

# **The Outside Zone**

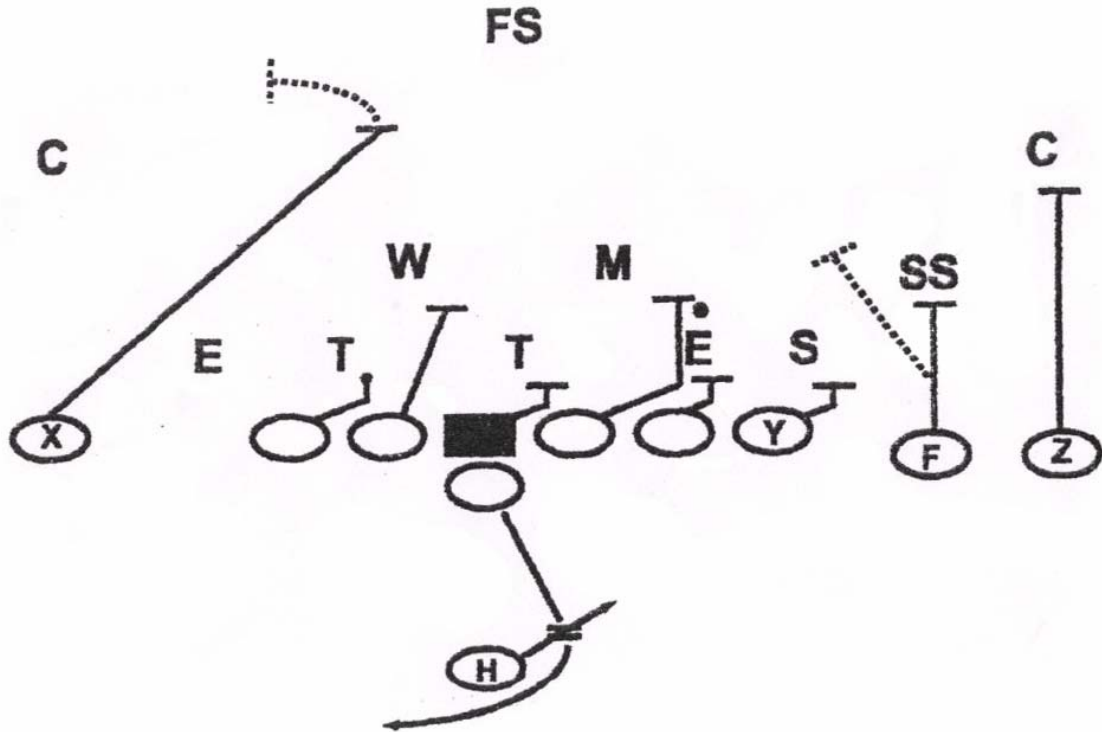
**Bill Mountjoy**

# Installing the Outside Zone

- Why Zone Block?
- Keep it Simple
- Install on JV or earlier
- The Who & The How
- Teach toughness



# 28 Stretch



# Progressions for Teaching Inside and Outside Zone

## 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 #
- H. The numbers takes priority over covered-  
uncovered

# 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.
- C. Blocking calls (only if necessary – “Gray Areas”)
- D. Teach landmarks (aiming points) for covered and uncovered blockers .
- E. Teach the 3 situations that can occur in zone blocking (DLM goes inside, straight ahead, or outside).

Note: Terms of importance

- A. Covered = The alignment of a DL head-up or either shoulder of an OL on the LOS.
- B. Uncovered = The same as covered except the defender is off the LOS by one or more yards. Uncovered also includes a void (no one is aligned in front of an offensive lineman).

# RUN BLOCKING FUNDAMENTALS

## Four Critical Elements in Run Blocking

- . **Eyes On Aiming Point:** Speed to the Target is Essential.
- . **Establish Leverage:** Get Your Pads Under the Defenders.
- . **Elbows In:** If they are in Tight your Hands will be in the Right Place. Keep hands Low— not on the top part of the Defenders Pad.
- . **Drive Your Backside Knee:** Knees must come under your armpit. Drive to the backside knee and follow with the play side foot.

# Reach Block

Objective: Capture playside half of the defender. Move him vertically or laterally.

- Position step with the near foot
- A.P. = playside arm pit
- 2<sup>nd</sup> step splits the crotch
- Inside hand to chest
- 3<sup>rd</sup> step-outside defender's shoe and up field
- Control the playside shoulder
- Knock defender off the ball- work to get hips square

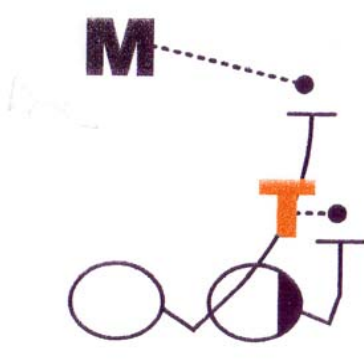
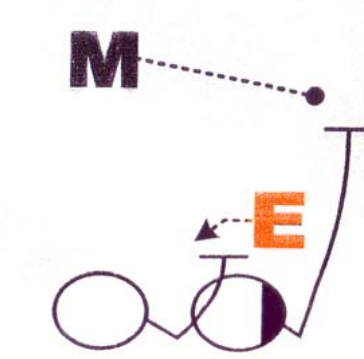
# Cut Block

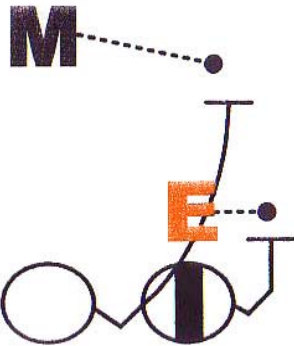
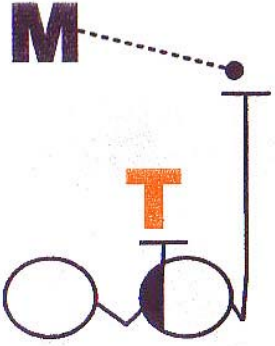
- **The Purpose:** A backside block used to seal off lateral pursuit to the play side.
- **Position** step with near foot
- **A.P.=** playside thigh of the defender
- **2<sup>nd</sup>** step crossover
- **3<sup>rd</sup>** step outside def. playside foot
- **Contact** Backside shoulder and forearm above playside knee
- **Finish:** Bring your feet. Once you throw, roll into the defender.
- **It's a pride block!**

# Outside Zone Blocking "Two Man" - Covered Linemen

## Key Concepts for Covered Linemen

- 1) Never get beat away from your help.
- 2) Move the backs key. Keep playside pad flat as long as possible.
- 3) Keep inside hand strong if DL widens so you have control when the ball cuts up inside

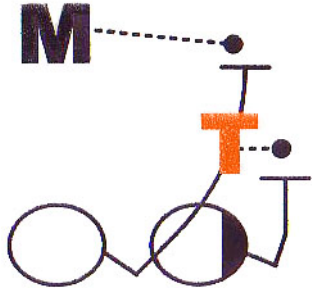
<b>Alignment &amp; Reaction</b>	<b>Aiming Point - Footwork</b>	<b>Finish</b>	<b>Diagram</b>
<p><b>Outside Shade</b></p> <p><b>(3,5,9 Tech)</b></p>	<p>Playside armpit.</p> <p>Position step with playside foot.</p>	<p>Press aiming point. 2nd step just outside defenders crotch</p> <p>Get backside pad and knee thru if aiming point is captured</p> <p>Keep inside hand strong if DL widens</p>	
<p><b>Head Up</b></p> <p><b>(2,4,6 tech)</b></p> <p><b>Defender Slants Inside</b></p>	<p>Playside armpit.</p> <p>Position step with playside foot.</p>	<p>2nd step thru outside foot of the defender</p> <p>Stiff-arm with backside hand</p> <p>Eyes up. Block playside armpit of the LB</p> <p>Bring backside knee</p>	

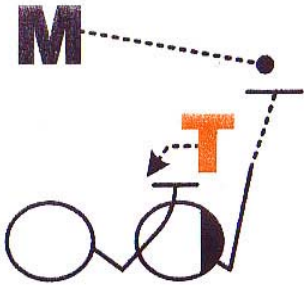
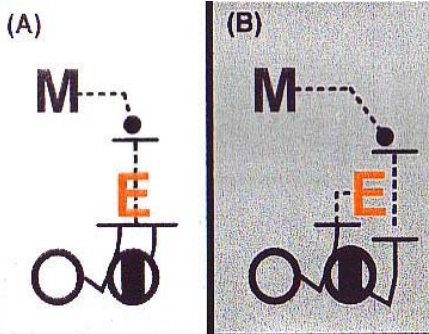
<b>Alignment &amp; Reaction</b>	<b>Aiming Point - Footwork</b>	<b>Finish</b>	<b>Diagram</b>
<p align="center"><b>Head Up (2,4,6 Tech)</b></p>	<p>Playside armpit. Position step with playside foot.</p>	<p>Press aiming point. 2nd step just outside defenders crotch.</p> <p>Get backside pad and knee thru if aiming point is captured.</p> <p>Bring backside knee</p>	 <p>The diagram shows a player's head (M) and aiming point (E) relative to a defender's crotch. A dashed line connects M to a dot representing the aiming point. A solid line connects E to the same dot. The player's body is shown in profile, with the backside knee and pad positioned to capture the aiming point.</p>
<p align="center"><b>Inside Shade (1, 4i, 7 Tech)</b></p>	<p>Playside armpit. Position step with playside foot.</p>	<p>2nd step inside the outside foot of the defender bring backside knee strong.</p> <p>Stiff arm with backside hand .</p> <p>Eyes up. Block playside armpit of the LB.</p>	 <p>The diagram shows a player's head (M) and aiming point (T) relative to a defender's outside foot. A dashed line connects M to a dot representing the aiming point. A solid line connects T to the same dot. The player's body is shown in profile, with the backside knee and pad positioned to block the playside armpit of the LB.</p>

# Outside Zone Blocking “Two Man” - Uncovered Linemen

## Key Concepts for Uncovered Linemen

Attack the down guy on a 45° angle, Get on him fast. Put eyes on the helmet of the DL.  
 Any color that hangs—push back on the covered guy. Move the defender.  
 Any color that moves to you—Overtake and get backside pad thru.  
 Any color that moves away from you and no contact by 3<sup>rd</sup> step , track to the 2<sup>nd</sup> level,  
 block the LB.

<b>Alignment &amp; Reaction</b>	<b>Aiming Point - Footwork</b>	<b>Finish</b>	<b>Diagram</b>
Outside Shade  Defender (Stay Outside)	Helmet of DL  Position Step with playside Foot  Read Hat of DL	1. Attack the 5 tech  2. No Color, by 3 <sup>rd</sup> step stay on track and mirror the LB  3. Get Eyes on the playside #.	

Alignment & Reaction	Aiming Point - Footwork	Finish	Diagram
<p><b>Outside Shade</b></p> <p><b>Defender slants</b></p>	<p>Helmet of DL.</p> <p>Position step with playside foot.</p>	<p>Once the defender slants, threat him like an inside shaded defender.</p> <p>Bring backside knee.</p>	
<p><b>Head Up Shade</b></p> <p><b>Defender (Stay Head Up)</b></p>	<p>Helmet of DL.</p> <p>Position Step with playside foot.</p> <p>Read hat of DL.</p>	<p>Attack the tech.</p> <p>Double with covered guy.</p> <p>Move DL</p> <p>Read flow of the LB</p> <p>(A): LB fills, block playside armpit of LB</p> <p>(B): LB scrapes, block playside armpit of DL</p>	
<p><b>Inside Shade</b></p> <p><b>Defender (Stays Inside)</b></p>	<p>Playside # of DL.</p> <p>Position step with playside foot.</p>	<p>Pre-snap thought is to overtake the down guy.</p> <p>Get backside pad thru and bring backside knee to crotch</p>	