



The Linebacker Community

Elite Linebacker & Defensive Line Development

This is a high-intensity football development program based in the Northwest Houston area, designed to prepare linebackers and defensive linemen to dominate the entire defensive front both mentally and physically.

This is not just another position training program. This is where defensive leaders are built, playmakers are developed, and standards are raised.

Our Promise

We don't just create better athletes—we develop instinctive, disciplined defenders who play faster, tackle better, communicate with confidence, and consistently make game-changing plays.

WHY CHOOSE THE LB COMMUNITY?

Most linebackers and defensive linemen don't struggle because they lack effort—they struggle because they haven't been taught the details that create impact plays.

We Solve the Problems That Cost Defenses Games

- **Poor stance limits explosion.**
Learn position-specific stances that improve balance, power, first-step quickness, and change of direction.
- **Improper pre-snap alignment creates big plays for the offense.**
Master correct leverage, spacing, and alignment based on formation, down-and-distance, and defensive responsibilities.

- **Undisciplined eyes lead to false steps and missed reads.**
Train your eyes to recognize offensive keys, read blocks faster, and anticipate plays before they happen.
- **Slow recognition delays fast play.**
Develop football IQ through film study, offensive tendencies, and formation recognition so you can react instead of hesitate.
- **Poor tackling technique leads to missed tackles and injuries.**
Learn safe, powerful tackling mechanics that improve consistency while reducing unnecessary risk.
- **Lack of block destruction keeps defenders off the football.**
Master hand placement, leverage, shedding techniques, and defeating blockers to make more tackles.
- **No pass-rush plan means fewer sacks and pressures.**
Build a complete pass-rush toolbox with speed, power, counter moves, timing, and rush strategy.
- **Poor pursuit angles allow explosive plays.**
Learn how to take efficient pursuit paths, maintain leverage, and eliminate cutback lanes.
- **Athletes train hard but don't know how to study football.**
Our Football IQ curriculum teaches film study, opponent preparation, and position-specific keys that transfer directly to game day.
- **Many players plateau because they only train physically.**
We develop complete defenders through technical instruction, leadership development, accountability, discipline, and mental preparation.



THE LINEBACKER COMMUNITY

TEACHING THE GAME. BUILDING PLAYMAKERS.

Elite linebacker & defensive line development built by a retired NFL linebacker. We train the entire defensive front—teaching proper technique, football IQ, and game-ready execution that translates directly to the field.

POSITION-SPECIFIC LB & DL TRAINING

FOOTBALL IQ & FILM STUDY

ATHLETIC DEVELOPMENT & PERFORMANCE

LEADERSHIP & PERSONAL GROWTH

AGES 8+ | IN-PERSON & ONLINE | LED BY EXPERIENCE. DRIVEN BY PURPOSE.

ON-FIELD DEVELOPMENT

- Position-specific training for linebackers & defensive linemen
- Block destruction, tackling, leverage, coverage
- Game-speed reps & accountability
- Pass coverage skills & pass rushing

FOOTBALL IQ & PERSONAL DEVELOPMENT

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

THE LINEBACKER COMMUNITY

- Weekly Football IQ lessons
- Film study: Offensive & defensive concepts
- Bi-monthly live Zoom Q&A with current/former NFL & collegiate athletes
- Progress updates & announcements
- Parent education (NCAA.org, NIL awareness)

MEET YOUR COACH

MISTER ALEXANDER

RETIRED NFL LINEBACKER
FOUNDER, THE LINEBACKER COMMUNITY

A former NFL linebacker who played and trained at the highest level. I know what it feels like to be overlooked—and I created this community so today's athletes don't have to be.

OUR GOAL IS SIMPLE:
To develop confident, disciplined defenders who play fast, physical, and smart—while staying healthy and available.

PLAYER & PARENT PERFORMANCE TRACKING & RECRUITING EDUCATION

FOR THE STUDENT-ATHLETE

- ✓ Progress tested every 6 weeks
- ✓ Set benchmark testing dates
- ✓ Individual athlete tracking via online app
- ✓ Combine & camp preparation (Spring/Summer)
- ✓ Teaching athletes how to prepare early, not late

FOR THE PARENT & STUDENT

- ✓ NCAA.org education for college-bound athletes
- ✓ NIL awareness & early education
- ✓ Understanding recruiting timelines
- ✓ Guidance for long-term development & opportunities

**This community will transition into a paid subscription in the future. Currently members have no additional cost.

HOW TO GET STARTED

1 START WITH A FREE LB OR DL EVALUATION [CLICK HERE](#)

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2 REVIEW TRAINING SCHEDULE

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3 CHOOSE YOUR SERVICE OPTION & PRICING

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4 COMPLETE PAYMENT & REGISTER

TRAIN WITH PURPOSE.

BECOME THE IMPACT.

HOW TO GET STARTED

Step 1

Register for Your FREE Evaluation

Every athlete begins with a complimentary evaluation so our coaching staff can assess current strengths, technique, movement, and development needs.

LB & DL Evaluation times/days:

- **Sat @ 10am**
- If this time doesn't align with your schedule please contact Coach Mister at 832-517-9969

Register Here

<https://www.missingelementsports.com/free-evaluation-info>

Wait for Confirmation

After completing the registration form, a member of our coaching staff will contact you by text message or phone call to confirm your evaluation date and time.

Attend Your FREE Evaluation

You'll also receive professional coaching feedback and recommendations for continued development.

Step 2

Choose Your Training Program (Varies by Age/Skill Level)

Based on your evaluation results, choose the program that best fits your goals.

Group Training (Position Training ONLY)	Discount Bundle Packages (Athletic Development + Position)	Team Sign Up Discount
6-13 athletes	Improve: Speed, strength, power, agility, reaction, quickness while also developing athletes specific positions within a group training	Multiple Players from the same program are mandatory to receive a discount. <u>Send Text Message To:</u> 832-517-9969

Competitive environment focused on fundamentals, teamwork, and game-speed development. Click Here To Pay: The LB Community	setting. Prices vary: CLICK HERE	<u>Include in message:</u> - Interested in Team Sign Up Discount. - Program Name - Owner/Manager Name & Number - Projected Number of Athletes - Number of Sessions Per Child (8 or 12).
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Step 3

JOIN THE LB COMMUNITY HTX

Once enrolled, you'll receive an invitation to our private **Telegram Group**.

Inside the group you'll receive:

- Training schedules
 - Practice updates
 - Weather notifications
 - Drill videos
 - Technique tips
 - Camp announcements
 - Important reminders
 - Direct communication with the coaching staff
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TRAINING SCHEDULE & LOCATIONS

After selecting your training program, you'll receive access to our current training schedule and locations.

Schedules are updated regularly to provide the best training opportunities throughout the year.

Questions?

Text “LB Community” to 832-517-9969

Training. Development. Domination.