



## 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 DETERMINES 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.

\*\*\*\*\*

## POWER/COUNTER BLOCKING RULES:

### ON Y/H:

1. ON T UNCOVERED – THRU TO MLB AREA.
  2. ON T COVERED – DOUBLE TEAM WITH ON T (TO BS/LB) OR GAP BLOCK.
  3. ON G & CENTER BOTH COVERED – GAP BLOCK.
- NOTE: "SPECIAL" VS. 7 TECHNIQUE – INFLUENCE 7 & ARC BLOCK  
NEXT MAN OUTSIDE (G OR H WILL TRAP THE 7).

### ON T:

1. ON G UNCOVERED – DOUBLE TEAM WITH TE (TO BS/LBer).
2. ON G COVERED – DOUBLE TEAM WITH ON G (TO BS/LBer).
3. ON G & CENTER BOTH COVERED – GAP BLOCK.

### ON G:

1. CENTER UNCOVERED – DOUBLE TEAM WITH ON T (TO BS/LBer).
2. CENTER COVERED – BLOCK DOWN ON NOSE.
3. CENTER & YOU BOTH COVERED – GAP BLOCK NOSE.

### CTR:

1. BLOCK BACK ON 1st. MAN ON LOS AWAY FROM POINT OF ATTACK  
(ALERT FOR LBer RUN THRU).

### TRAPPER (OFF G ON COUNTER/H OR Y ON POWER):

1. EMLOS PLAYSIDE. (1st MAN OUTSIDE ON T)

WRAPPER (OFF G ON POWER/H OR Y ON COUNTER)  
1. PULL & TURN UP TIGHT TO DT - WRAP PS/LBer.

OFF T:  
1. SQUEEZE B GAP – HINGE ON EDGE RUSHER

WR'S:  
1. BLOCK SAFETIES