



LINEBACKER PLAY

# STANCE

This is very much psychological- you must feel strong, quick, and functional. (Toke)

1. Must be comfortable-allowing greatest range of flexibility.
2. Must allow for maximum vision before and after snap of the ball.
3. Must allow you to step in all directions, turn and run at an angle, step over blockers, and never raise or lower you head from its original position.

# FEET

Armpit width apart (any wider causes cross-over), weight on inside balls of feet, toes turned inside slightly, heels slightly off of the ground.

# LEGS

Slightly flexed at the knees, bent enough to feel comfortable and quick. You should be able to bend before striking a blow or tackle but never have to rise up to see.

# UPPER BODY

Basic rule here is I rather you stand too tall, than too low. You must have maximum vision at all times. Have enough bend at your waist to allow your hands to dangle just slightly to the inside of your knees, with your elbow close to your side and slightly bent. Your upper body, neck, and arms must be relaxed.



LINEBACKER

ALIGNMENT

# DEPTH OFF THE BALL

- Toes at 5 yards (You can tighten depth vs. 1 back formation) (Freshman begin at 5 ½ yards)
- As a basic rule, I would rather you be too deep, than too close.
- Make sure you have comfortable operating room allowing you to move laterally behind the defensive linemen's feet.
- Depth will also be determined by 1) down and distance and 2) field position.

# EXAMPLE

- 3<sup>rd</sup> and 1 -move up
- 3<sup>rd</sup> and 15 -move back
- Middle of field -normal
- Our 10 yard line in -move up
- Anytime all linemen are covered to you side, you are stacked, you should be deeper.



# WIDTH FROM BALL

This will depend on 1) defense called 2) field position and 3) line splits. You must always be aware of where the ball is on the field. Also be aware of the distance between the splits of the offensive line and wide receivers.

# KEYS

Linebackers will key the:

- 1) fullback, near back, or remaining back
- 2) linemen in front of you.

There is no single key that will allow you to be in the best place all the time. Offensive blocking schemes vary , week to week. Many times they take advantage of linebackers who always use the same key. We will have a basic key according to the defense called or game plan. The more you can see, the better you are able to diagnose the play, and not get fooled.

# VISION

To be effective as a LB, you must be able to see the entire offensive scheme. Put your eyes on the near back. Use him as you key for “initial movement.” You’re peripheral vision should allow you to see through near lineman and most times help you to diagnose the play quicker. Find the football.

# GENERAL RULES

1. Split Backs-Key Near Back
2. I Backs-Key Fullback
3. One Back-Key Guards to Remaining Back
4. Never look at the ball but always see it.
5. You must see the whole picture to be successful.