

Drills from Coach Neyen (Outside LB coach)

Blitz drill- "get skinny"

<http://usafootball.com/video/drills-and-performance/carolina-panthers-blitz-progression-drills:-linebackers/10572>

NW Dip & Rip / Dolphins

<http://usafootball.com/video-tag-list/skills-and-drills>

https://m.youtube.com/watch?v=5pkpml9P_Cs

PSU Dip & Rip and cut reaction drills

<https://www.facebook.com/PSUFball/videos/10153233513113198/>

USC shed and gator roll

<https://m.youtube.com/watch?v=eH6ruJaV6Ag>

Bama double chop drill

<https://m.youtube.com/watch?v=tR3l2RoJSvA>