

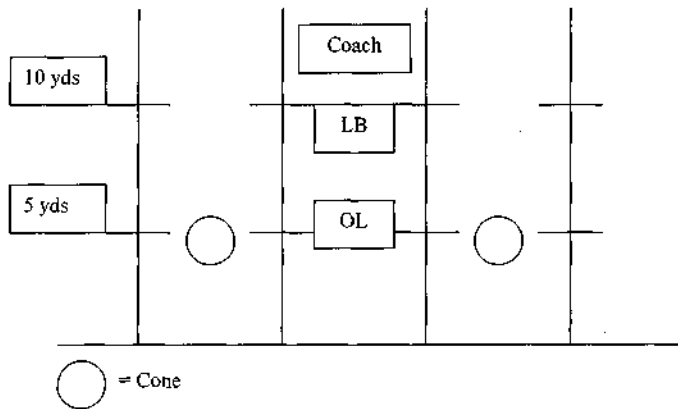
CONNECTICUT FOOTBALL

DRILL OF THE WEEK

TITLE: LB Read & Recognition

PURPOSE: This drill is designed to improve LB reads and recognition of blocking steps and schemes. Also, the goal is to perfect the shuffle technique, staying square to the line-of-scrimmage and taking on and defeating blocks

DIAGRAM:



DESCRIPTION:

- One (1) LB and one (1) OL will face each other four (4) yards apart
- They will be in the middle of two (2) cones set ten (10) yards apart on a yard line
- On the whistle the OL will execute one (1) of six (6) critical steps a LB must identify
 - o Straight Drive
 - o Reach Block Right or Left
 - o Pull Wide Right or Left
 - o Pass Set
- Upon movement the LB will react accordingly
- The coach will stand behind the LB and point to the block he wants the OL to attempt

POINTS:

- Make sure the LB takes on the drive block with his hands, using proper technique
- Make sure the LB shuffles, keeping his feet under his armpits and shoulders square to the LOS before he attacks the blocker
- Stress that the LB does not cross his feet and that he attacks the blocker