

WHEATON COLLEGE LINEBACKER DRILLS AND TECHNIQUES

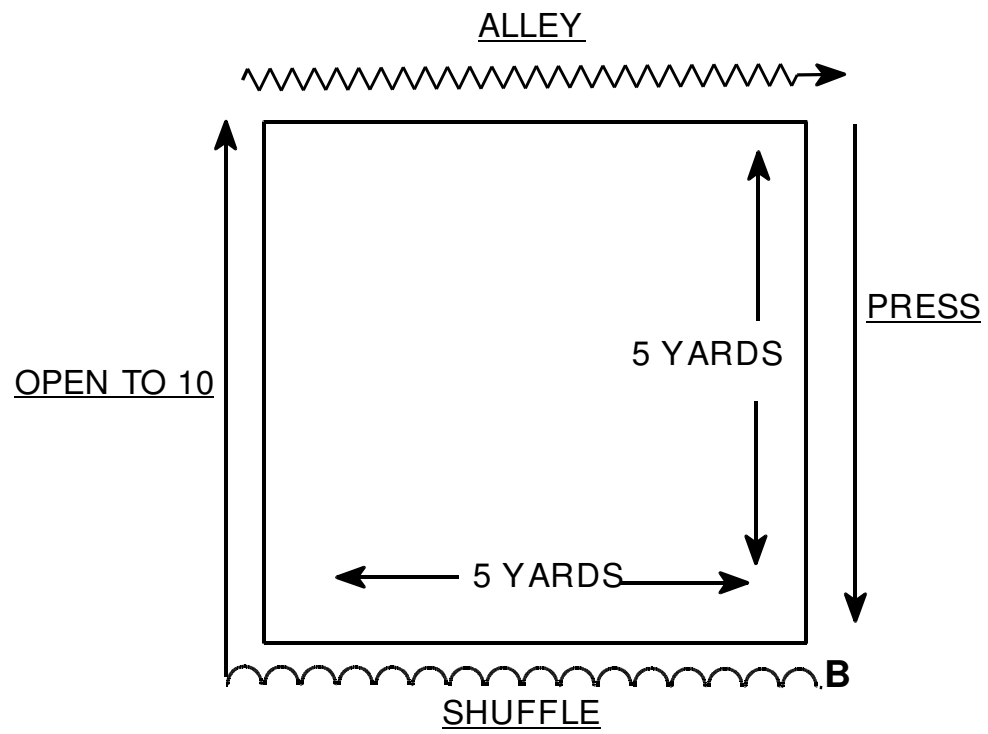


STANCE AND START

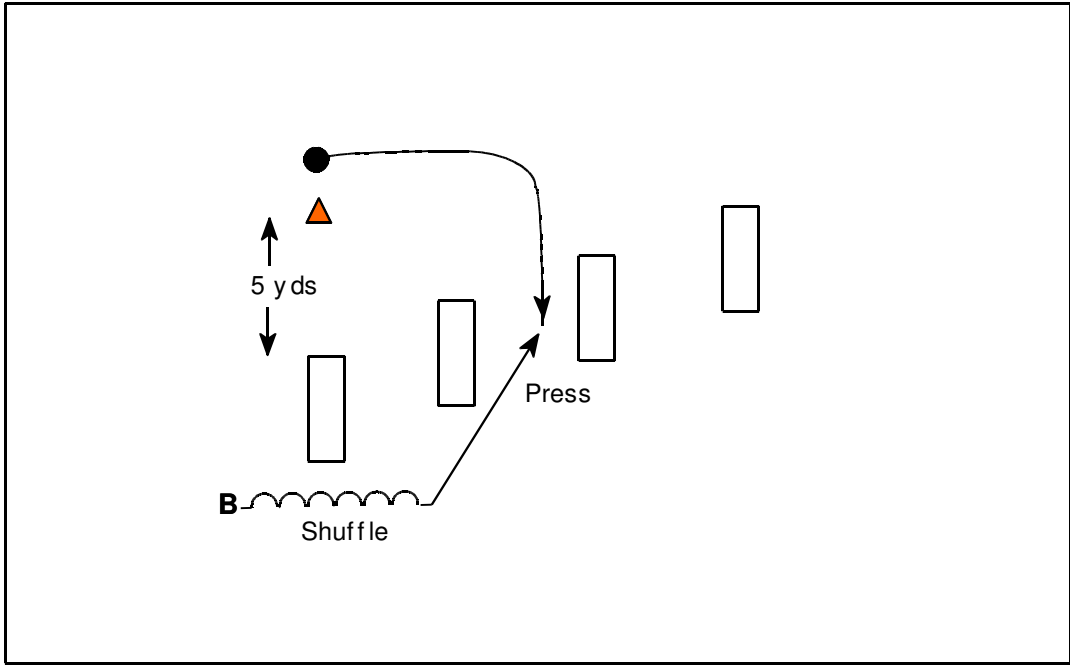
- ATHLETIC POSITION
- NO FAULT STEPS
- “STEP-STEP”
- SHUFFLE- FEET NEVER CROSS, SHOULDERS REMAIN SQUARE TO LOS
- ALLEY- CROSS OVER RUN, SHOULDERS REMAIN SQUARE TO LOS
- PRESS- PRESSING THE LOS TO TACKLE THE BALL
- OPEN AT 45- OPEN HIPS TO GET INTO A PASS DROP

STANCE AND START PROGRESSION

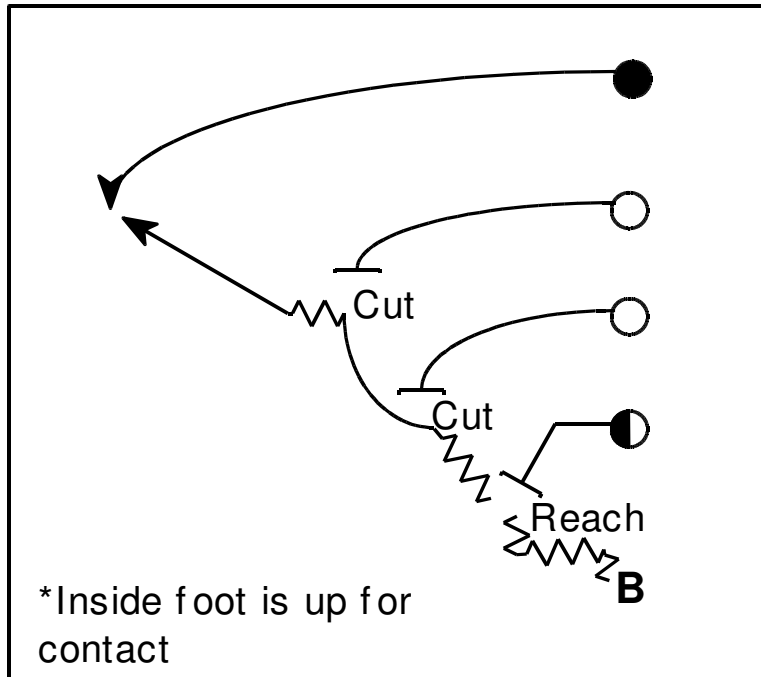
- SHUFFLE PRESS
- SHUFFLE PASS- OPEN TO 45
- ALLEY PRESS
- ALLEY PASS- OPEN TO 45



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Machine-Gun Drill



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Pass Drop Rules

- Always play run first!
Once you recognize pass, open up and find the man you are working off of. No

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