



STEVE LONEY ON THE INSIDE ZONE

Blocking Footwork

1. Wide base
2. Power angles come from instep push off
3. First step = gain blocking angle and position on a defender (depth & width dependent on alignment)
4. Get the 2nd step on the ground quickly
5. Never crossover
 - a. Gain distance & direction with every step
6. Shoulders surge towards the defender
 - a. They do not go up
 - b. Upper body goes forward

Covered Blocker

1. Assignment: Technique: step, punch & explode; Target: Middle of PS # (pad under pad)
2. Force the defender to make a decision
 - a. Stretch & distance the defender
3. Lead with fists, cage & pads
 - a. Punch, lift & strain the body
4. Arm pump
 - a. Whip the hands & grab – get hands inside
5. Second step slightly inside the defender's

6. Explode feet on stalemates and finish the defender when he moves to the ball
7. If defender slants inside, step & drop inside to come back & get a piece of him
8. If defender widens – twist him out with inside arm – anticipate redirection

Uncovered Blocker

1. Evaluate the depth of the LB
 - a. Deep LB (3-5 yards) less likely to fill inside DLM
 - b. Close LB (less than 3 yards from LOS) More likely to fill inside DLM - watch him out of the corner of your eye on 1st step.
2. Block LB at or near the LOS
3. Read the flow of the LB
4. Allow LB to press LOS
 - a. Understand the play of the LB
5. Beat defender to the holes and creases occur, generally at the bubble