



THE LINEBACKER COMMUNITY

Elite Linebacker & Defensive Line Development

Built by a Retired NFL Linebacker | Ages 8+

Train with purpose. Learn with intention. Grow within a community.

Meet Your Coach

Mister Alexander

Retired NFL Linebacker | Founder, The Linebacker Community

I'm a former NFL linebacker who has played and trained at the highest level of the game. I've also experienced firsthand what it feels like to be overlooked, under-resourced, and forced to prepare without the advantages that many athletes are given.

That experience is why The Linebacker Community exists.

This training is built specifically for linebackers and defensive linemen who want more than general workouts. We focus on the entire defensive front—teaching proper technique, football IQ, and game-ready execution that translates directly to the field.

Our goal is simple:

to develop confident, disciplined defenders who understand how to play fast, physical, and smart—while staying healthy and available.

Program Name

The Linebacker Community

Teaching the Game. Building Playmaker.

PROGRAM STRUCTURE (3-PILLAR SYSTEM)

1. ON-FIELD DEVELOPMENT

Position-specific training for linebackers and defensive linemen.

- Athletic development (speed, power, movement)
 - LB & DL fundamentals
 - Block destruction, tackling, leverage, coverage
 - Game-speed reps & accountability
 - Pass Coverage Skills & Pass Rushing
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2. FOOTBALL IQ & PERSONAL DEVELOPMENT

Teaching athletes how to think about the game.

- Football IQ education
 - Film breakdowns & chalk talks
 - Establish personal DMO plan (Discipline • Method • Operation)
 - Habit building on & off the field
 - Yearly & seasonal preparation schedules
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3. THE LINEBACKER COMMUNITY (SKOOL APP)

Your private, invite-only online community. Included FREE with active training enrollment

Inside the community:

- Weekly Football IQ lessons
- Film study: Offensive & defensive concepts

- Bi-monthly live Zoom Q&A with former/current NFL & collegiate athletes
- Progress updates & announcements
- Parent education (NCAA.org, NIL awareness)
- Accountability challenges & recognition

**This community will transition into a paid subscription in the future. Current members are grandfathered at no additional cost.

PERFORMANCE TRACKING & DEVELOPMENT

- Progress tested every 6 weeks
 - Set benchmark testing dates
 - Individual athlete tracking via online app
 - Combine & camp preparation (Spring/Summer)
 - Transparency for parents
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EDUCATION & LONG-TERM GUIDANCE

- NCAA.org education for college-bound athletes
 - NIL awareness & early education
 - Understanding recruiting timelines
 - Teaching athletes how to prepare early, not late
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WHO THE LINEBACKER COMMUNITY IS FOR

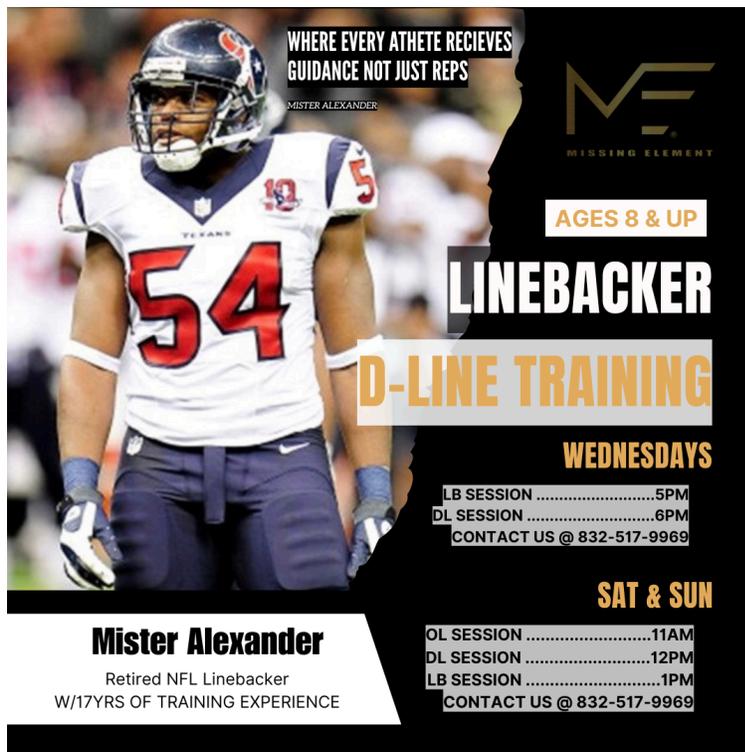
- ✓ Linebackers & Defensive Linemen only
- ✓ Ages 8+ (youth through high school)
- ✓ Athletes serious about development
- ✓ Families who value structure & mentorship

HOW TO GET STARTED

We've created a simple step-by-step guide that explains:

- Start with a **FREE LB or DL Evaluation** and see where you stand. [CLICK HERE](#)
 - Training schedule
 - Pricing options
 - Payment methods
 - How to register
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Training Schedule:



WHERE EVERY ATHLETE RECEIVES
GUIDANCE NOT JUST REPS

MISTER ALEXANDER

ME
MISSING ELEMENT

AGES 8 & UP

LINEBACKER
D-LINE TRAINING

WEDNESDAYS

LB SESSION5PM
DL SESSION6PM
CONTACT US @ 832-517-9969

SAT & SUN

OL SESSION11AM
DL SESSION12PM
LB SESSION1PM
CONTACT US @ 832-517-9969

Mister Alexander
Retired NFL Linebacker
W/17YRS OF TRAINING EXPERIENCE

Group Training Service Options:

Single Position Session (Position Training ONLY)	Position Packages (Position Training ONLY)	Discount Bundle Packages (Athletic Development + Position)
No Contract	No Contract	Contract with Auto Draft
\$45 Per Session CLICK HERE	\$320 (8 total sessions) Exp. 6Wks \$475 (12 total sessions) Exp. 8Wks CLICK HERE	Prices vary: CLICK HERE