

.Bill Montjoy on zone blocking

INSIDE ZONE TECHNIQUE (DRIVE BLOCK TECHNIQUES):

A. COVERED: Take a 6" lead step aiming eyes at playside number. Second step to crotch (do not crossover). Hands at base of shoulder pads.

1. If DLM stretches with you – stay on block and uncovered teammate works up on LBer.
2. If DLM anchors on you – double team with uncovered teammate. Stay on block until wiped off & then work upfield aiming eyes to playside number of LBer.
3. If DLM slants inside – force him to flatten his slant and double team with uncovered teammate. Stay on block until wiped off & then work upfield aiming eyes to playside number of LBer.

B. UNCOVERED: Take a 6" lead step aiming eyes at helmet of DLM. Do not cross over on second step.

1. If helmet goes out on your 1st step – 2nd step upfield aiming eyes to playside number of LBer.
2. If helmet stays put – double team (hip to hip) with covered teammate & wipe him off on LBer.
3. If helmet slants inside - get eyes to his playside number. Double team with covered teammate & wipe him off on LBer.

OUTSIDE ZONE TECHNIQUE (REACH BLOCK TECHNIQUES):

A. COVERED: Take a 6" lead step aiming eyes at playside arm pit. Second step slightly outside crotch (do not crossover). Inside hand on midline & outside hand under armpit.

1. If DLM stretches with you – stay on block and uncovered teammate works up on LBer.
2. If DLM anchors on you – stay on block with eyes on playside arm pit.
3. If DLM slants inside – force him to flatten his slant by stiff arming him inside. Stay on block until you feel uncovered teammate & then come off aiming eyes to playside number of LBer.

B. UNCOVERED: Take a 6" lead step aiming eyes at helmet of DLM. You may crossover on second step.

1. If helmet goes out & you haven't contacted DLM by 3rd. step – work upfield aiming eyes to playside armpit of LBer.
2. If helmet stays put – shove him over to covered teammate and work upfield aiming eyes to playside armpit of LBer.
3. If helmet slants inside – aim eyes to his playside armpit. Take him over & wipe covered teammate off to LBer.



Bill Montjoy on pass pro

PASS PROTECTION - WHERE IT ALL STARTS AND FINISHES!



I. FUNDAMENTALS:

- A. Vertical Flat-Backs
- B. Bend in knees
- C. Inside Post Foot
- D. Hands tight
- E. Eyes on target
- F. Leverage to QB
- G. No edges/cover up (outside eye on his inside eye)
- H. Punch Lock/Separate (only if he goes away in zone pro)
- I. Find work
- J. Finish!

****WIN THE FIRST 1.5 SECONDS OF THE RUSH AND YOU BEAT THE RUSH!!!**

II. CONCEPTS

A. 3 STEP

1. Emphasis on aggressive short set
2. Snap out of stance
3. Attack defender
4. Do not give ground
5. Maintain leverage to QB

B. 5 STEP

1. Emphasis is on control/cover up
2. Snap out of stance
3. Cover up/no edges
4. Angle awareness
5. Intersect points
6. Trust your sets

III. OTHER COACHING POINTS

A. THINK WITH YOUR FEET

1. Not interested in how much you bench press
2. React and strike
3. Maintain leverage to QB

B. PUNCHING EFFECTIVELY

1. Tight hands
2. Punch with the heels
3. Punch and lock
4. Punch and reset (if man goes away in zone scheme)

C. PASS SET DRILL (VS MAN HEAD UP/INSIDE SHADE/OUTSIDE SHADE)

1. Outside rush
2. Spin move
3. Re-direct
4. Bull rush
5. Inside rush