

# Run Block Stimulus For Linebackers

**The 4 's**  
**Stay**  
**Slow**  
**Scrape**  
**Speed**



# Run Block Stimulus For Linebackers

## The 4 S's

1. Stay
2. Slow
3. Scrape
4. Speed



Speed      Scrape      Slow      Stay      Stay      Slow      Scrape      Speed

Outside      C      B      A      A      B      C      Outside

Toss / Sweep      Power      ISO      Dive      Dive      ISO      Power      Toss / Sweep

Trap      Trap

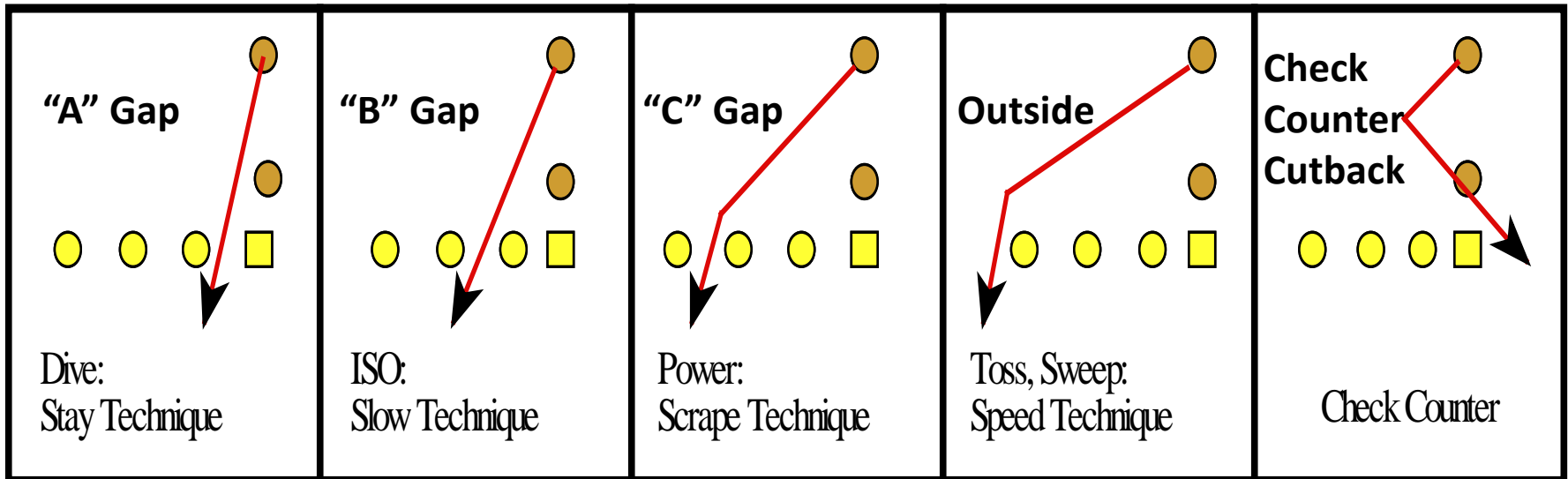




# Basic Backfield Movements

## 5 Basic Back Movements

A running back's movement is determined by the angle of his running lane and by the way he receives the football. A running back's flow is broken down into 5 types of movement Dive, ISO, Power, Toss, and Check Counter. The different angles and the way the ball is delivered to the back will effect our linebacker's reaction.

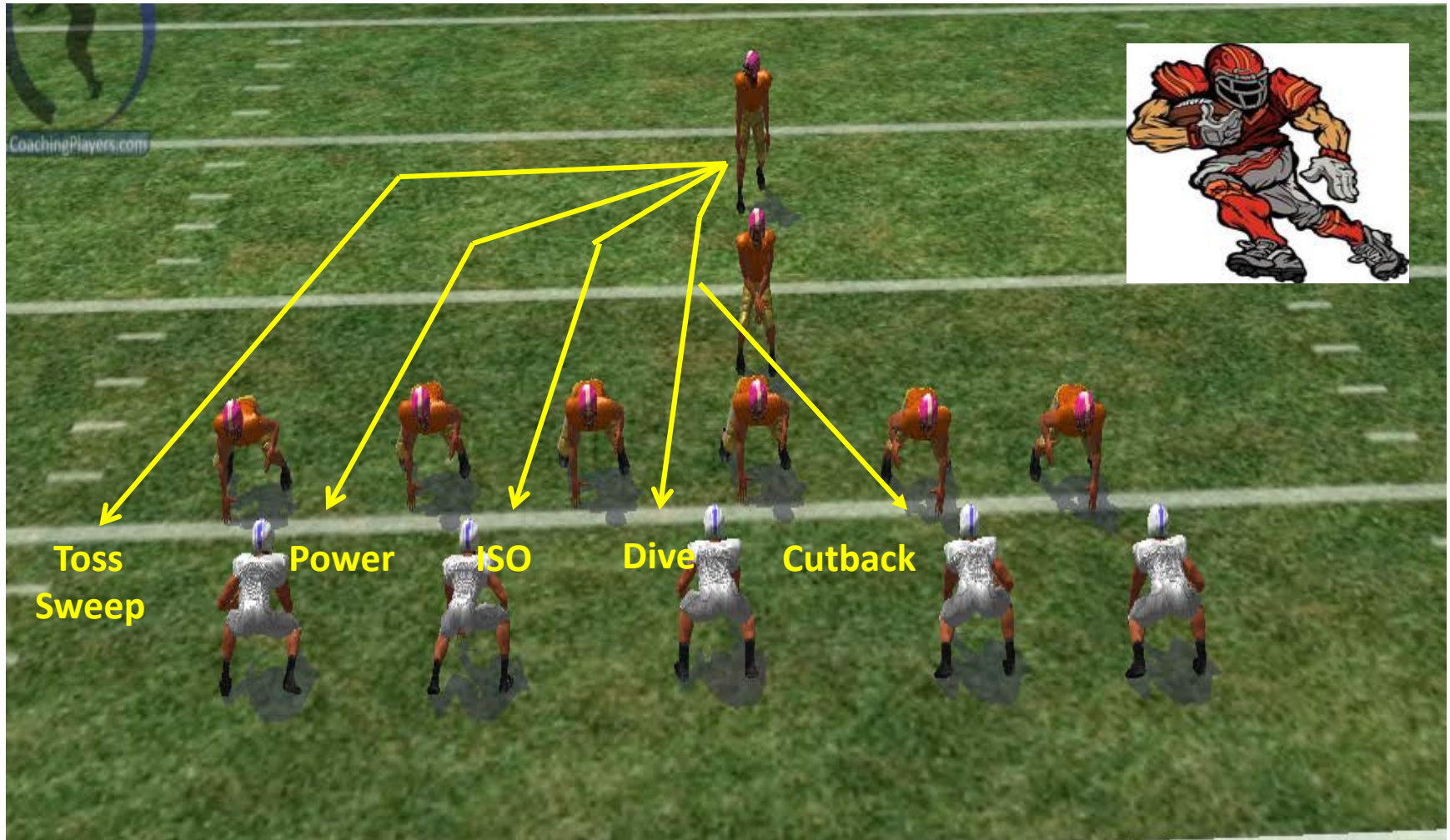


# Stimulus Response Learning





# 5 Basic Backfield Movements





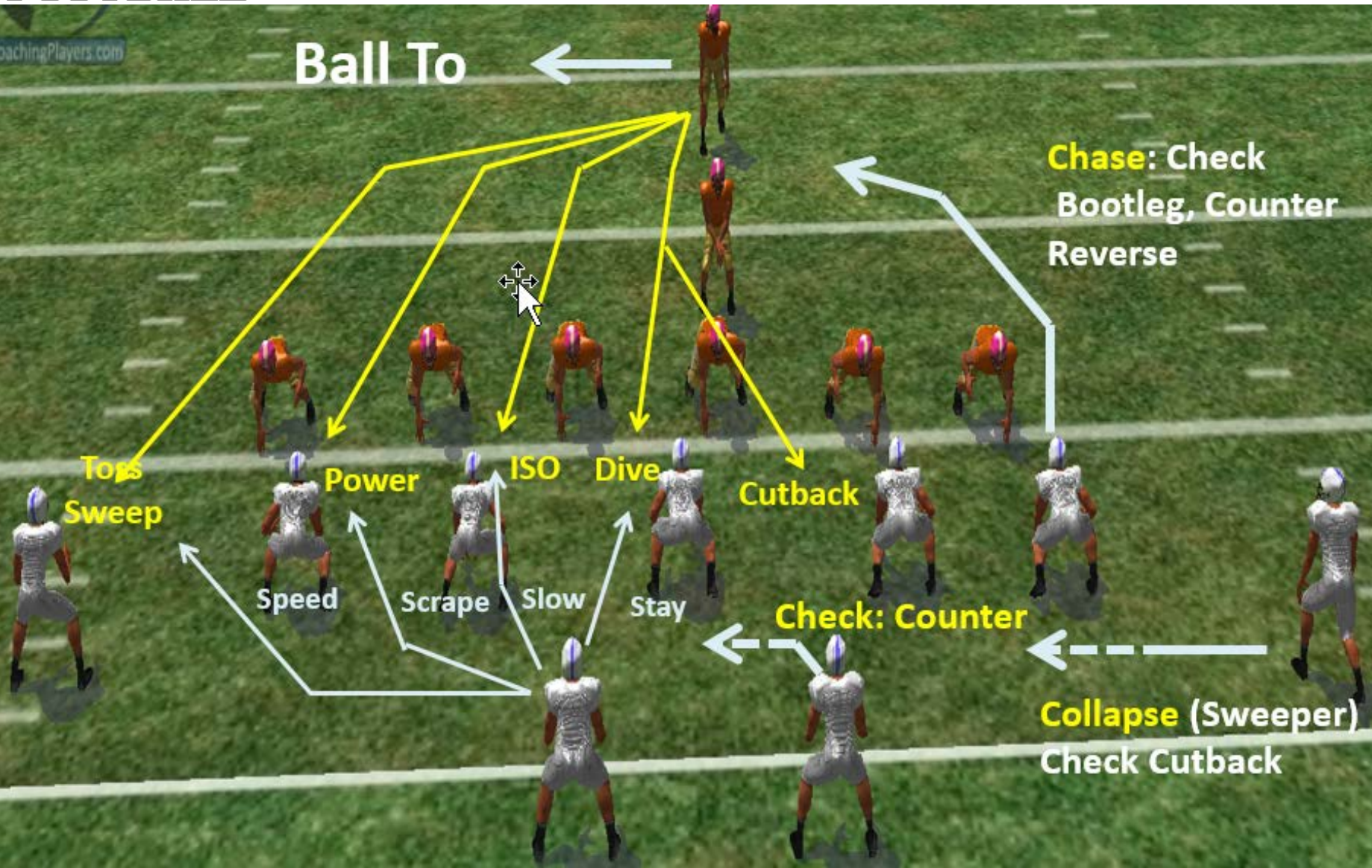


FOOTBALL

# Basic Backfield Movements

CoachingPlayers.com

Ball To

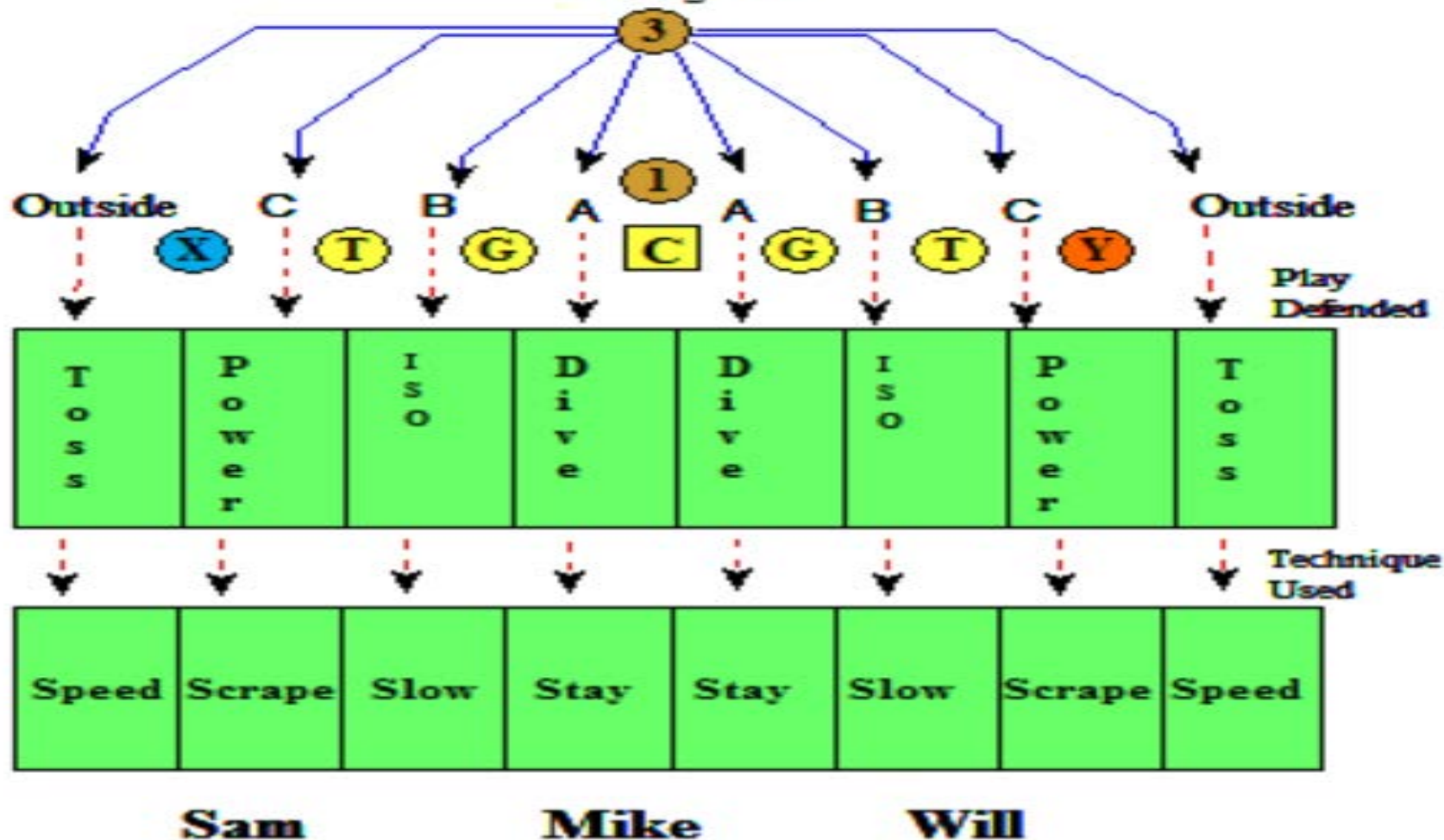




# LBer Stimulus Response

4 - S's

Running Back



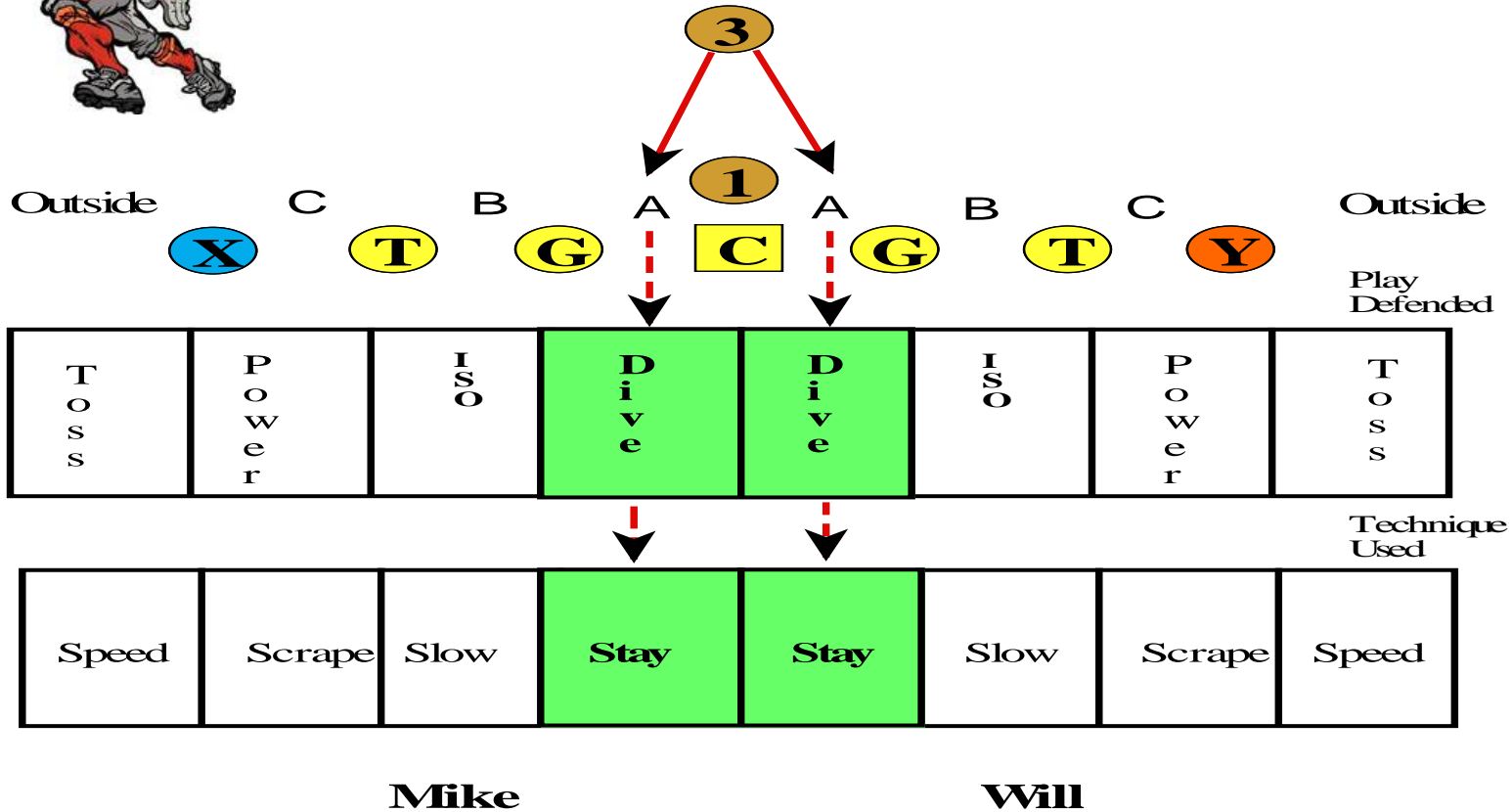
# Stay Technique: Dive



## Stay Technique

Running Back

Playside Linebacker when running back attacks "A" gap will defend the Dive using a stay technique, keeping his outside arm and leg free.





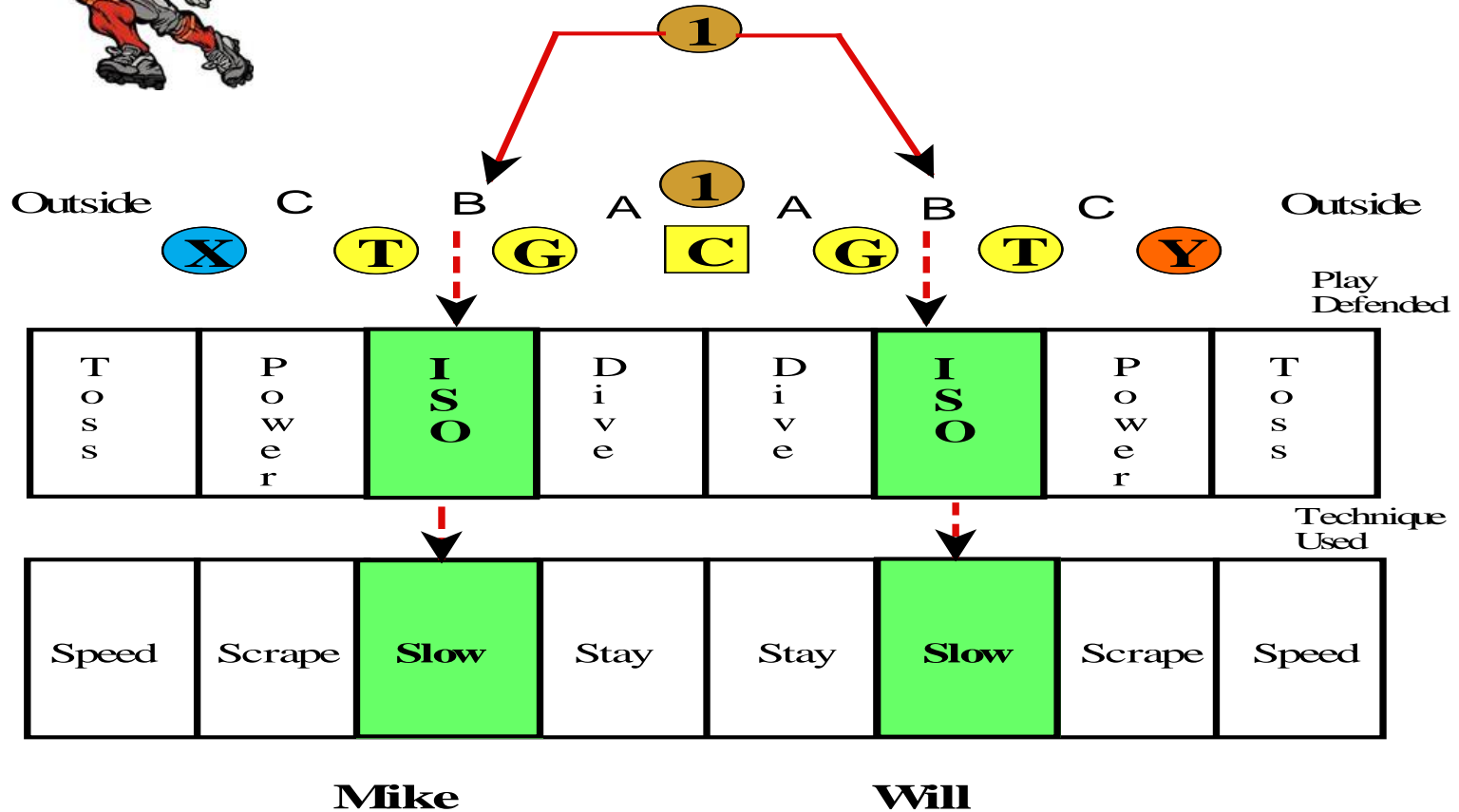
# Slow Technique: ISO



## Slow Technique

Playside Linebacker when running back attacks "B" gap will defend the ISO using a slow technique, keeping his outside arm and leg free.

## Running Back



## 4 - S's



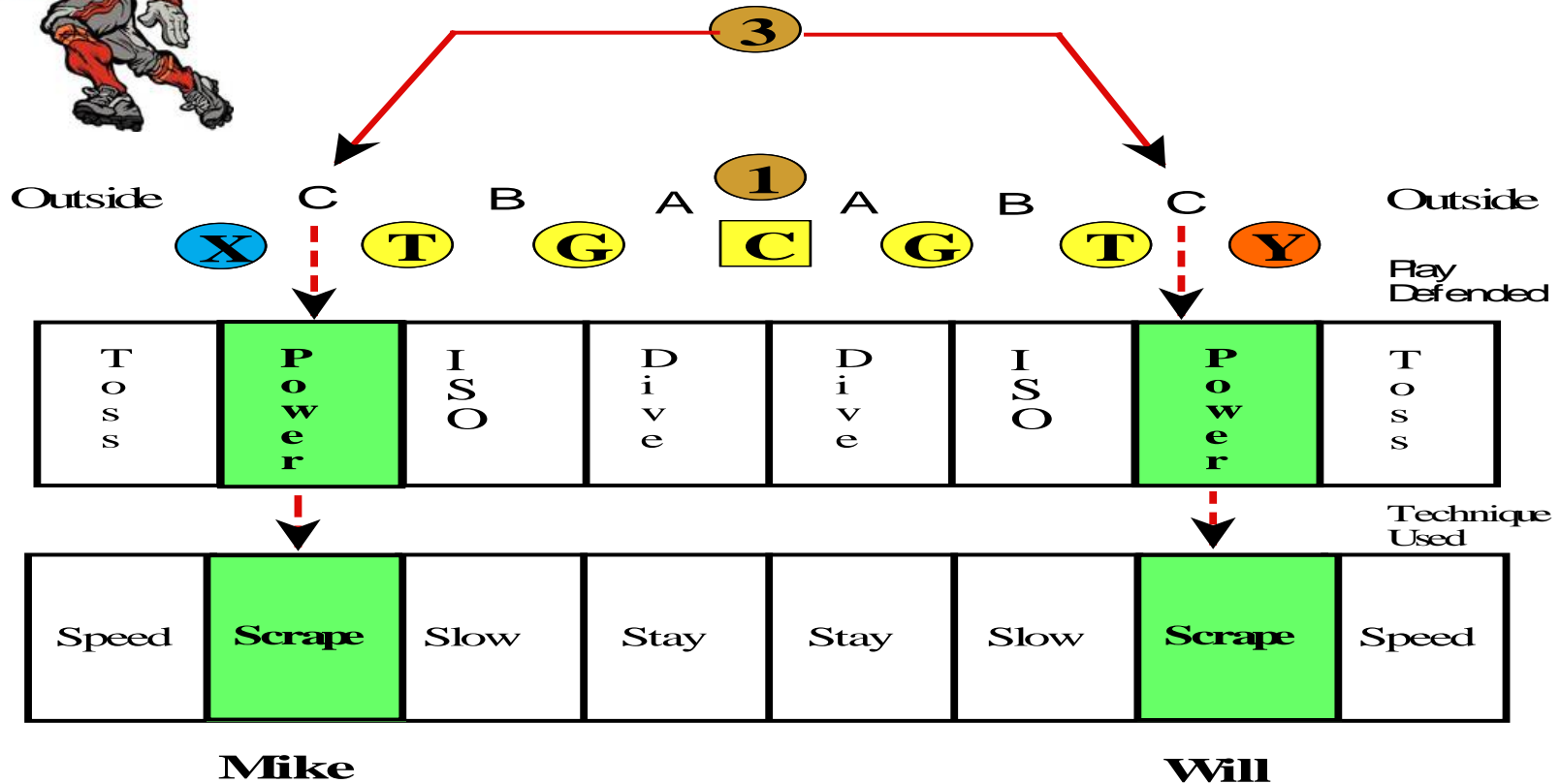
# Scrape Technique: Power



## Scrape Technique

Running Back

Playside Linebacker when running back attacks 'C' gap will defend the Power plays using a scrape technique, keeping his outside arm and leg free.



4 - S's

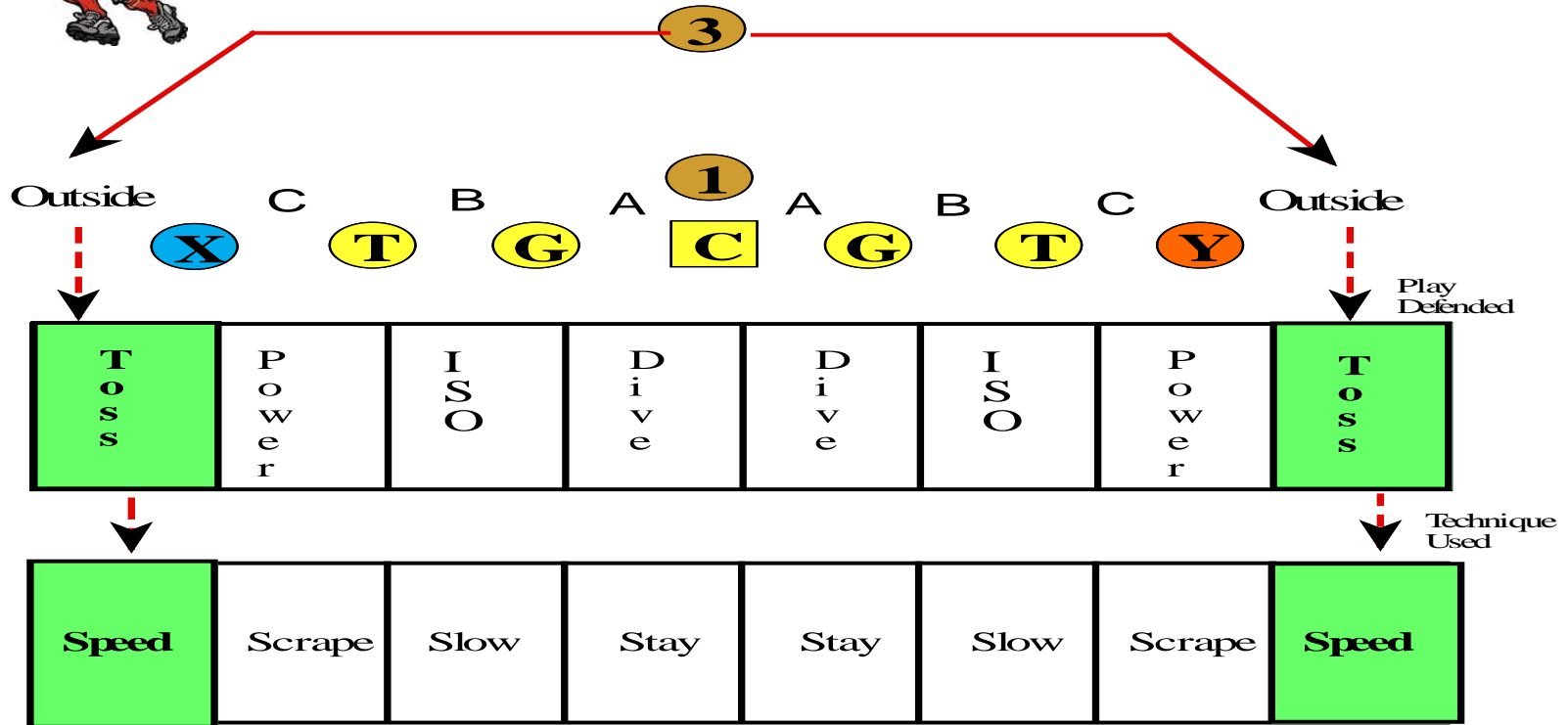
# Speed Technique: Toss-Sweep



## Speed Technique

Playside Linebacker when running back attacks "Outside" will defend the Toss & Sweep plays using a speed technique working from an inside out position.

## Running Back



**Mike**

# Will

## 4 - S's