

2023 Buxmont College Showcase

LB Drills

Goal: highlight movement skills, change of direction, and ball skills using “NFL combine” drills.

1 – Four Bag Shuffle Drill - The player faces the coach's direction throughout the drill. At the coach's signal, he sprints at an angle toward the inside edge of the bag closest to him. Still facing forward, he moves left around the first bag's top edge, then backpedals between the first and second bags toward the bottom of the second bag. He moves around the bottom of the second bag to its left side, then transitions back into a forward sprint between the second and third bags. At the top of the third bag, he maneuvers around the top of the bag into another backpedal between the third and fourth bags.

As the linebacker moves around the bottom of the fourth bag and reaches the fourth bag's left side, he transitions into a lateral stepover across the middle of each bag. Still facing forward, he steps over the bag one foot at a time, leading with his right foot and following with his left foot. He quickly repeats this lateral stepover sequence across all four bags until he steps back across the bag closest to his initial starting position.

Now back on the right side of the bag closest to his starting cone, the player quickly positions himself behind the bag, then shuffles left in a straight line behind the series of bags. As he shuffles across, he bends to slap each bag with both hands. As he reaches the leftmost bag and contacts it with his hands, the player sprints around the left side of the bag at a 45-degree angle through the designated finish line. This is a timed drill that displays the linebacker's short-area quickness, bend, change of direction, and lower-body explosiveness.

Figure 4.6 Four-bag shuffle drill for linebackers.

2 – Change of Direction/Reaction Drill – Player will start flat on his stomach facing the coach. On the coaches “GO” he will pop up. He will either shuffle left, right, back pedal, and sprint forward on the coach's command. When the coach says, “Finish” the player will sprint towards the direction of the coach and catch a football thrown at them.

3 – Hook/Curl Drop Drill – Player will start in linebacker stance. The player will break on a 45-degree angle left or right. Players will settle and shuffle left or right on the coach's command. Players will finish downhill and catch a football.

4 – 3 or 5 Step QB Reaction Drill – Player will face the coach who will be holding a football. Coach will either open his shoulders quick either left or right to simulate a quick game or three steps, or the coach will drop back to simulate 5 steps. For 3-step command, the player will immediately break flat down the line in the direction the coach gives them and catch the football. For 5 step reaction, player

will backpedal until coach or QB settles, then player will break flat down the line on coach's command and catch football.

5 – **Shuffle/Sprint Transition Drill** – On coach's signal, player will shuffle laterally, on next signal, he will transition to a lateral sprint. Transitions will happen several times with a finish and a ball thrown to catch.