



LINEBACKERS MASTER GUIDE



THE PERSONALITY OF A GREAT LINEBACKER

- Poised and physical
- Finish everything you do
- No detail is too small to overlook
- Effort & hustle are everything
- Great passion for the game
- Accountable and credible leader
- Relentless for four quarters
- Never-ending hunger for victory
- Intimidating



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THE SKILLSET OF A GREAT LINEBACKER

- Good technique, fundamentally sound
- Size, strength, quickness, and speed
- Instinct to find the ball and make plays
- Shed blocks consistently and pursue to the ball with purpose
- Excellent tackler
- Effective blitzler, who can beat single block
- Effective in man and zone coverage
- Great vision and play recognition
- Understands opponent tendencies inside and out



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THE WORK ETHIC OF A GREAT LINEBACKER

- Works hard in all situations
- Takes advantage of every rep
- Film study is a daily routine
- Embraces all competition
- Understands the difference of hurt vs. injured
- Has a relentless passion to be the best
- Willingness to spend extra time improving weaknesses



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GOALS AT FOOTBALL UNIVERSITY

- Improve technically, mentally, and physically
- Learn a good stance
- Learn how to move effectively in space
- Learn how take on blocks and shed them
- Learn to key run & pass
- Improve man and zone coverage ability
- Improve tackling ability
- Learn how to properly and effectively study film



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MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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OFFSEASON WORK / JANUARY - JUNE

Drills designed to strengthen core and lower body

- Sprint training
- Lateral speed and quickness training
- Plant-and-drive -- four-cone
- Change of direction
- Blow delivery into bag
- Escape off block -- rip/snatch
- Come to balance -- regain shuffle and strafe



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PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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WORDS OF WISDOM

It takes great confidence to be the leader of the defense. Everyone can see that you are the leader, and that you dictate the tempo and aggression of your defense.

Confidence is evident when a player is prepared. Your preparedness will show itself on the field, in your communication and in your ability to react to each play.

Prepare to make plays in crucial situations – it is the time when your team needs you to step up.

Relentlessly pursue perfection.

Place the team first -- it is more important than you.



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WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.

Leave your ego at the door.



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WORDS OF WISDOM

“Wins and losses come a dime a dozen. But effort? Nobody can judge your effort. That’s between you and you only.” – Ray Lewis

“When it comes down to that moment, when it’s me against you, you know in your head whether you worked hard enough. You can try to lie to yourself. You can try to tell yourself that you put in the time. But you know – and so do I.” – J.J. Watt

“The great part about football is, for 48 minutes, nothing else matters. Girlfriend problems; family problems; everything you go through during the day – is gone.”



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