

CHECK AND CUT PURSUIT

Purpose:

Allow linebackers to get off the blocks while maintaining a good pursuit angle on a ball carrier.

Equipment Needed:

None or blocking shield for initial block.

Instructions:

1. On the whistle, the linebacker should hand check or push pull to get off the initial block.
2. Cut block player and running back start running.
3. Cut block player should come down hill.
4. Linebacker should beat the cut block with a hand check while staying low and maintaining a good pursuit angle on the running back to prevent the cut block.
5. Once the linebacker has beaten the cut block, the running back may make one cut.
6. The linebacker should wrap up with head in front and proper technique.

Coaching Tips:

1. Check first steps and technique beating the blocks.
2. Make sure the linebacker keeps pursuit on the back shoulder of the running back.
3. When approaching the cut block, the player must stay low with knees bent and arms extended to keep the block off the legs.
4. Flip drill (run both ways).

Drill Diagram:

Diagram to come