

INSIDE ZONE Concept

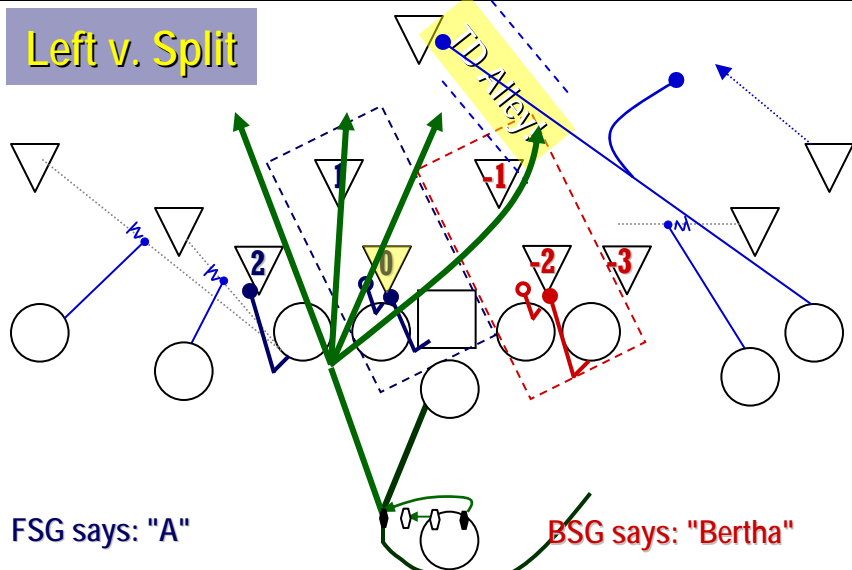
Andrew Coverdale – Head Coach – Castle High School
Shared_responsibility@yahoo.com





INSIDE ZONE

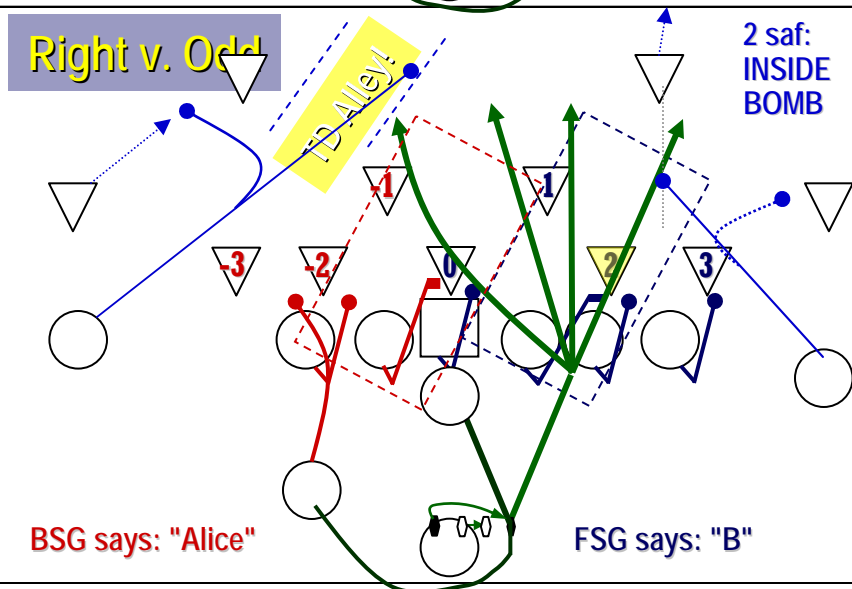
Left v. Split



FSG says: "A"

BSG says: "Bertha"

Right v. Odd



BSG says: "Alice"

FSG says: "B"

2 saf:
INSIDE
BOMB

FS OUTS

Inside bomb to inside stalk. Dig for safety v. 2 safeties, turn back to CB late. V. 1 safety, attack rendezvous spot, settle hips, meet C on the angle.

FS INS

Inside stalk man on...attack rendezvous spot. Must dig out edge LB.

BS INS

Inside stalk man on...attack rendezvous spot. Must dig out edge LB.

BS OUTS

Sprint through BS TD alley. Turn back for CB if you can't cut off a safety.

FS TE

Zone rules, block #3...inside hand pressure. MUST ID verbally. Call "No 3" if no threat or DL on to outside you. Your Tandem call w/ T is "C"

FS T

Zone rules, block #2, inside hand pressure. Tandem calls are "C" (w/ TE) & "B" (w/ G)

FS G

Zone rules, block #1, inside hand pressure. Tandem calls are "B" (w/ T) & "A" (w/ C)

Center

Zone rules, block # 0, inside hand pressure. Tandem calls are "A" (FSG) & "Alice" (BSG)

BS G

Zone rules, block # -1. Tandem calls are "Alice" (w/ C) and "Bertha" (w/ T)

BS T

Zone rules, block # -2. Tandem calls are "Bertha" (w/ G) and "Cindy" (w/ TE)

BS TE

Zone rules, block # -3. Tandem call with T is "Cindy"

H-B

Block # -3 with an inside-out course. From backfield, take similar "J" course as on 2-3 Power. Must mirror his movement with your eyes, keep outside eye inside his helmet.

QB

Push to 5 or 7 o'clock, extend ball on 2d step, drive your eyes to the mesh point, make R a running back as fast & deep as possible. YOU ARE RESPONSIBLE FOR THE MESH...follow ball into mesh point with eyes and front hand two steps beyond the exchange. Find leverage foot with two steps in place as you follow RB, boot out on a full speed course for FIVE steps to block backside DE & safety.

RB

Align at heels 7 yards, tighter on 3rd & short, deeper v. stunting fronts. Lateral step, crossover, roll and attack your landmark. EYES MUST GO TO YOUR READ...QB handles mesh! Must understand angles/RR tracks of the play. Landmark is inside leg of OT; read is 1st DL past C. Be patient to the hole...work your angle, press into the LOS before making cut, let LB block themselves. Stay on RR track until wrong color shows outside...the best cut is NO cut! Burst through the daylight once decision is made, feeling defenders behind your read, cutting back one lane for every additional jersey that crosses your face. Find a leverage foot and burst vertically as soon as you can...think FIRST downs, not TOUCHDOWNS, get 4 yards.



ZONE & REACH BLOCKING

To successfully block a play in the Zone or Reach series, I must:

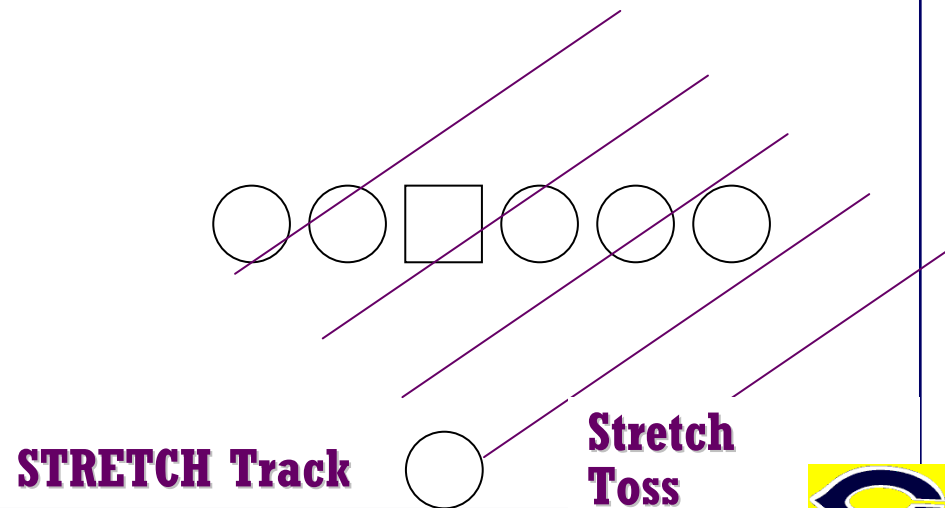
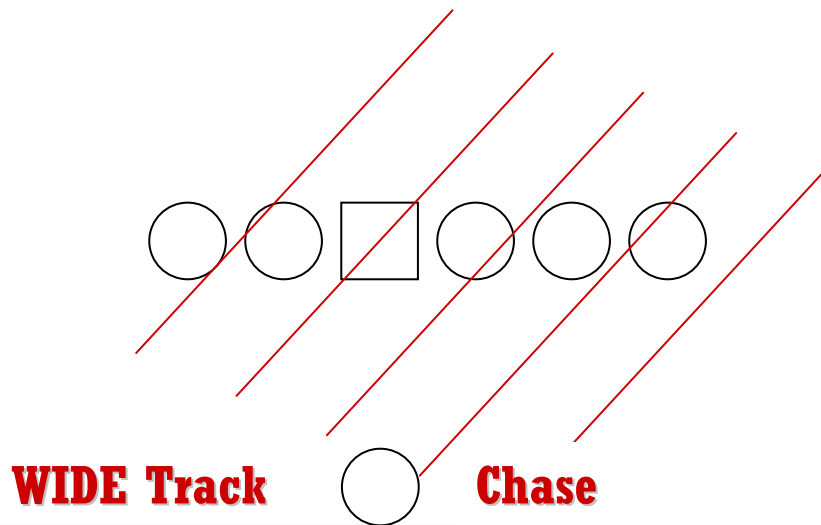
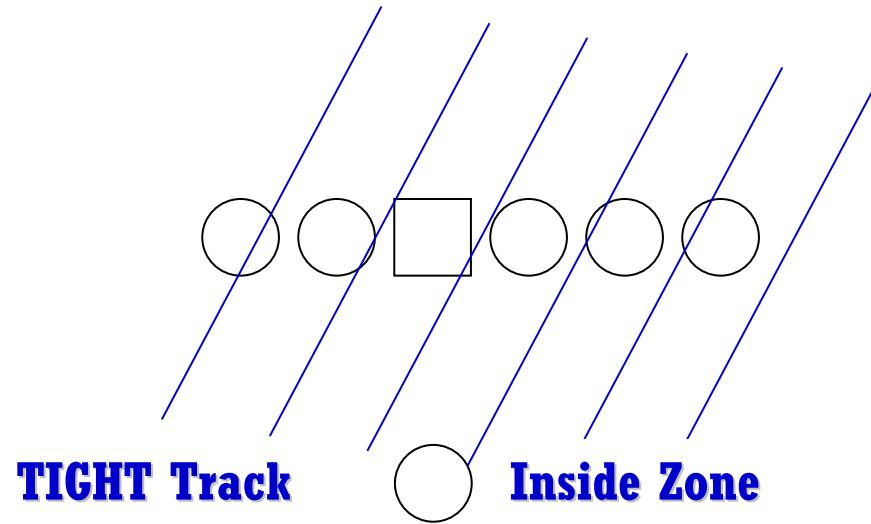
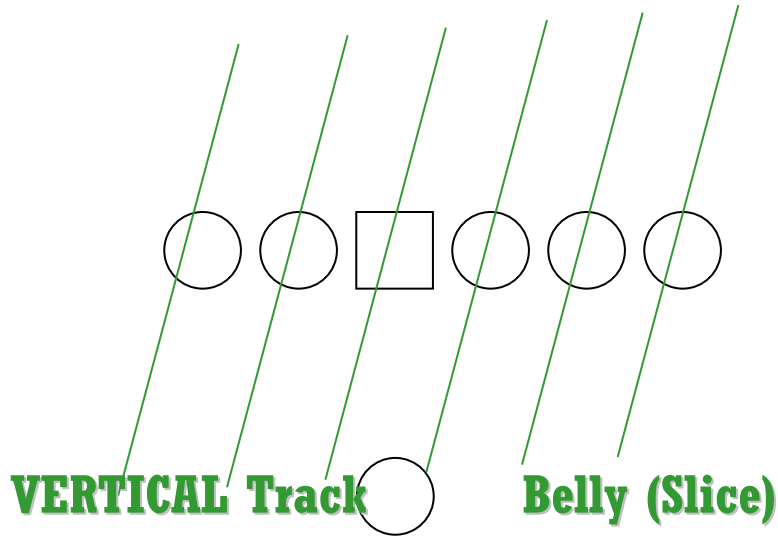
1. Understand the angle (RR tracks) on which the play is run and therefore the angle or tracks along which I will block people!
2. Know whom to block in a given front!
3. Know whether I will be cooperating with someone in blocking my man, and with whom that cooperation will occur!
4. Understand and execute the technique of the individual or cooperation block called for by the play I am running!
5. FINISH!

*If I can do these five things, I can block any defense and solve any problem with confidence, aggressiveness, and success!



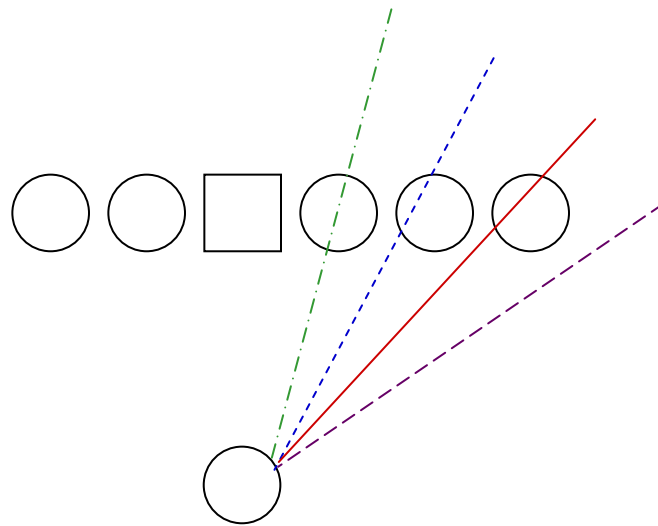
I. ZONE & REACH Railroad Tracks/Angles of Departure

THE KEY: Marriage of backs & linemen— Backs must ATTACK on the correct track so that OL can BLOCK and COVER DEFENDERS up on that same track!



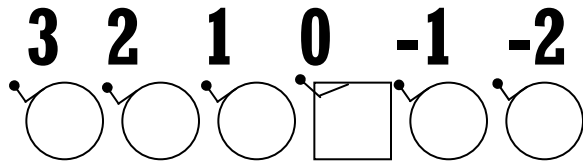
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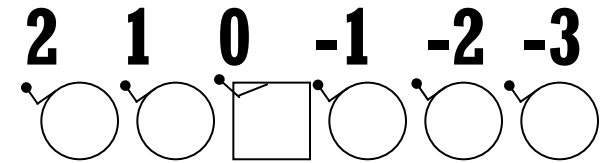
II. ZONE SERIES: Whom to Block

TE ON FRONTSIDE:
TE starts the identification with #3



- TE's man is widest DL/LB who can threaten the box. TE identifies him by uniform #, he becomes "#3" in our count system
- Frontside T blocks next DL or LB back, he is "#2"
- Frontside G blocks next DL or LB back, he is "#1"
- Center blocks next DL or LB back, he is "#0"
- Backside G blocks next DL or LB back, he is "#-1"
- Backside T blocks next DL or LB back, he is "#-2"
- Backside TE, if there is one, blocks next, "#-3"

NO TE ON FRONTSIDE:
Frontside Tackle starts the identification with #2

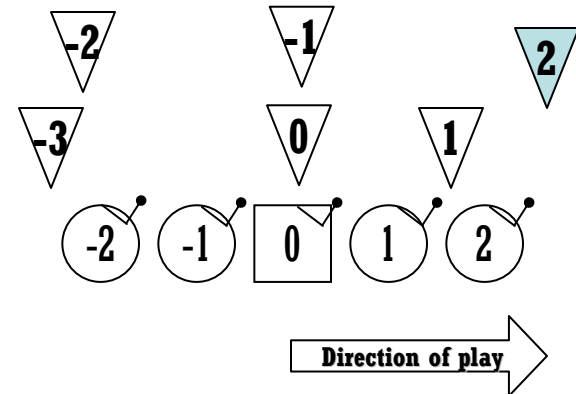
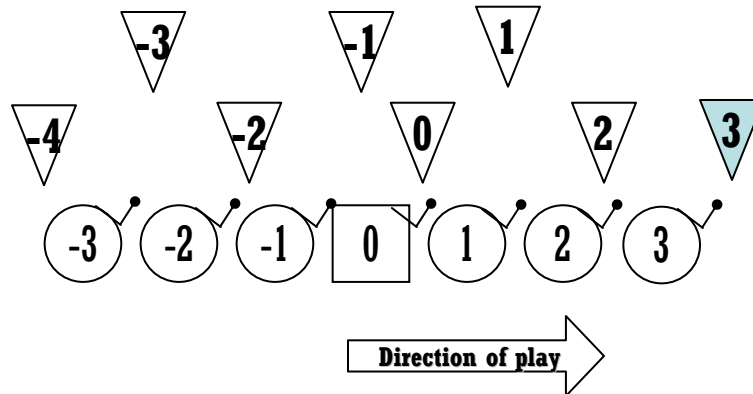
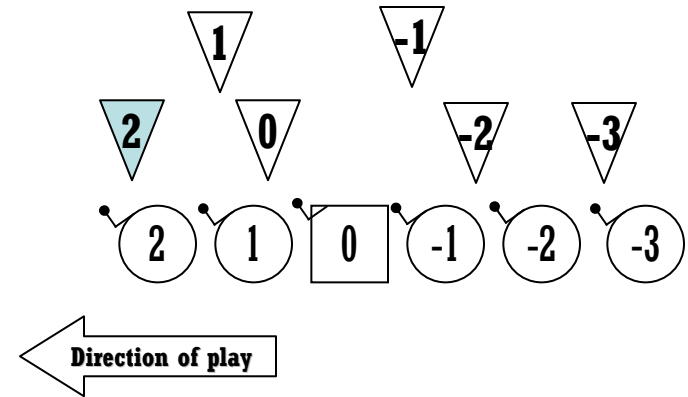
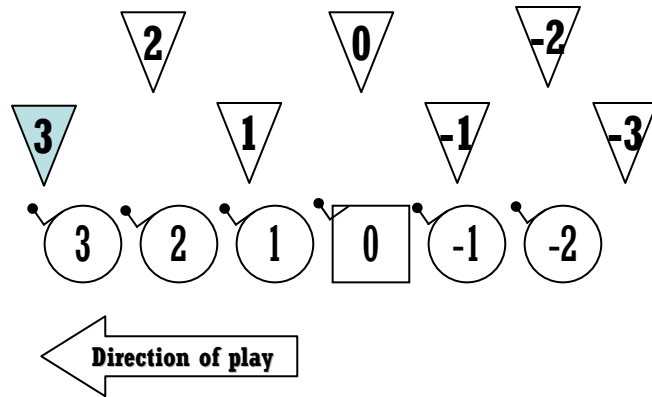


- Frontside T's man is widest DL/LB who can threaten the box. TE identifies him by uniform #, he becomes "#2" in our count system
- Frontside G blocks next DL or LB back, he is "#1"
- Center blocks next DL or LB back, he is "#0"
- Backside G blocks next DL or LB back, he is "#-1"
- Backside T blocks next DL or LB back, he is "#-2"
- Backside TE, if there is one, blocks next, "#-3"



II. ZONE SERIES: Whom to Block

EXAMPLES



- TE's man is widest DL/LB who can threaten the box. TE identifies him by uniform #, he becomes "#3" in our count system
- Frontside T blocks next DL or LB back, he is "#2"
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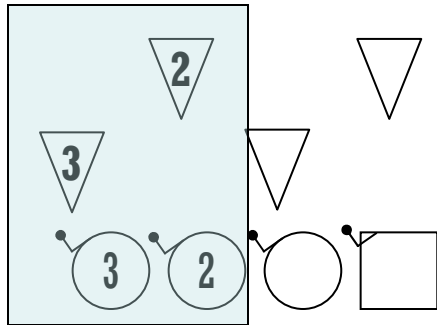


III. ZONE RULES: Cooperation Blocks

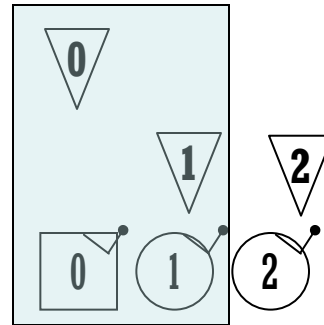
- In our Zone series runs, I will cooperate (work together with a lineman next to me so that the two of us 'cooperate' to block his guy and mine together) under the following circumstances:
 1. My man is at a LB depth of 4 yards or more
 - *If this is the case, I make a cooperation call to the man IN FRONT of me
 2. I am covered by a head-up or inside DL who is not my man according to our count system!
 - *If this is the case, I make a cooperation call to the man BEHIND me
- We have words, or calls, for each possible combination of two linemen cooperating:
 - "C" is the word that tells the Frontside TE & tackle to cooperate
 - "B" is the word for the Frontside Tackle & Guard's cooperation
 - "A" indicates cooperation between Frontside Guard & Center
 - "Alice" tells the Center and Backside Guard that they cooperate
 - "Bertha" is the cooperation word for the Backside Guard and Tackle
 - "Cindy" is the term for a Backside Tackle and TE to cooperate



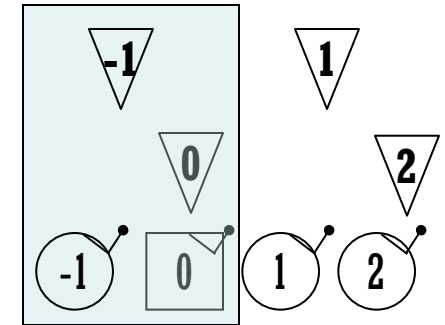
III. ZONE RULES: Cooperation Block Examples



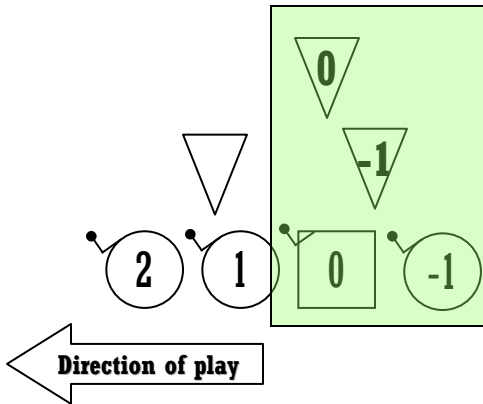
EXAMPLE 1a:
FST's #2 man is at LB depth. He calls "C" to the TE in front of him



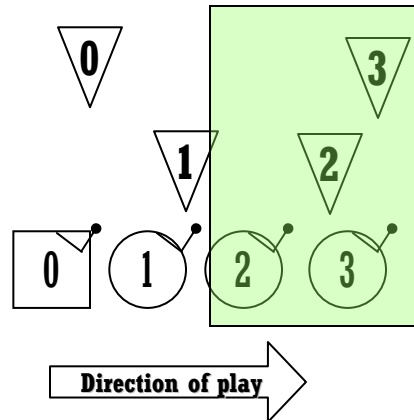
EXAMPLE 1b:
C's #0 man is at LB depth. He calls "A" to FSG in front of him



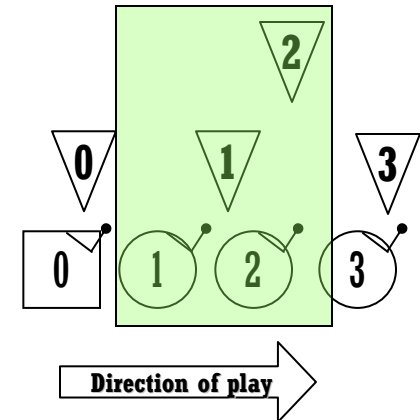
EXAMPLE 1c:
BSG's #-1 man is at LB depth. He calls "Alice" to C in front of him



EXAMPLE 2a:
C is covered by BSG's #-1 man. He calls "Alice" to BSG behind him.



EXAMPLE 2b:
FSTE is covered by FST's #2 man. He calls "C" to FST behind him.



EXAMPLE 2c:
FST is covered by FSG's #1 man. He calls "B" to FSG behind him.



IV. ZONE TECHNIQUE: General Points

- Block defenders on the angle you find them!
- Use great TARGETING with head, hands, and feet to:
 - MOVE them laterally (they help block themselves)
 - COVER THEM UP (define a lane for the back to run to)
- Lose ground to gain an angle!
- FEET:
 - 2nd step must get on the ground FAST – POWER
 - “First meaningful contact wins!”
 - Run your feet – SOONER / QUICKER / WIDER
- TANDEM (Cooperation) BLOCKS:
 - Adjust your split (esp. Guards) to get close to the guy you’re working with!
 - Feel DL with your hand(s), see LB with your eyes!
 - Don’t come off to LB until he commits to the L.O.S. (vertical movement!)



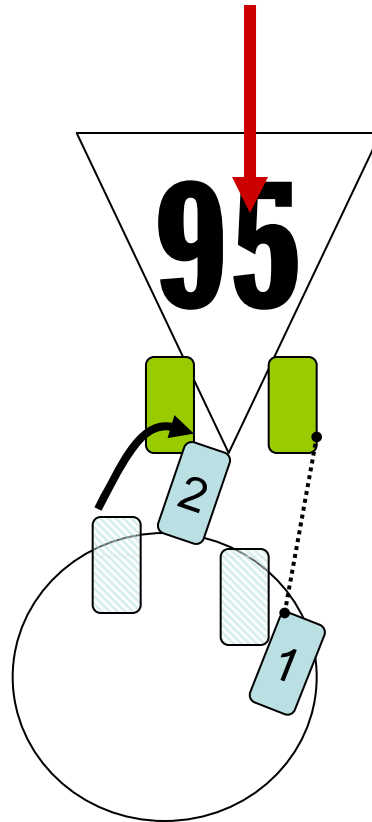
IV. ZONE TECHNIQUE: Covered OL (no Cooperation)

- TARGETS
 - 1st step: Big toe of outside foot on pinkie toe of his outside foot;
 - 2nd step: Pinkie toe of my inside foot on big toe of his outside foot
 - Head: Inside edge of his outside number
 - Hands: Must be inside
- FIRST STEP & CONTACT
 - If DL is tight to me: Hanging lead step, punch off 1st step
 - If DL is loose to me: Drop step, fast 2d step, punch off 2nd step
 - Unlock hips with first step regardless; open to angle of play, block him on the angle you find him!
- SUSTAIN
 - Must work for vertical pressure THROUGH him
 - Press with INSIDE hand on Slice & Slant; OUTSIDE hand Chase
- FINISH
 - When he peeks and you feel a loss of pressure: Pull him to you, run your feet, and FINISH him!



IV. ZONE TECHNIQUE: Covered OL (no Cooperation)

HEAD GOES HERE!



IV. ZONE TECHNIQUE: Cooperation 'Tandems'

- The standard Cooperation block used by two OL to block a DL and an LB in the 20 series running game is called a TANDEM. TANDEMS are used any time two linemen cooperate anywhere on Slice & Slant; they are also used on any cooperation block on the frontside of Chase.
- Key idea: Use hands to control/feel DL, all EYES to LB!
 - In a TANDEM, if the DL being blocked is an outside shade, then:
 - The covered lineman uses a 2-handed read that can go to 1,
 - The uncovered lineman uses a 1-handed read that goes to 2.
 - In a TANDEM, if the DL being blocked is head up to inside, then:
 - The covered lineman uses an inside forearm,
 - The uncovered lineman goes immediately to a 2-handed read
 - Any combination of a stacked LB/DL will trigger an immediate 2-handed read by the uncovered OL, regardless of where the DL is!

