

# BLOCKING STACKS:

## I. ZONE SERIES:

“4-4 STACK” presents no problem for our ASSIGNMENTS. Obviously - ANY front with SUPERIOR personnel is what you HAVE to worry about.

Our RULES hold up beautifully on the ZONE plays (all the gaps are accounted for from inside-out). You Zone from the "bubble" out to CALLSIDE (you are zoning the stacks).

EXAMPLE (IZ or OZ RIGHT vs. Stacked 4-4): Zone from the "bubble" out to CALLSIDE. NOTE: "0" is the man ON the Center or, the first man to the callside if CTR. uncovered (RT. BELOW):

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-----4----2-----1-----3
-----3----1-----0-----2
-----O--O--C--O--O--O
-----O-----Q
-----R
```

LTE sifts inside gap for 3 (or 4 if he stunts inside & 3 goes out). In Cover 3 - #4 WON'T COME (he has flat coverage on a play action that side off IZ fake).

LT & LG = ZONE 1 & 2

C & RG = ZONE 0 & 1

RT & TE = ZONE 2 & 3.

This is we what give to players:

## PROGRESSION FOR TEACHING INSIDE/OUTSIDE ZONES

### 1. TEACH BASE MAN BLOCKING # ASSIGNMENTS

- A. CENTER BLOCKS #0
- B. GUARDS BLOCK #1
- C. TACKLES BLOCK #2
- D. H & Y BLOCK #3
- E. #4 ACCOUNTED FOR SEVERAL WAYS.

- F. NOTE: IF "0" IS NOT IN THE "CENTER BOX" – CENTER DESIGNATES "0" AS THE FIRST DEFENDER TO THE SIDE HE IS BLOCKING.
- G. IN A STACK – THE DLM GETS THE LOW #.

**2. TEACH "COVERED/UNCOVERED" (TO DETERMINE WHO ZONE BLOCKS AND WHO MAN BLOCKS).**

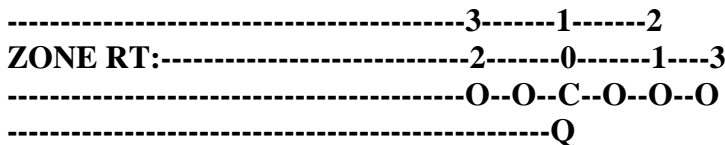
- A. IF YOU ARE UNCOVERED – ZONE WITH YOUR PLAYSIDE TEAMMATE.
  - B. IF YOU ARE COVERED – ZONE WITH YOUR BACKSIDE TEAMMATE (UNLESS HE IS COVERED THEN YOU MUST MAN BLOCK).
- NOTE: IF YOUR MAN IS STACKED IN A "TANDEM" – ZONE WITH TEAMMATE WHOSE MAN IS ALSO STACKED.

**VS "3-3 STACK":**

Stacks present no problem. Just remember:

1. Man closest to Center's nose = "#0"
2. In ALL stacks - the DLM draws the low # & the LB draws the high #
3. There is ALWAYS ONE "#0"
4. There is always TWO "#1", "#2", & #3 (also #4)

The REASON the B/S #1 is stacked behind the Nose, while the P/S #1 is over on the P/S OT is that we are zoning TOWARDS the play call (Zone Rt) from the "bubble" out. If we were blocking BACK (another type play) away from the play call - it would be the other way around.

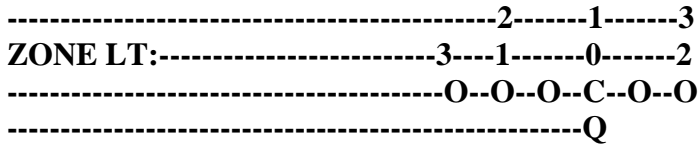


LT = sift from 2 to 3 (If an H or another TE present – they zone 2 & 3)

LG & C = zone 0 & 1

RG & RT = zone 1 & 2

TE = man block 3



**TE = man block 3**

**LG & LT = zone 1 & 2**

**C & RG = zone 0 & 1**

**RT = sift from 2 to 3 (If an H or another TE present – they zone 2 & 3)**

**As to "RED/WHITE" vs. head up STACKS - you must determine the following from HOURS of film work on the opponent, because without this - you DON'T KNOW the following (in a 4-4 Stack). NORMALLY - we get RED to the TE side about 95% of the time, & WHITE to the SE side about 90% of the time.**

**A) On EACH side - what % of the time is the time is the B gap defended by a LBer ("WHITE")?**

**B) On EACH side - what % of the time is the B gap defended by a DLM ("RED")?**

**If you CAN'T PREDICT BY FILM WORK - we would run the Outside Zone, a Reverse, & Toss to TE side. Run Inside Zone, & Toss to SE side.**

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**II. COUNTER/POWER SERIES:**

**IF you run Power & Counter - run Power to TE side & Counter to SE side. Power/Counter blocking is GREAT, because all of the gaps are taken care of by gapping down on the stacks from OUTSIDE-IN (Zone blocking accomplishes this from INSIDE-OUT).**

**A GREAT way to "crease" the 4-4 Stack is to (by formation) eliminate the outside stack on one side. They HAVE to walk the OLB out on this look - leaving them almost defenseless to the COUNTER LT.:**

-----W-----M-----S-----R  
 -----E-----T-----T-----E  
 X-----O--O--C--O--O-----Z  
 -----H-----Q-----Y  
 -----R

**H = Flex out 5+ yards. Block Will OLB**

**LT & LG = Double Team from the DT to Sam LB**

**CTR = block DT on his right.**

**RG = pull & trap DE on his left.**

**RT = squeeze B gap & hinge to C gap.**

**Y = Split 18” out & 1 yard off the ball. Pull & wrap thru on Mike LB (if he blitzes – TRAP him).**

**RB = run Counter thru B gap left - GREAT PLAY!**

**NOTE: Vs. “3-3 Stack” – Counter/Power (with “Trey” block) = best plays in our offense!!!**