

## STEP SHUFFLE DOWNHILL

### Purpose:

Linebackers work on initial steps, lateral flow, and acceleration in the hole.

### Equipment Needed:

None

### Instructions:

1. Players line up four or five across.
2. They key an initial direction for first step and shuffle from first hand movement and downhill pursuit direction from second hand movement.
3. The coach may simulate normal pursuit or a cutback.

### Coaching Tips:

1. Make sure all players stay low, feet never cross.
2. Mix up front side pursuit with cutbacks so players must focus on reading.

### Drill Diagram:

Diagram to come