Linebacker Boot Camp

Coaches Study Guide

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The Keys To Teaching Linebackers

- The coach must be a teacher of the game
  - Learn as much as you can from as many coaches as possible
  - Teach the player to know and understand their territory
  - Teach the player to know and understand techniques that will assist in becoming a better football player
- Teach Fundamentals & Drill Work: EDD’s (Every Day Drills)
  - Fundamentals & Techniques can make an average player better
  - Do you have the LB’ers that “understands” the technique that you are teaching
  - Can you “teach” technique? Find a way...
- Capable Personnel
  - Linebackers must have heart and desire and a never say die attitude

The Keys To Teaching Linebackers

- The coach “must” be able to teach the principles of “alignment” and “assignment”; keys and reads
- Find players that will execute properly
Linebackers Basics

- 1. Fundamentals & Techniques
- 2. Practice Time
- 3. ALIGNMENTS
- 4. ASSIGNMENTS
- 5. ADJUSTMENTS TO FORMATIONS

Fundamentals & Techniques

- Teaching Starts in Spring Football Practice with Limited Film Sessions
  - Flexibility
  - Agility & Footwork
  - Stance and Start
    - Inside foot up at shoulders width
    - outside foot is back & slightly offset from the arch of the inside foot at shoulders width
    - Weight is slightly shifted to the front balls of your feet
    - back inclined with hips out with nose over toes
    - hands at your side to use
    - Eyes focused on the key
Use of hand placement on opponent
Head and shoulder placement on opponent
Blocking recognition vs. Body placement
Tackling placement; using the power clean as a reference point

QUARTER EAGLE POSITION

1. Head up back straight.
2. Knees bent, heels flat.
3. Feet shoulder width apart.
4. Toes pointed straight downfield.
5. Shoulders and arms relaxed.
6. In the “hit” position, with feet moving, only good things happen on a football field.
THE “SLAPPY” POSITION

1. Head down, back bent.
2. Legs straight, feet together.
3. Feet not moving.
4. This "hit" position will take you to the surgeon.
QUARTER EAGLE DRILL

1. Feets shoulder width apart.
2. Toes pointed straight downfield.
3. Weight on balls of feet, heels flat.
4. Knees bent at 90 degrees.
5. Head up, back straight.
6. Arms relaxed between knees.
7. On command hit! Bring hands up.
8. On command feet! Chop feet in place.
9. On command right! Turn ¼ turn rt.
10. On command left! Turn ¼ turn lt.
11. You must not stand up in "hit" pos.
12. This position is key to playing f.b.

READ STEP DRILL

1. On hit! Front row assume ¼ eagle.
2. Coach slaps the football.
3. Lbs take a six inch hop forward.
4. Don't stand up!
5. Stay until coach gives break!
6. Sprint to the left to back of line!
7. You must not take false steps.
8. Recognize run or pass during step.
**READ AND REACT DRILL vs BALL**

1. ON HIT! FRONT ROW ASSUMES ¼ EAGLE.
2. COACH SLAPS BALL.
3. LBS TAKE 6 INCH HOP FORWARD.
4. CANNOT STAND UP!
5. COACH POINTS BALL RT, LT, OR BACK.
6. TAKE ONE DIRECTIONAL STEP.
7. DON'T TAKE FALSE STEPS!
8. READ PASS OR RUN ON THAT READ STEP.
9. SPRINT TO BACK OF LINE ON BREAK!

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**TAKING ON THE BLOCK DRILL**

1. ON HIT! FRONT ROW ASSUMES ¼ EAGLE
2. COACH GIVES COMMAND HIT!
3. LBS TAKE READ STEP FORWARD.
4. CANNOT STAND UP!
5. STUFF BLOCKER WITH BOTH HANDS.
6. TAKE ONE DIRECTIONAL STEP FORWARD.
7. DON'T TAKE FALSE STEPS!
8. SPRINT TO BACK OF LINE ON BREAK!
STEP AND RIP (ISO) DRILL

1. FRONT ROW ASSUMES ¼ EAGLE.
2. COACH GIVES COMMAND HIT!
3. LBS TAKE READ STEP FORWARD.
4. CANNOT STAND UP!
5. RIP WITH INSIDE ARM AND SHOULDER.
6. TAKE ONE DIRECTIONAL STEP.
7. DON'T TAKE FALSE STEPS!
8. SPRINT TO BACK OF LINE ON BREAK!

STEP, RIP AND RUN THROUGH

1. FRONT ROW ASSUMES ¼ EAGLE
2. COACH GIVES COMMAND HIT!
3. LBS TAKE SHORT READ STEP FORWARD.
4. CANNOT STAND UP!
5. RUN THROUGH BLOCK.
6. RIP WITH INSIDE ARM.
7. DON'T TAKE FALSE STEPS!
8. SPRINT TO BACK OF LINE ON BREAK!
Footwork, Agility, Bag Drills

1. Get in a great hit position.
2. On coach’s command move your feet.
3. Quickly step over dummies.
4. Do not crossover.
5. Do not stand up.
6. Stay square to L.O.S.
7. Do not look down.
9. Don’t "flail", stay on balls of feet.
10. Be quick, but under control.
IN AND OUT, DOWNHILL
1. GET IN A GREAT HIT POSITION.
2. ON COACH’S COMMAND MOVE YOUR FEET.
3. QUICKLY SHUFFLE IN AND OUT DUMMIES.
4. DO NOT CROSSOVER.
5. DO NOT STAND UP.
6. STAY SQUARE TO L.O.S.
7. DO NOT LOOK DOWN.
8. MOVE ARMS AND HANDS FOR BALANCE.
9. DON’T “FLAIL”, STAY ON BALLS OF FEET.
10. BE QUICK, BUT UNDER CONTROL.

STEP OVER, CHANGE DIRECTION
1. GET IN HIT POSITION FACING COACH.
2. ON COMMAND, MOVE YOUR FEET.
3. COACH WILL POINT RIGHT OR LEFT.
4. STEP OVER DUMMY IN THAT DIRECTION.
5. HEAD UP, EYES ON COACH.
6. WORK ARMS AND HANDS FOR BALANCE.
7. STAY ON BALLS OF FEET.
8. DON’T STAND UP.
9. DON’T FLAIL YOUR ARMS.
10. DON’T CROSS OVER.
11. RECOVER FUMBLE.
**CHASE (FIGURE 8) DRILL**

1. START FROM A GOOD HIT POSITION.
2. NO FALSE STEPS.
3. RUN AROUND THE PVC PIPES.
4. LOWER YOUR INSIDE SHOULDER.
5. USE SHORT CHOPPY STEPS.
6. DON'T PUT INSIDE HAND DOWN.
7. DON'T FLAIL YOUR ARMS.
8. BE QUICK, BUT UNDER CONTROL.
9. FINISH HARD, DON'T LET UP.
10. CHASE MAN CAN USE HIS HANDS.
11. MAN CLOSEST TO PIPE USUALLY WINS.

**CIRCLE (FIGURE 8) DRILL**

1. START FROM A GOOD HIT POSITION.
2. NO FALSE STEPS.
3. RUN AROUND THE PVC PIPES.
4. LOWER YOUR INSIDE SHOULDER.
5. USE SHORT CHOPPY STEPS.
6. DON'T PUT INSIDE HAND DOWN.
7. DON'T FLAIL YOUR ARMS.
8. BE QUICK, BUT UNDER CONTROL.
9. FINISH HARD, DON'T LET UP.
Come Get It DRILL

1. On coaches signal, run forward.
2. Coach throws ball at you.
3. Catch the ball with your hands.
4. Score! Run the ball past the coach.
5. "Look" the ball in.
6. Concentrate on the "X" on ball.
**Come Get It: HIGH POINT DRILL**

1. On coaches signal, run forward.
2. Coach throws ball high.
3. Catch the ball with your hands.
4. Score! Run the ball past the coach.
5. “Look” the ball in.
6. Concentrate on the "X" on ball.
7. Time your jump.
8. Intercept the ball at its highest pt.

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**Come Get It: BREAK AT 45 DRILL**

1. On coaches signal, run forward.
2. Coach turns shoulder Rt. or Lt.
3. Break at 45 degrees.
4. Catch the ball in front.
5. “Look” the ball in.
6. Concentrate on the "X" on ball.
7. Score! Run past the coach.
8. Intercept, turn upfield quickly.
1. ON COACHES SIGNAL, PASS DROP.
2. COACH BRINGS BALL UP.
3. PLANT BACK FOOT, COME FORWARD.
4. INTERCEPT THE BALL IN FRONT.
5. "LOOK" THE BALL IN.
6. CONCENTRATE ON THE "X" ON BALL.
7. SCORE! RUN PAST THE COACH.
8. TURN UPFIELD QUICKLY.

PLANT DRILL

TACKLING DRILLS
HEAD ON DRILL

1. FEET SHOULDER WIDTH APART.
2. TOES POINTED STRAIGHT DOWNFIELD.
3. WEIGHT ON BALLS OF FEET, HEELS FLAT.
4. KNEES BENT ABOUT 90 DEGREES
5. HEAD UP, BACK STRAIGHT.
6. ARMS RELAXED BETWEEN KNEES
7. ON COMMAND HIT! BRING HANDS UP.
8. ON COMMAND FEET! CHOP FEET IN PLACE
9. ON HIT! RUN ABOUT ½ SPEED FORWARD.
10. STAY IN HIT POSITION, DON'T RECOCK.
11. FACE IN THE NUMBERS, WRAP UP.
12. DRIVE UP-THROUGH THE B.C.
13. DON'T LET YOUR FEET STOP.
14. B.C. GIVE A LITTLE "LIFT" ON CONTACT.

ANGLE DRILL

1. FEET SHOULDER WIDTH APART.
2. TOES POINTED STRAIGHT DOWNFIELD.
3. WEIGHT ON BALLS OF FEET, HEELS FLAT.
4. KNEES BENT ABOUT 90 DEGREES
5. HEAD UP, BACK STRAIGHT.
6. ARMS RELAXED BETWEEN KNEES
7. ON COMMAND HIT! BRING HANDS UP.
8. ON COMMAND FEET! CHOP FEET IN PLACE
9. ON HIT! RUN ABOUT ½ SPEED AT 45 DEG.
10. STAY IN HIT POSITION, DON'T RECOCK.
11. FACE IN THE NUMBERS, WRAP UP.
12. DRIVE UP-THROUGH THE B.C. GRAB CLOTH
13. DON'T LET YOUR FEET STOP.
14. B.C. GIVE A LITTLE "LIFT" ON CONTACT.
1. Feet shoulder width apart.
2. Toes pointed straight downfield.
3. Weight on balls of feet, heels flat.
4. Knees bent about 90 degrees
5. Head up, back straight.
6. Arms relaxed between knees
7. On command hit! Bring hands up.
8. On command feet! Chop feet in place
9. On hit! Run in hit position at B.C.
10. Break down at cone, move your ft.
11. Focus on B.C.'s belt buckle.
12. Drive up-through the B.C. grab cloth
13. Don't let your feet stop.
14. B.C. give one head fake RT. or LT.

SLED DRILLS
WILL READS (CONT.)

ZONE

1. WILL READ O.T. AND NEAR BACK.
2. O.T. "ZONE" BLOCKS INSIDE.
3. WILL STEPS INSIDE TO "STACK" ALIGN.
4. CHECK CUTBACK, COUNTER AND BOOT.

PULL IN

1. WILL READ O.T. AND NEAR BACK.
2. O.T. (OG) PULLS INSIDE.
3. STEP TO STACK.
4. LOOK FOR CUTBACK, COUNTER, BOOT.

PASS PRO

1. WILL READ O.T. TO NEAR BACK.
2. O.T. SETS UP IN PASS PROTECTION.
3. PLAY PASS COVERAGE CALLED.
4. O.T.'S PAD LEVEL IS KEY.

PATTERN READ DRILLS
REROUTE #2 DRILL

1. ON PASS READ, “JUMP” OUTSIDE SHOULDER OF #2 REC. COLLISION HIM! USE HANDS!

2. IF #2 GOES VERTICAL, CARRY HIM 10-12 YARDS AND LEVEL OFF IN CURL AREA.

3. LOOK TO #1 UNDERNEATH AND/OR BACK OUT.

4. “CHECK” WHEN QB CHECKS. READ QB’S EYES, JUMP HIS FIRST LOOK.

REROUTE #2 DRILL (CONT.)

1. ON PASS READ, “JUMP” OUTSIDE SHOULDER OF #2. COLLISION HIM! USE YOUR HANDS!

2. IF #2 GOES ACROSS MIDDLE, CALL “IN” “IN” AND DROP TO CURL LOOKING FOR #1.

3. DON’T CHASE #2 INTO MIDDLE. DON’T TAKE “FALSE STEPS.”

4. CHECK WHEN THE QB CHECKS. READ HIS EYES AND JUMP HIS FIRST LOOK.
1. JUMP OUTSIDE SHOULDER OF #2.
2. REROUTE #2, GET IN FRONT OF "ARROW" ROUTE. IF NOT, LOOK WHEN #2 LOOKS.
3. ANTICIPATE #2 TURNING UPFIELD ON "WHEEL" ROUTE.
4. THE KEY FOR LINEBACKERS IN "PATTERN READING" IS BEING PHYSICAL WITH #2!!
   AND GOING STRAIGHT DOWN THE LINE TO #2.