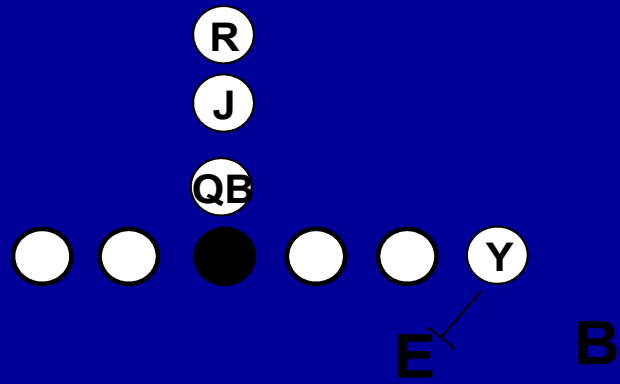
Y BASE TURN OUT



Y PASS RELEASE



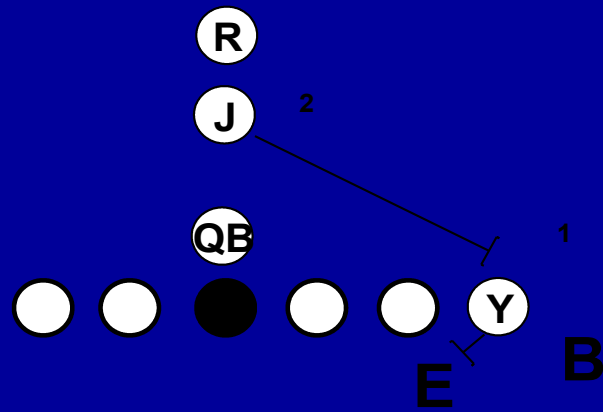
Y DOWN



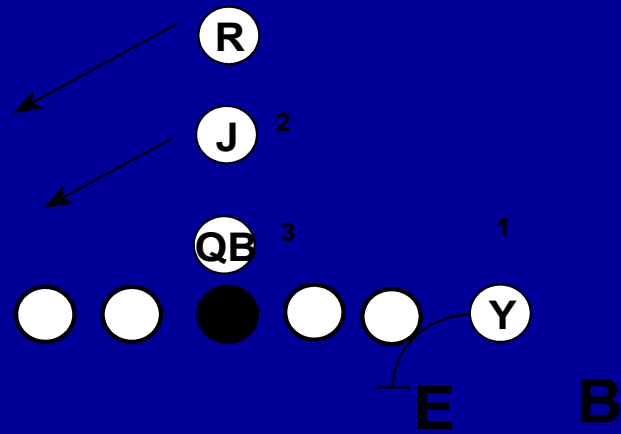
TRIANGLE (Y AND J)

- DOWN 2 KICK OUT
- DOWN AND 2 AWAY
- DOWN AND 2 ARC
- REACH
- PASS

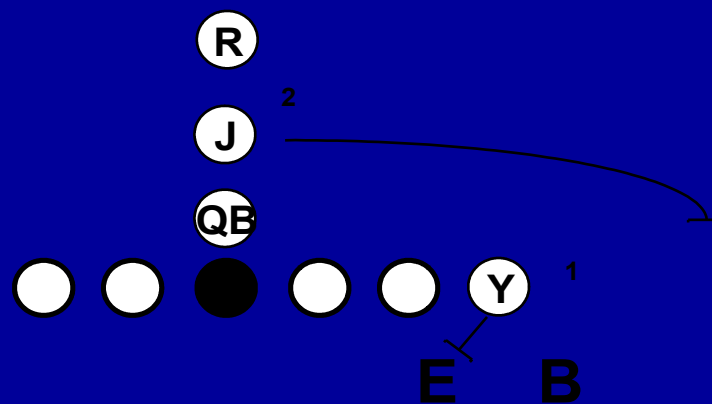
DOWN KICK OUT



DOWN CUT OFF / 2 AWAY



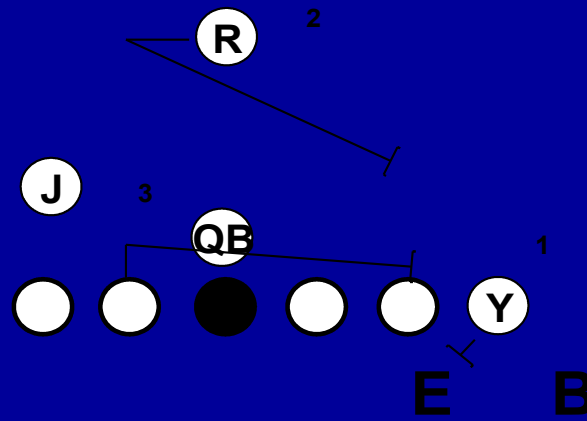
DOWN 2 ARC



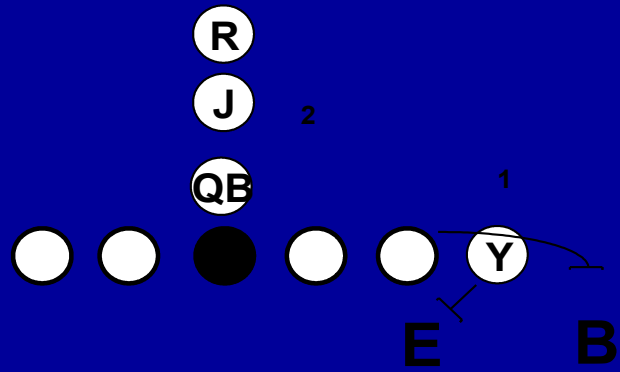
123 RECOGNITION

- BACKSIDE PULL ONLY TAUGHT IN HULL / TEAM
- FOLD BLOCK TAUGHT HALF LINE AND HULL AND TEAM
- NO INDY DRILLS

BACKSIDE PULL



FOLD

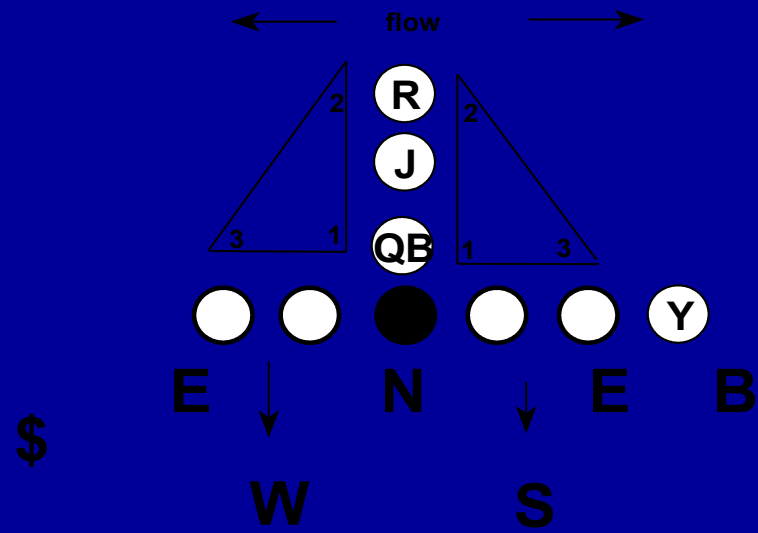


5 ILB FUNDAMENTALS

- KEYS
- COVERAGE
- DOB
- TACKLING
- GAMES

ILB KEYS AND TRIANGLES

ILB TRIANGLE



GUARD READS

REASON FOR GUARD

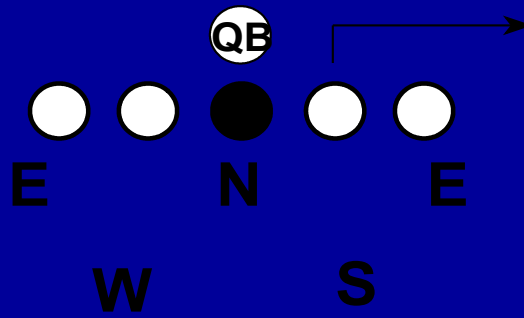
- TELL RUN PASS
- TELL PLAY DIRECTION

GUARD PROGRESSION

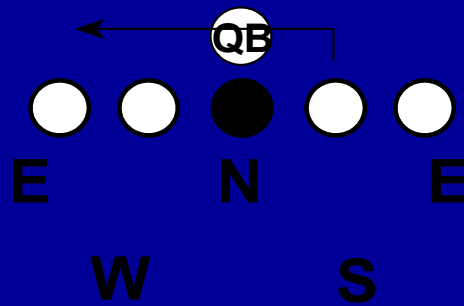
- PULL
- ZONE
- DOWN
- PASS
- FAN

ILB STANCE REVIEW

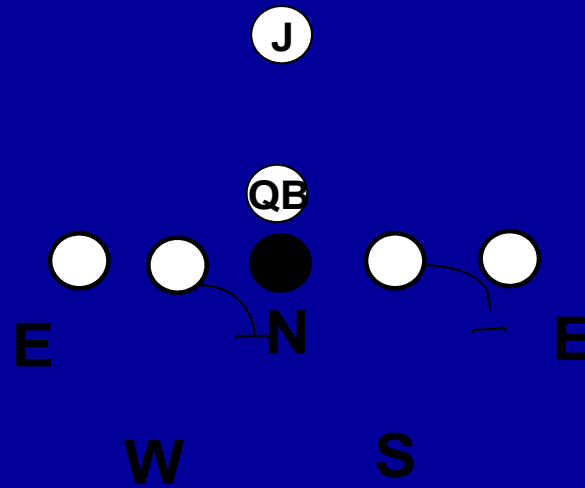
PULL TO



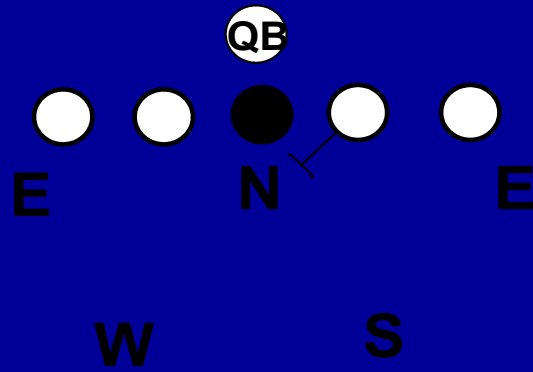
PULL AWAY



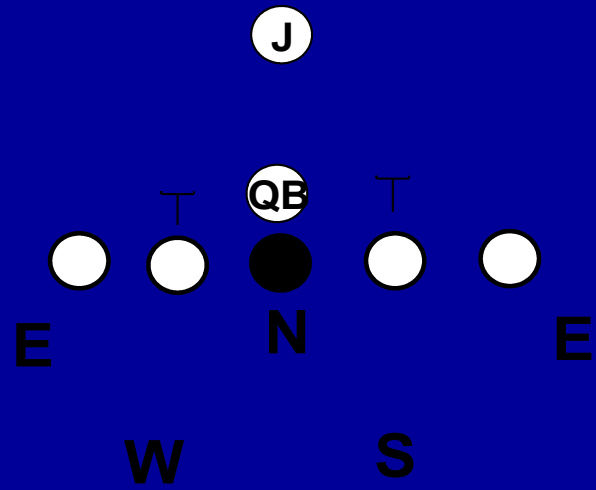
ZONE TO AND AWAY



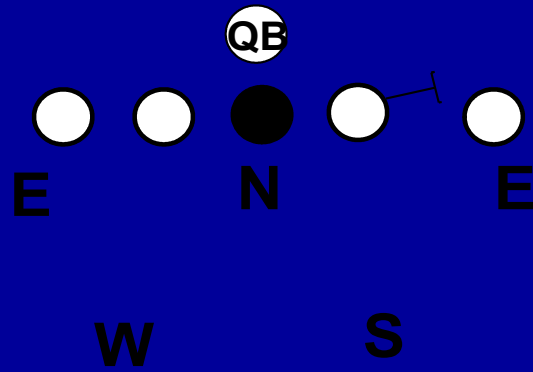
DOWN



PASS



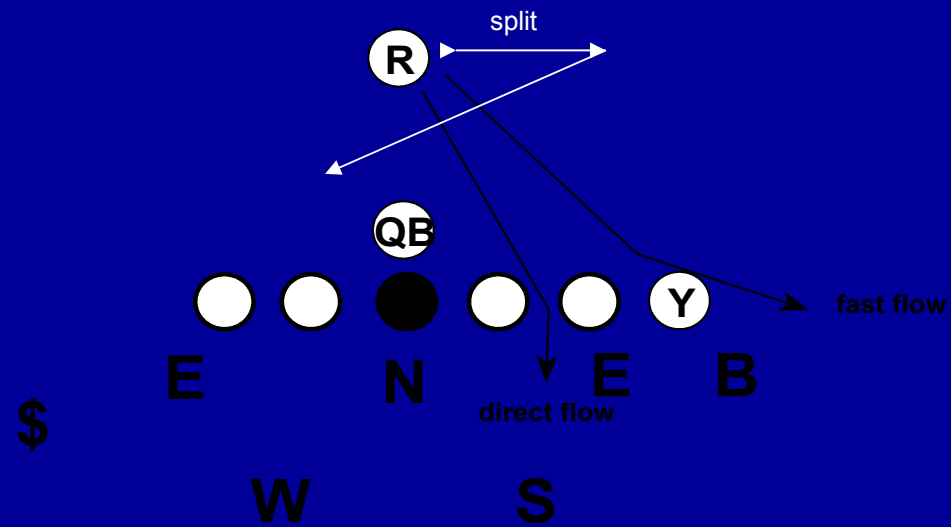
FAN



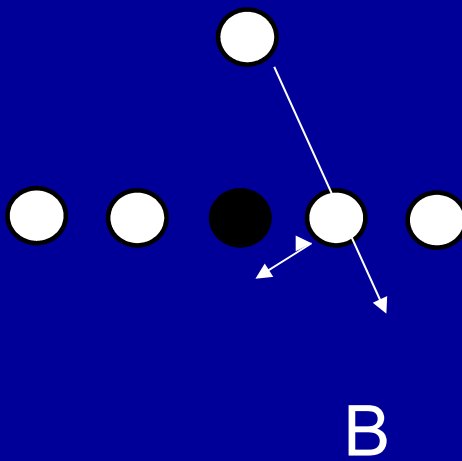
ILB TRIANGLE G AND J

- TO TEACH PLAY DIRECTION
- TO TEACH PLAY TYPE – FAST FLOW- DIRECT FLOW – PASS ACTION

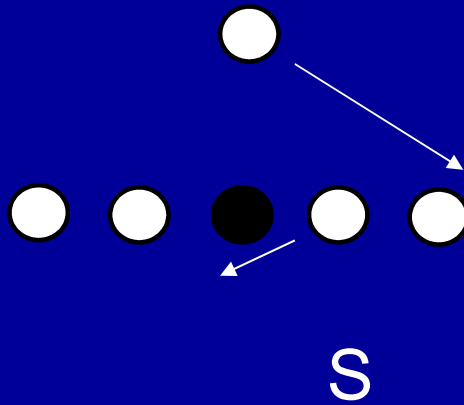
3 FLOW TYPES



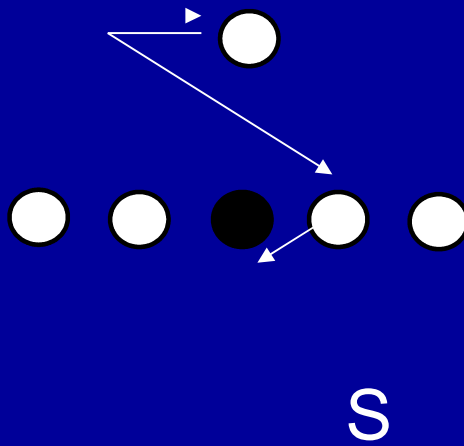
DOWN DIRECT



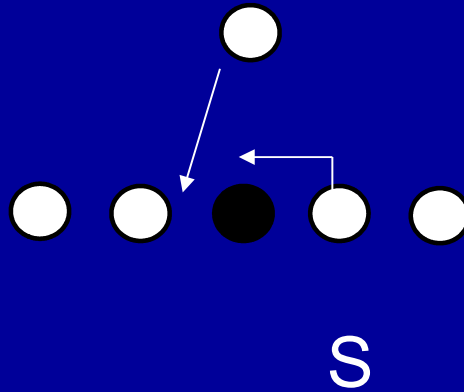
DOWN FAST



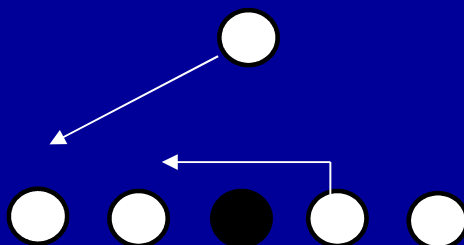
DOWN SPLIT



PULL DIRECT BACKSIDE



PULL FAST BACKSIDE

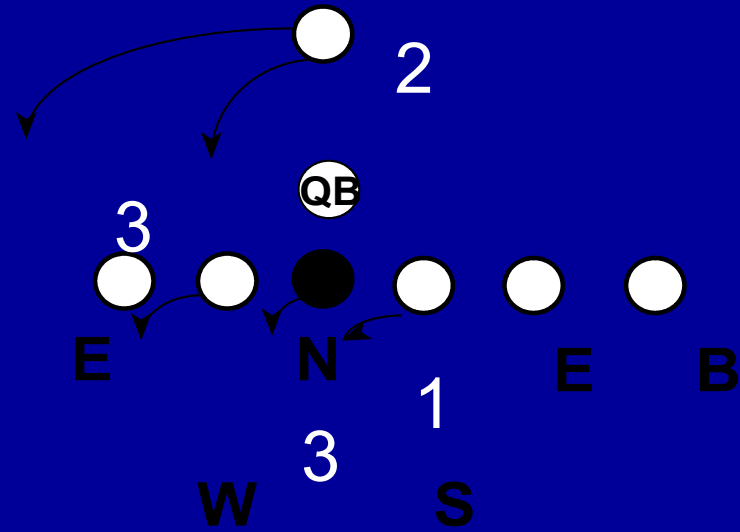


S

123 RECOGNITION

- 3RD IS MOST DANGEROUS THREAT TO BLOCK ON FLOW DIRECTION.
- TAUGHT IN 5 ON 5 – HALF LINE – HULL- TEAM.
- ZONE SCHEME TEMPO NOT DRILLED IN INDY.

ZONE



COUNTER

