



# YOUTH FOOTBALL USA LINEBACKER DRILLS

## **LINEBACKERS DRILL #1 OF XX** **4 BAG LINEBACKER DRILL**

With shoulders facing straight ahead, the LB, on the coaches command, steps over the four bags in one direction, reverses direction over all four bags, and then reverses direction again over two bags which squares him up to the running back. The LB attacks forward as the RB now approaches head on. As the LB breaks down in a good tackling position the RB breaks right or left and the LB shoots his head across the front of the RB.

## **LINEBACKERS DRILL #2 OF 6**

Linebackers work as a unit when pursuing the ball. The Linebacker closest to the ball carrier runs directly at the runner, the deeper linebackers take a deeper angle to the runner. Linebackers are hard hitting players who always go through a blocking sequence before reacting, vary their stance according to their position, "read and react" to the play pursuing it aggressively, drive the ball carrier they are tackling, works as a unit with the rest of the linebackers, and effectively blitzes the quarterback.

## **LINEBACKERS DRILL #3 OF 6**

Linebackers are masters of the read and react technique and use it extensively. As a rule linebackers play the run first and the pass second, but obvious instances often call for the inverse. Linebackers are sure tacklers who work with the defensive linemen on a wide range of coordinated stunts and blitzes, and often figure prominently in short pass coverages.

## **LINEBACKERS DRILL #4 OF 6**

The default responsibility for the Linebacker is to read and react to the open offensive lineman to the LB's side of the field. Usually, this is a Guard but may be the Tackle in some alignments. If the offensive lineman recoils in pass protection, the LB steps back and to the outside a few steps offering pass coverage in the short "hook zone." If the OG blocks down, the LB slams down with his outside shoulder on the OT's inside shoulder and looks for the play inside. If the OG pulls to the other side of the line, the LB trails him over to the running lane and plugs the hole. If the OG pulls around the same end, one option has the LB trailing him and filling the lane outside the last down lineman. Another option is to crash the vacant hole the OG deserted. Other typical LB techniques and stunts often employed by LBs are shown here.

### **LINEBACKERS DRILL #5 OF 6**

To be a strong linebacker, you need to have speed, brains, strength - and be a good team player. A linebacker's job is to back-up defensive linemen on running plays and help cover pass receivers who are downfield on passing plays. You have to be able to react quickly as a play develops and be able to anticipate what the quarterback is going to do with the ball. Work on building up your upper body strength, your foot speed and your overall understanding of football

### **LINEBACKERS DRILL #6 OF 6**

The linebacker should always keep an eye on what the quarterback is doing. If you look really closely during a game at the two players, you may see the linebacker moves with the quarterback, sometimes without the quarterback even knowing it. And then BAM – a sack!