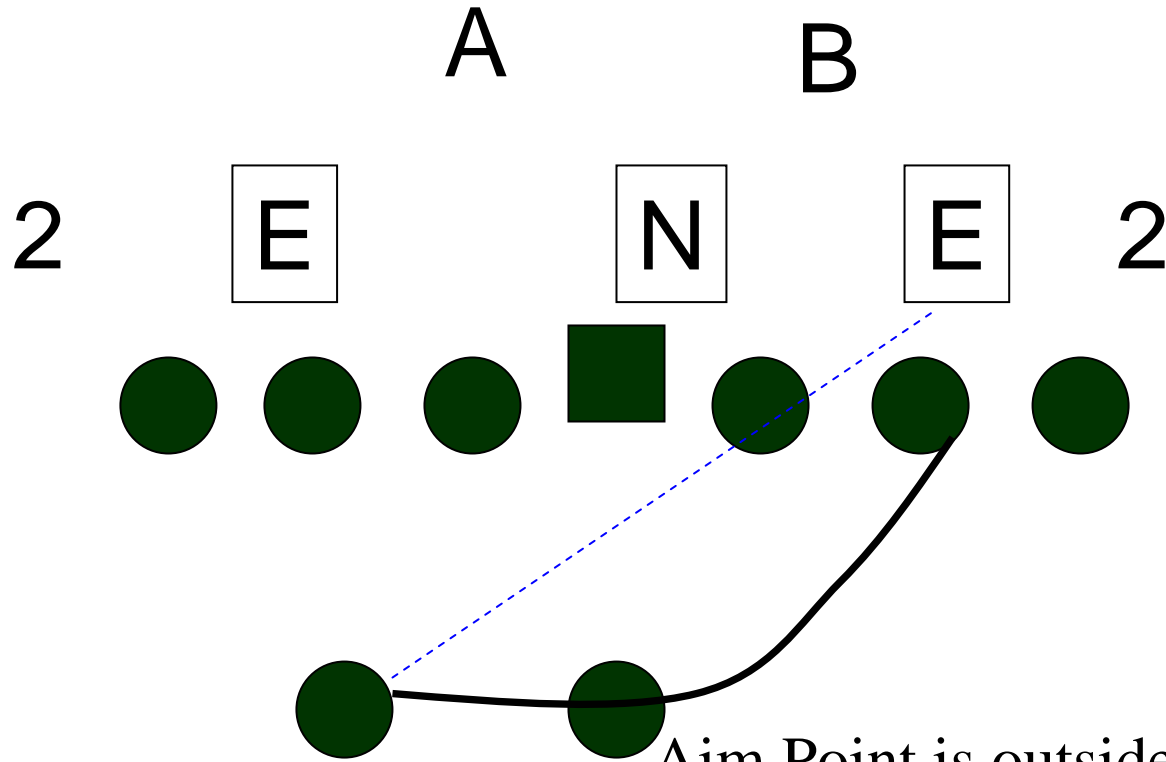


Wake Forest Outside Zone  
Steed Lobotzke  
Greater Cleveland Coaches  
Clinic 2007

Notes of Keith Grabowski

Read is the DE.

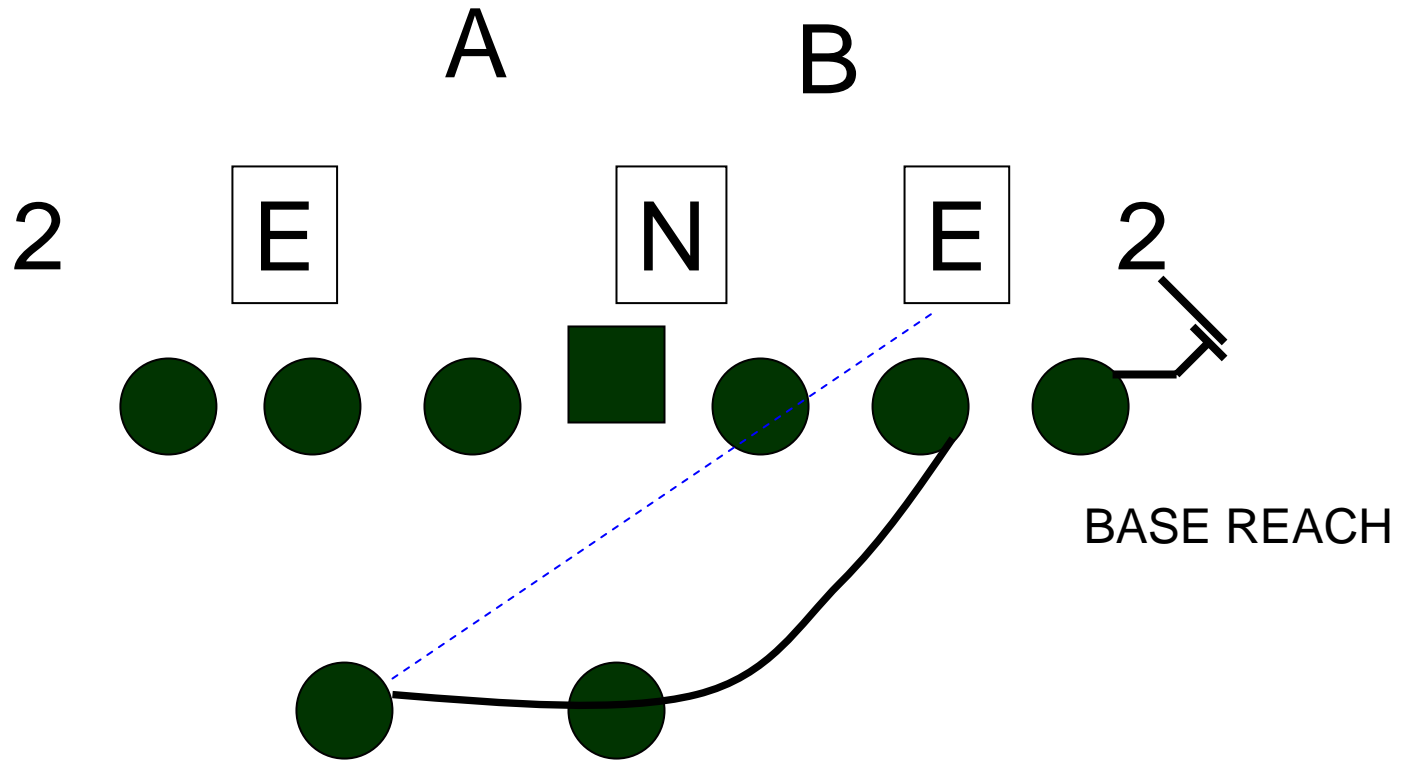


18" splits. Helmet on belt of C.

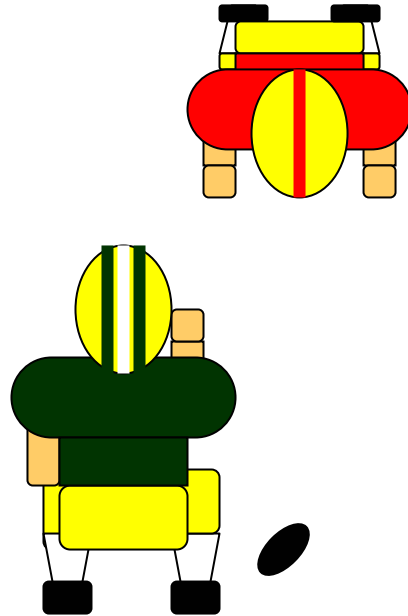
Aim Point is outside foot of the OT.

Read the E and N. If E reached keep it outside.

If E out, read nose, skinny of end; if N skates lateral, skinny off N.

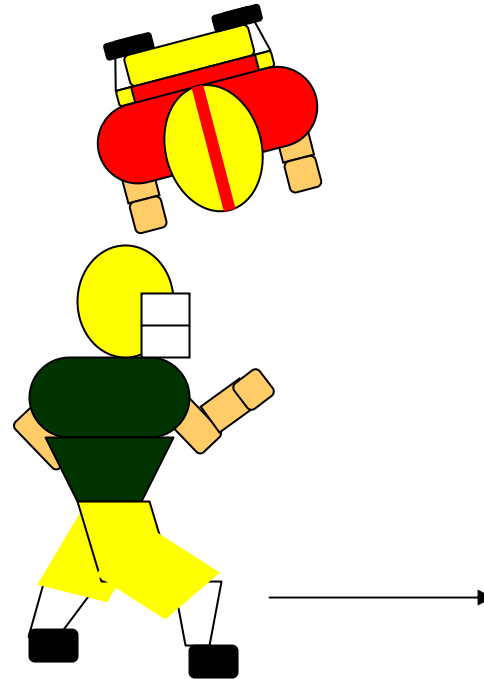


Base reach-try to reach the end, but don't reach him. We just want that guy to widen.  
Threaten the base reach and he'll widen



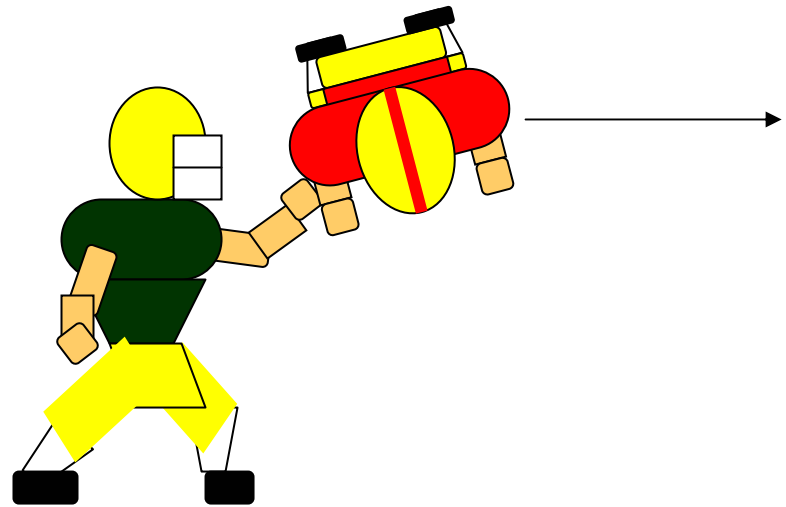
TE take a lateral step that opens the toe about 45 degrees.

# BASE REACH

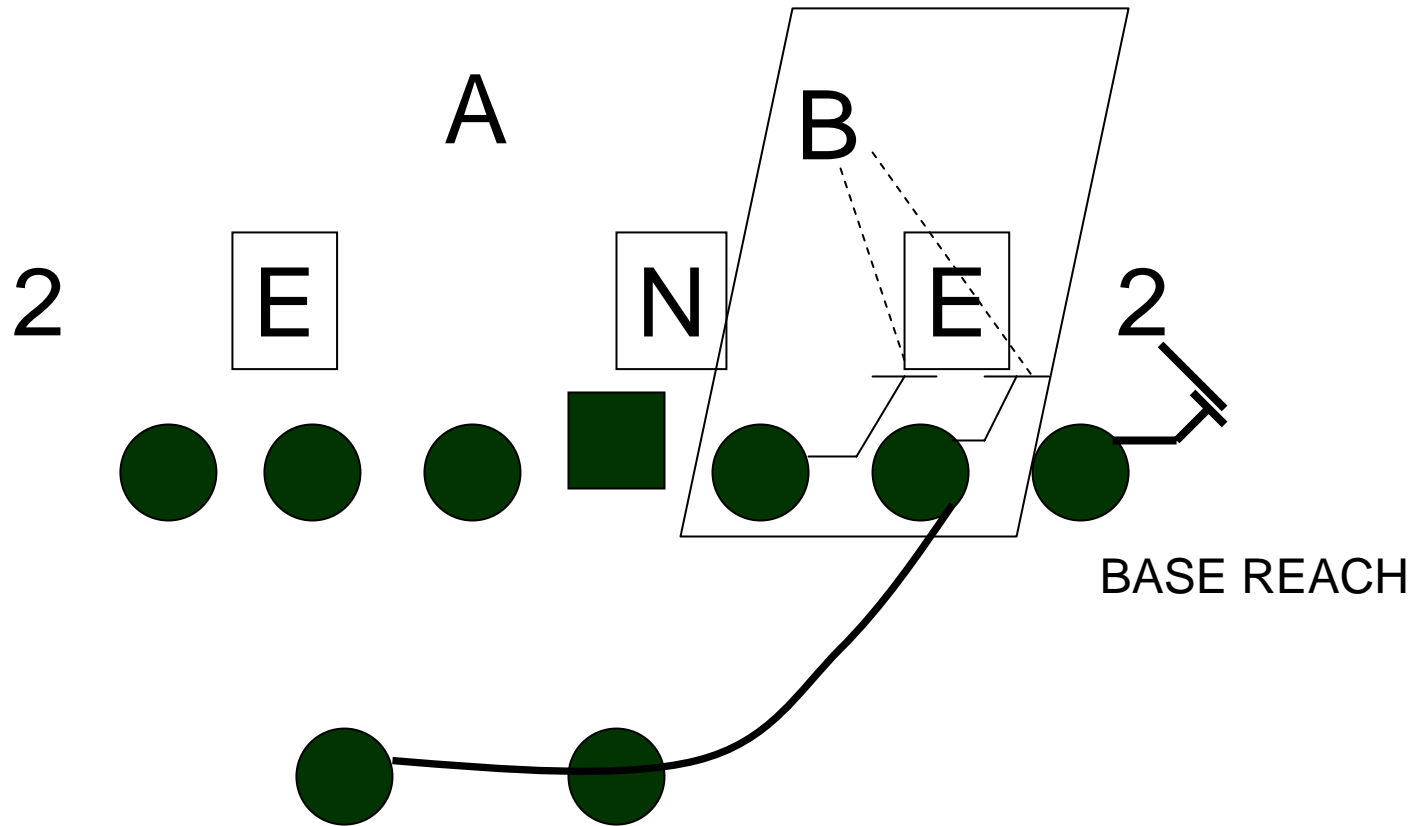


Threaten reach with his far hand and hat. Showing reach flash it across the stripe on the guys hat.

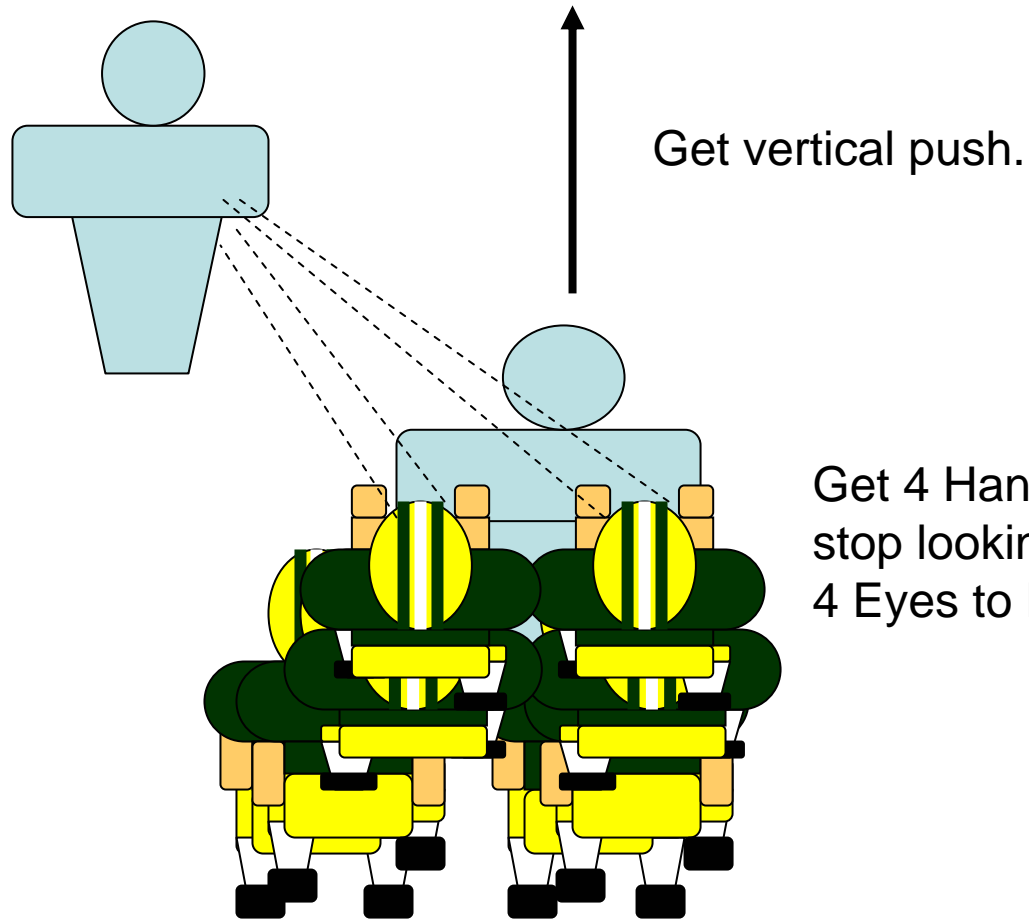
# BASE REACH



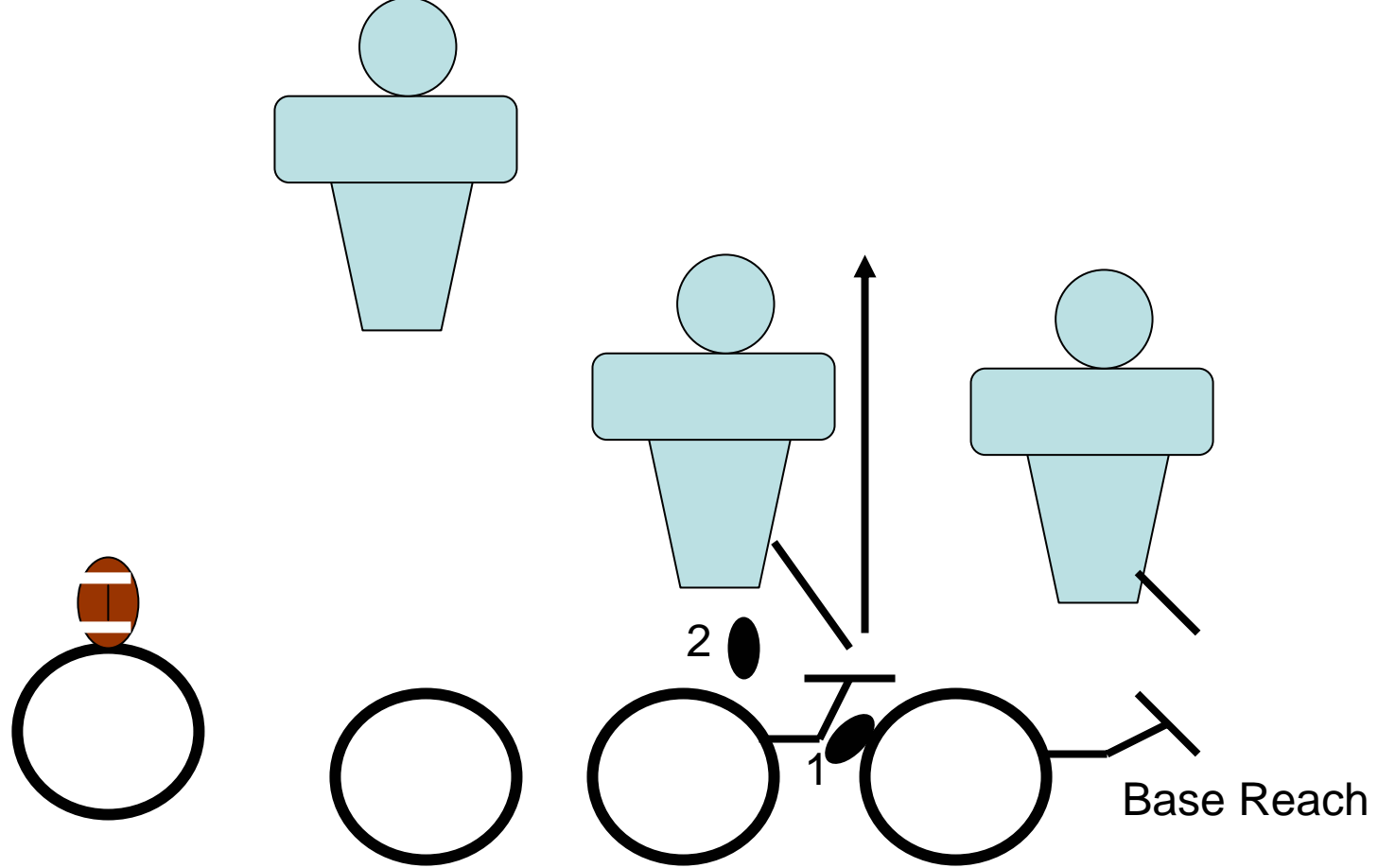
Drag his backside hand and his backside foot to make sure that he doesn't get beat inside. Grab the inside half and throw it out.



Here's where all the work is at right here. When we get this uncovered look with this shade we talk about covered and uncovered. This is a zone block for us. We are trying to win on the 5 technique. We are hoping he's tight enough where we can go lateral.



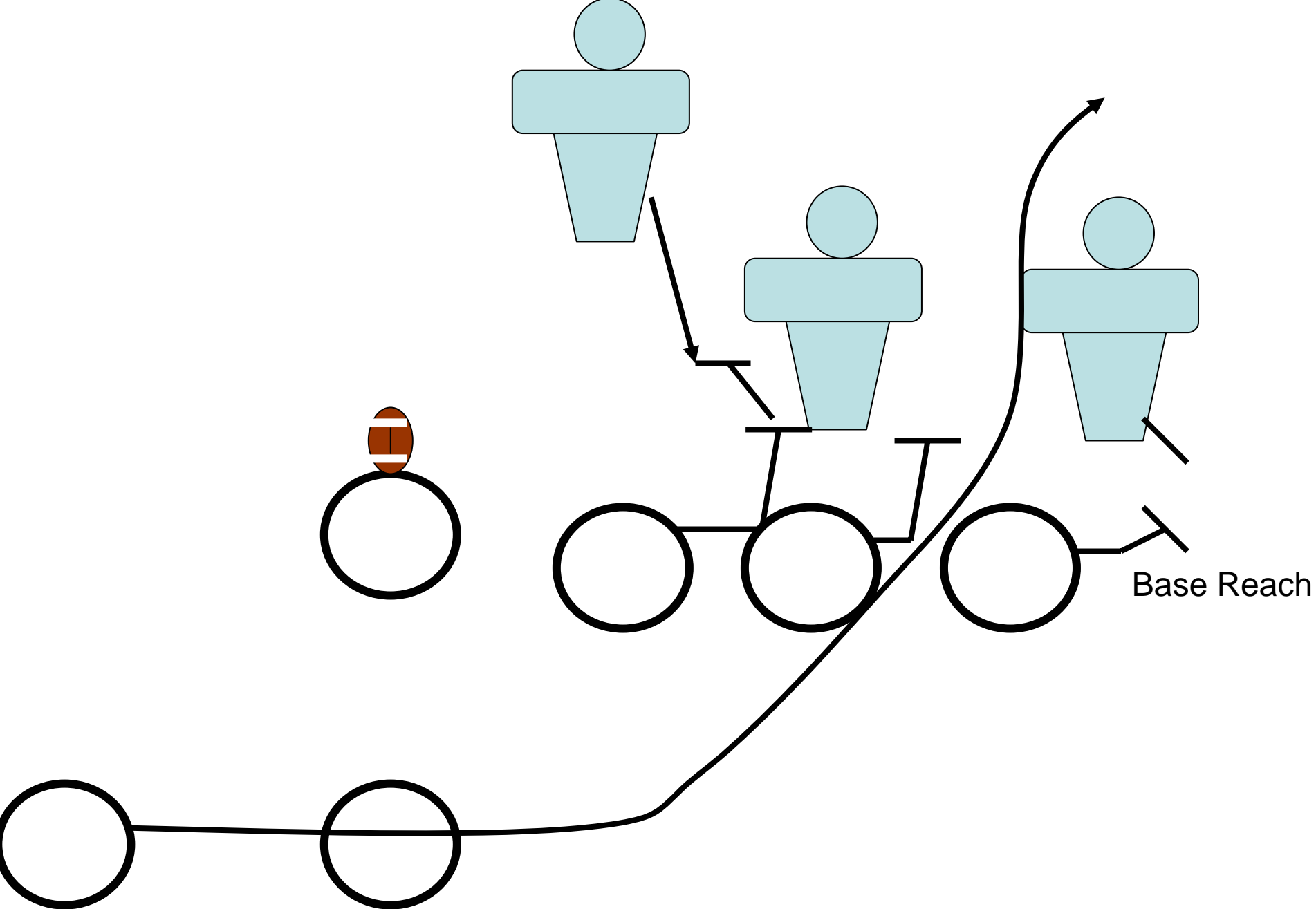
We talk about defenders as blocks and blocking the inside half of the block and the outside half of the block. The tackle (covered is working the outside half of the block), he's going to Lateral step and the important step is his second step—he has to bring it to the midline of the body. And bring that backhand. Get the front hand on the front side shoulder cradle.



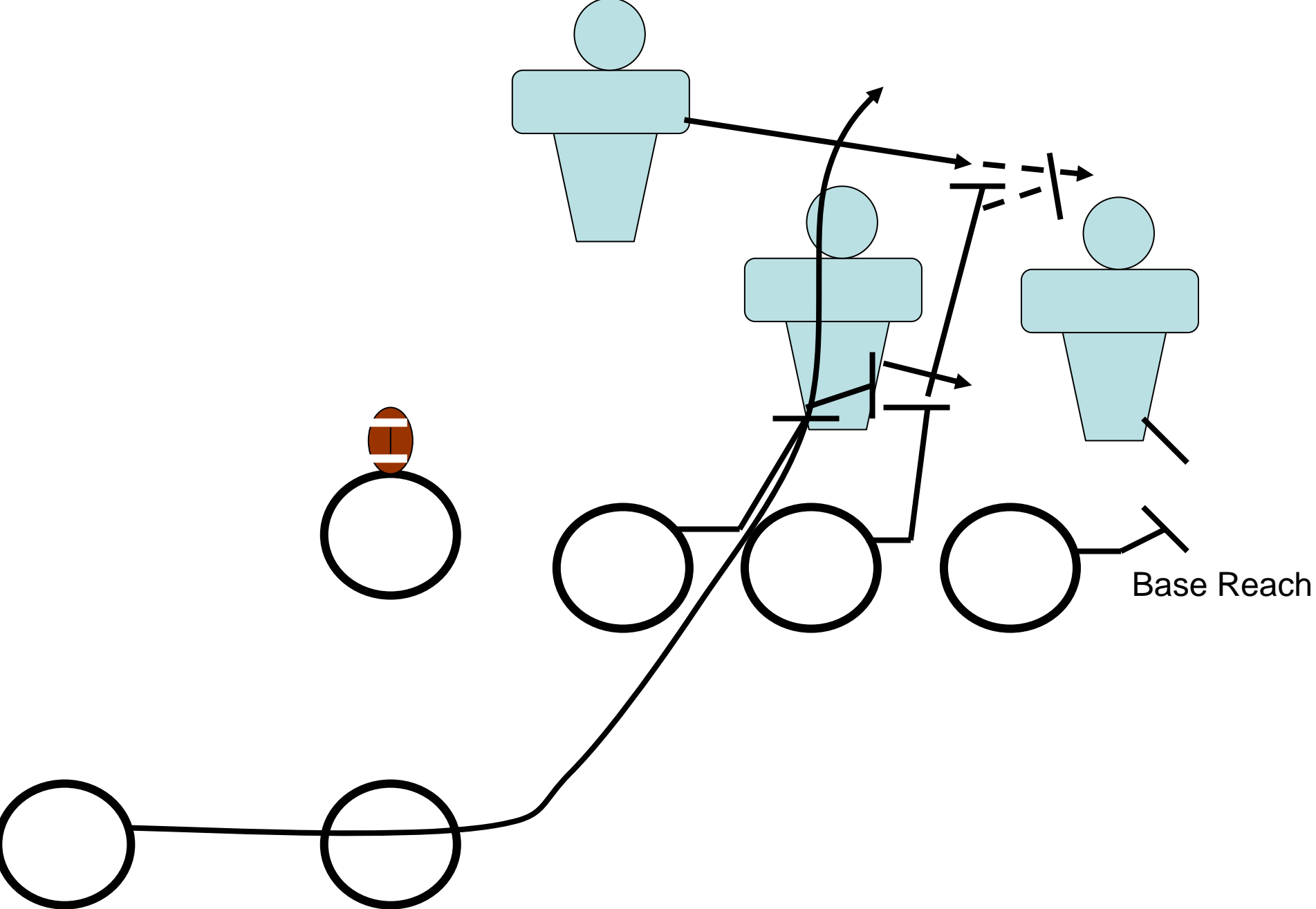
Lateral step and shoot head across like the TE. The difference is that I don't have to Drag my backside hand because I have help. Bring my back hand and foot to the Midline of the body. Try to square up. Try to get him to push vertical.





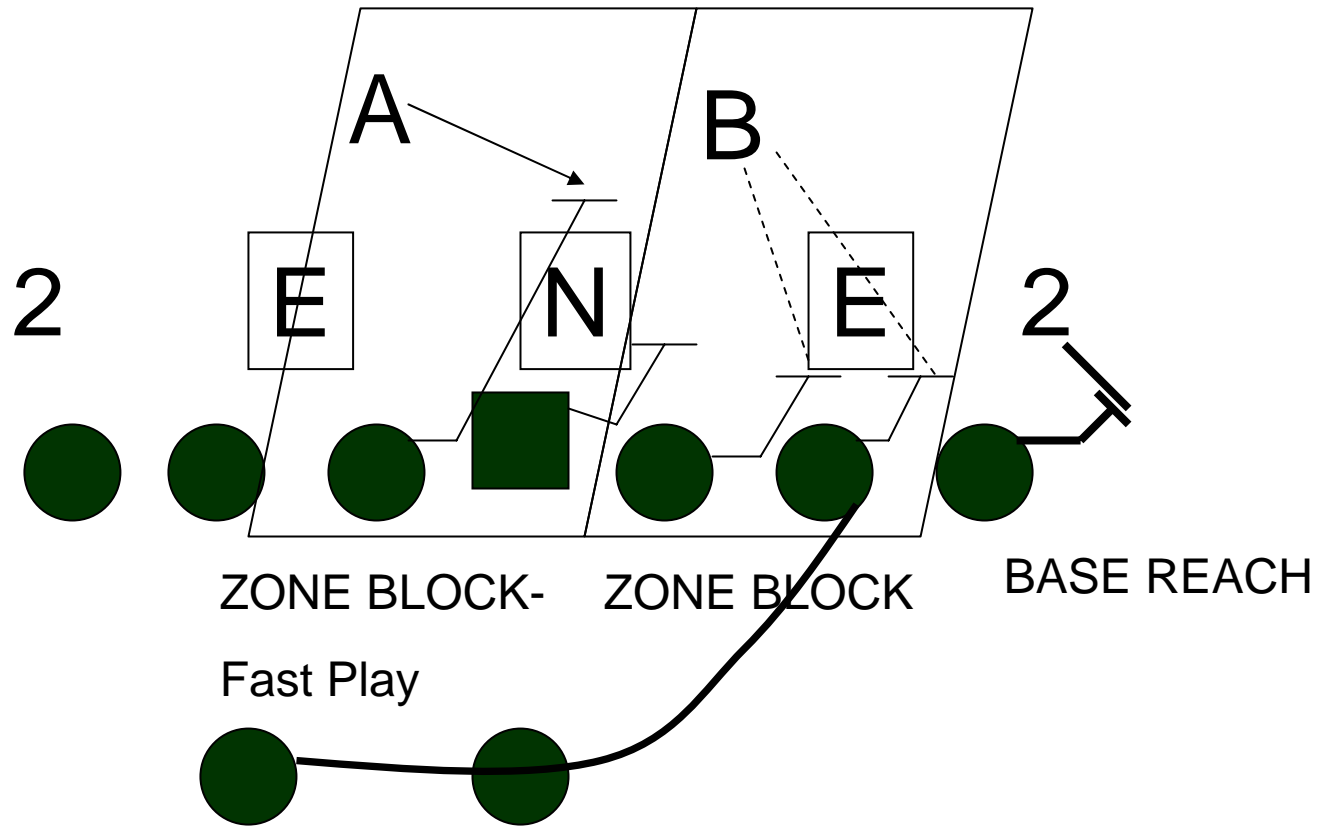


If LB comes off inside we're in pretty good shape. The G can fall off and be outside and the OT can keep his outside in position

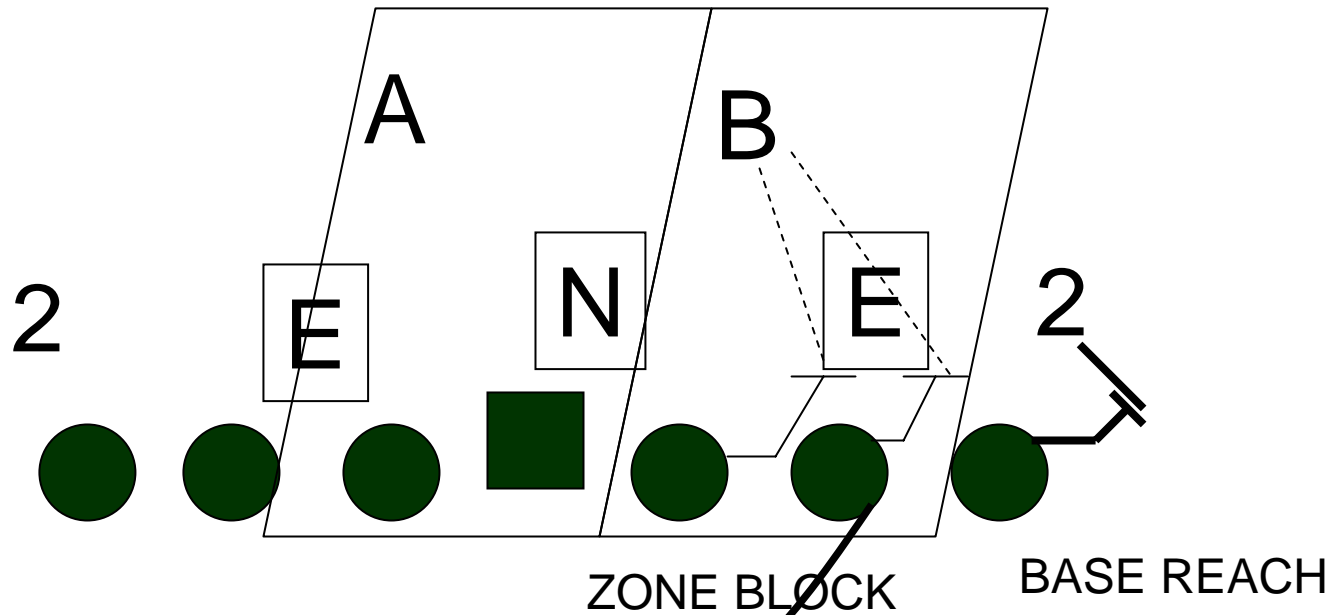


If the 5 fights out hard show it to RB and G-take inside arm and throw him to the sideline. RB cut inside tech and G climb right now.

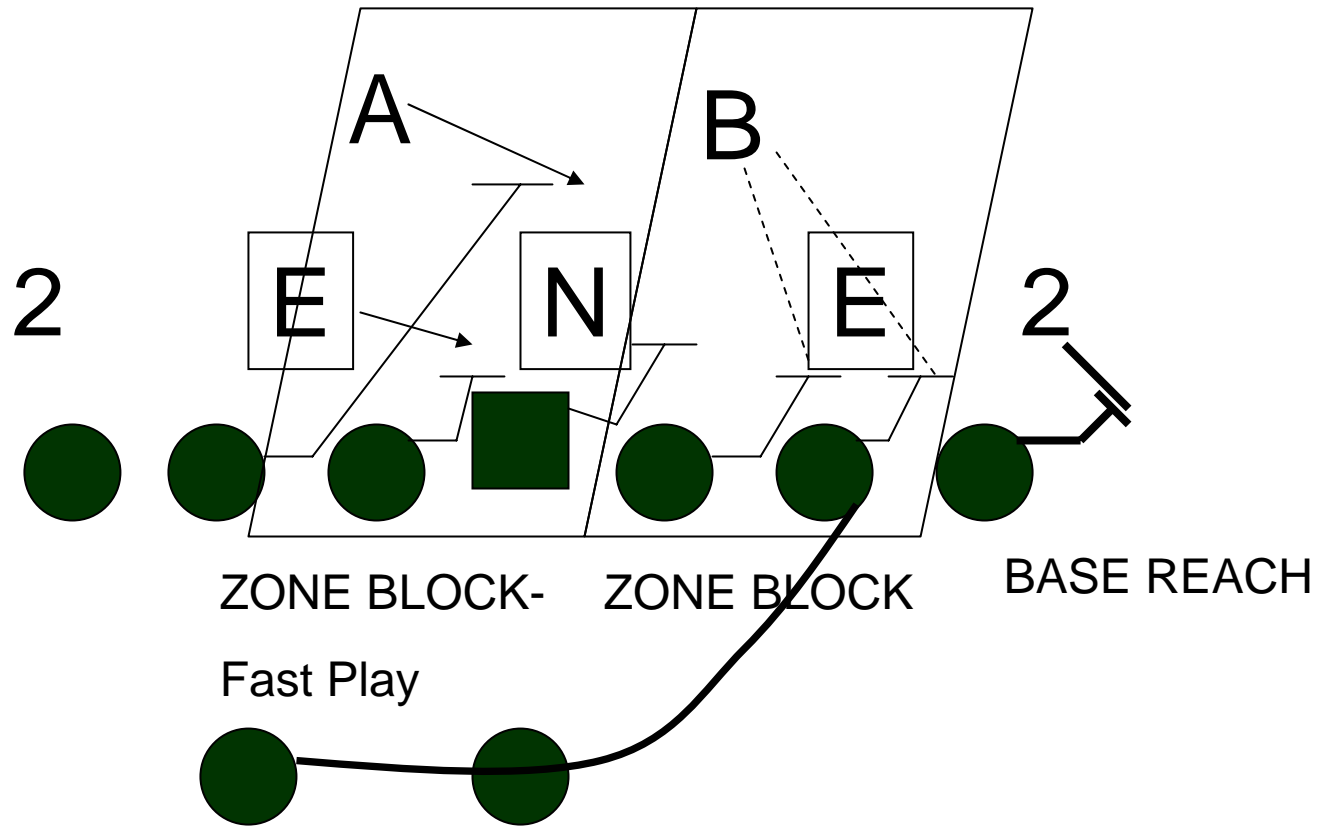




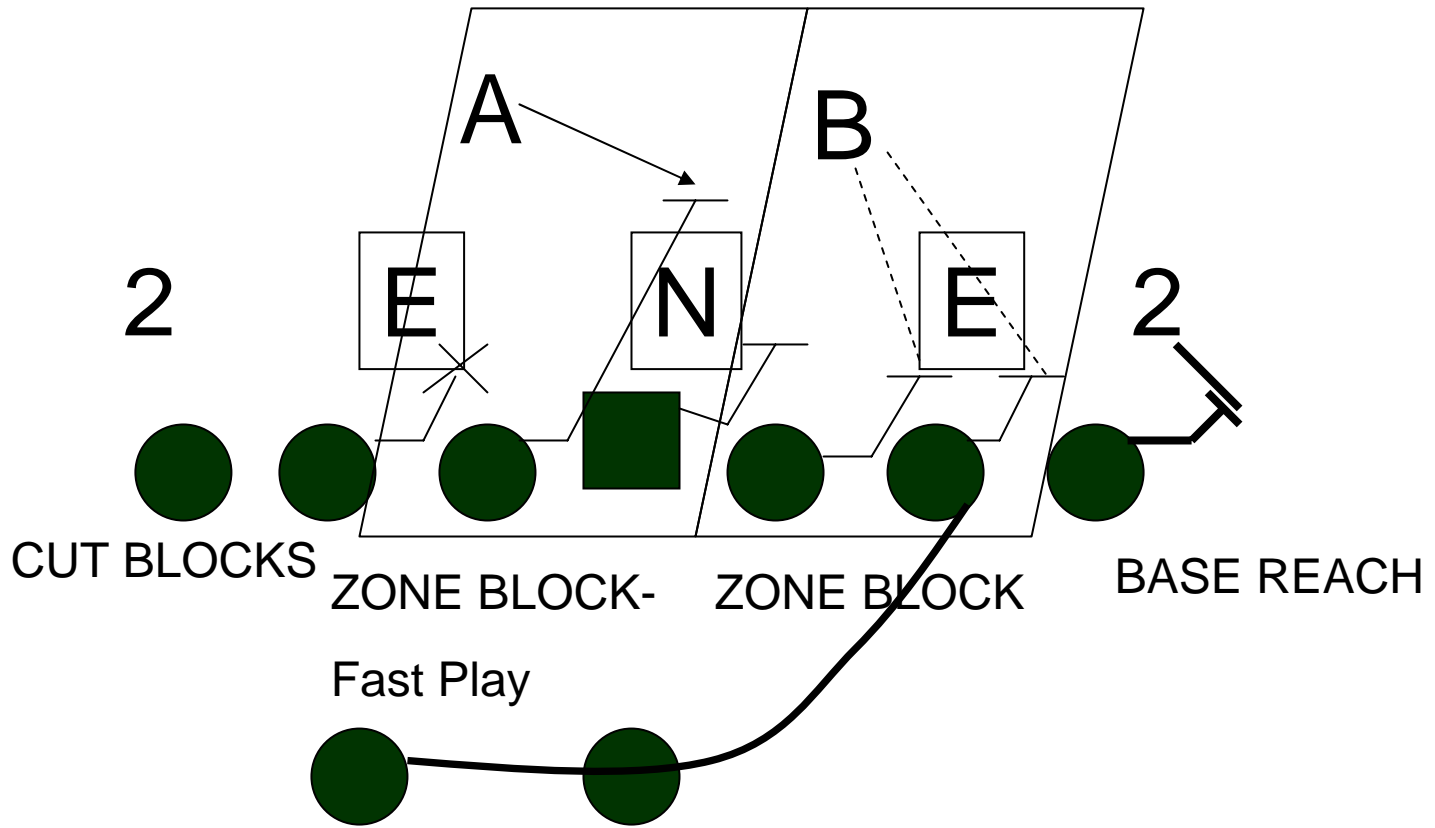
When we go back here, with the shade and BS3, see it as a zone block. C slight bucket and shoot your bs hand across to midline of shade. G will wheel on an angle-don't go 4 hands on LB because he is quick over top. Keep C on N and work G thru heels and intercept the BSLB-play fast on the backside. BSLB rarely fits A gap-he will be quick ovetop-trail technique and push LB thru when he breaks down to make the play. If 3 were to cross his face, BST would have to be fast to LB.



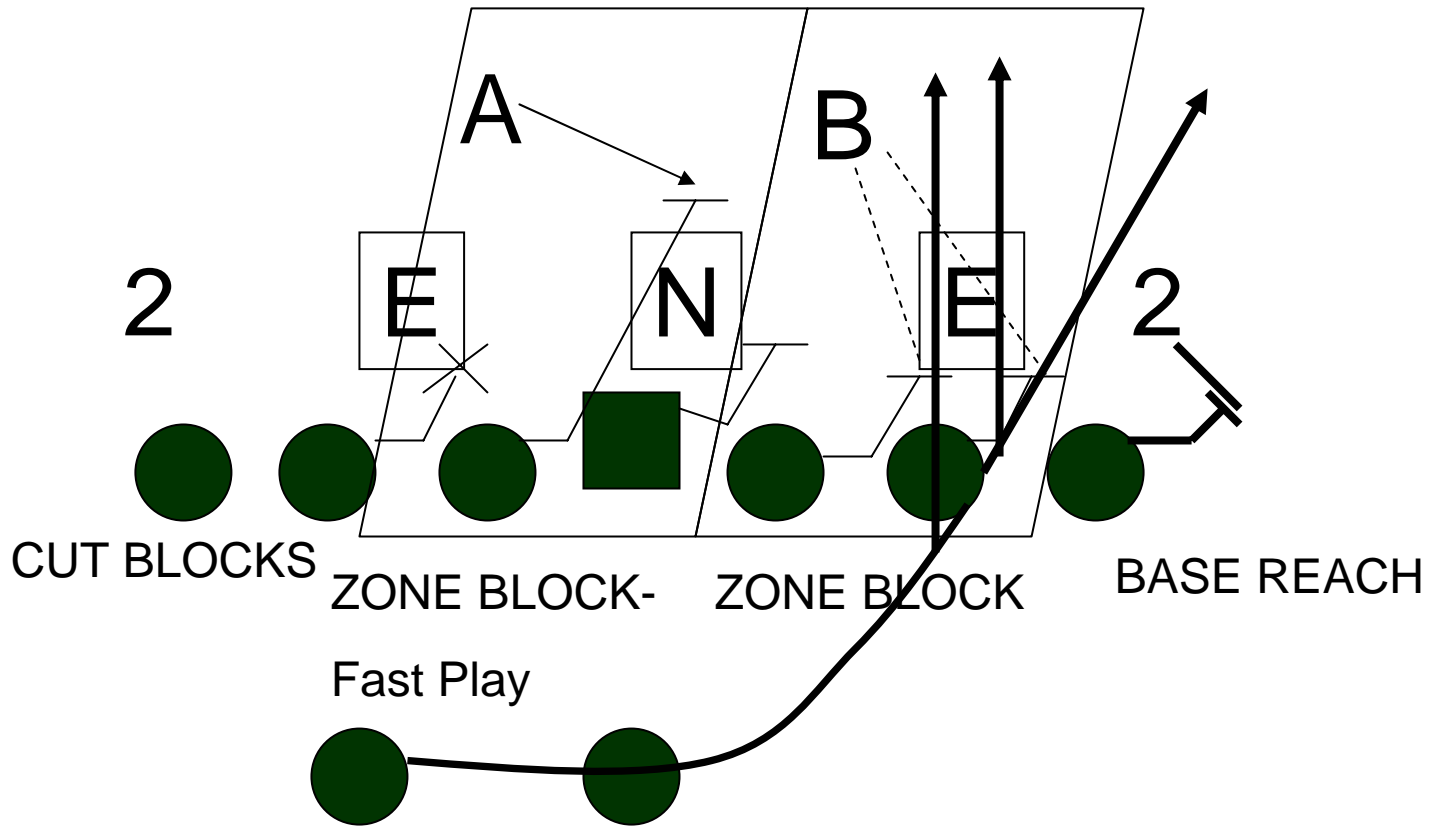
BS cuts 3 tech. If you put 4 holes on nose would be thru and N would be in an advantageous position everytime. **PLAY FAST ON THE BACKSIDE.** As soon as he's not coming at you go skinny off his heels to the BSLB. Try to run to a spot and wait for him. IF the BSLB gets over the top of you, turn, chase him down and try to stay on a plane that's slightly shallower than him. And when the ball cuts and he tries to breakdown and make that play, just push him through the play and the ball can cut off you. Call it a trail tech. just trail that BSLB as he runs into the play and then just push him thru when he tries to breakdown



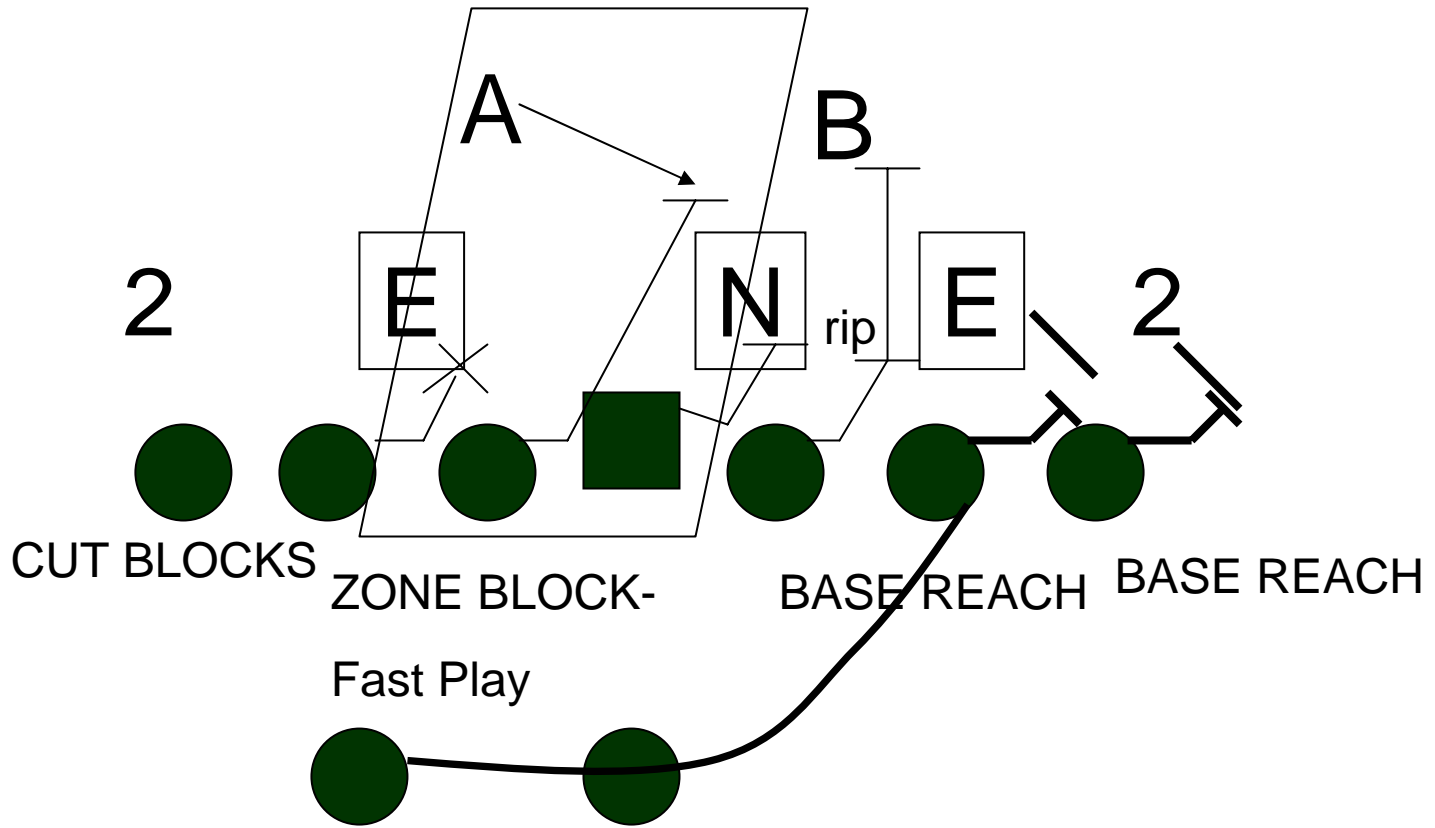
Now the 3 could cross his face right there. If the guard is working fast, the 3 should not cross his face. But if he does get across his face, that tackle needs to go skinny off the heels of the 3 and replace the G and get the LB. It's a long way to go, he really has to move.



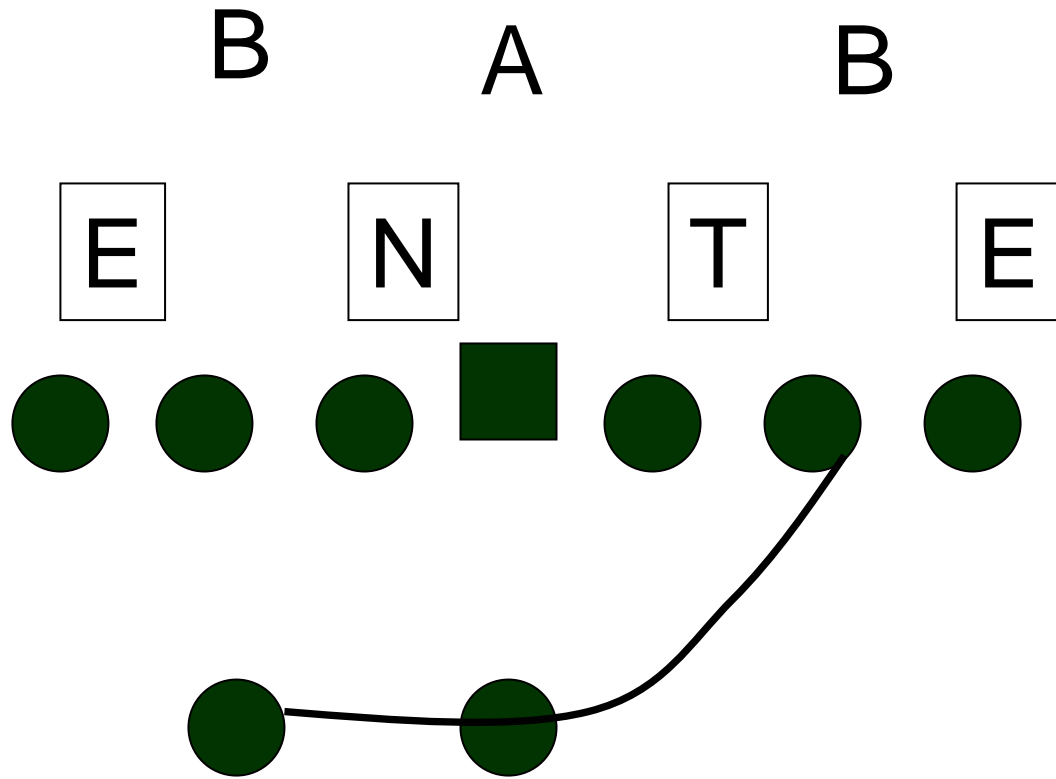
Backside-coach cut blocks. Coach 2 cut blocks: a penetrator-lateral step, crossover and throw your shoulder into the guys lap, his own momentum will cut him. A lateral flow guy that won't cross the LOS-flows when he sees that G go, it will be 4 or 6 steps and you may have to settle for getting your right shoulder on him and head behind and try to trip him up. Key is to tie him up, trip up and get him on the ground.



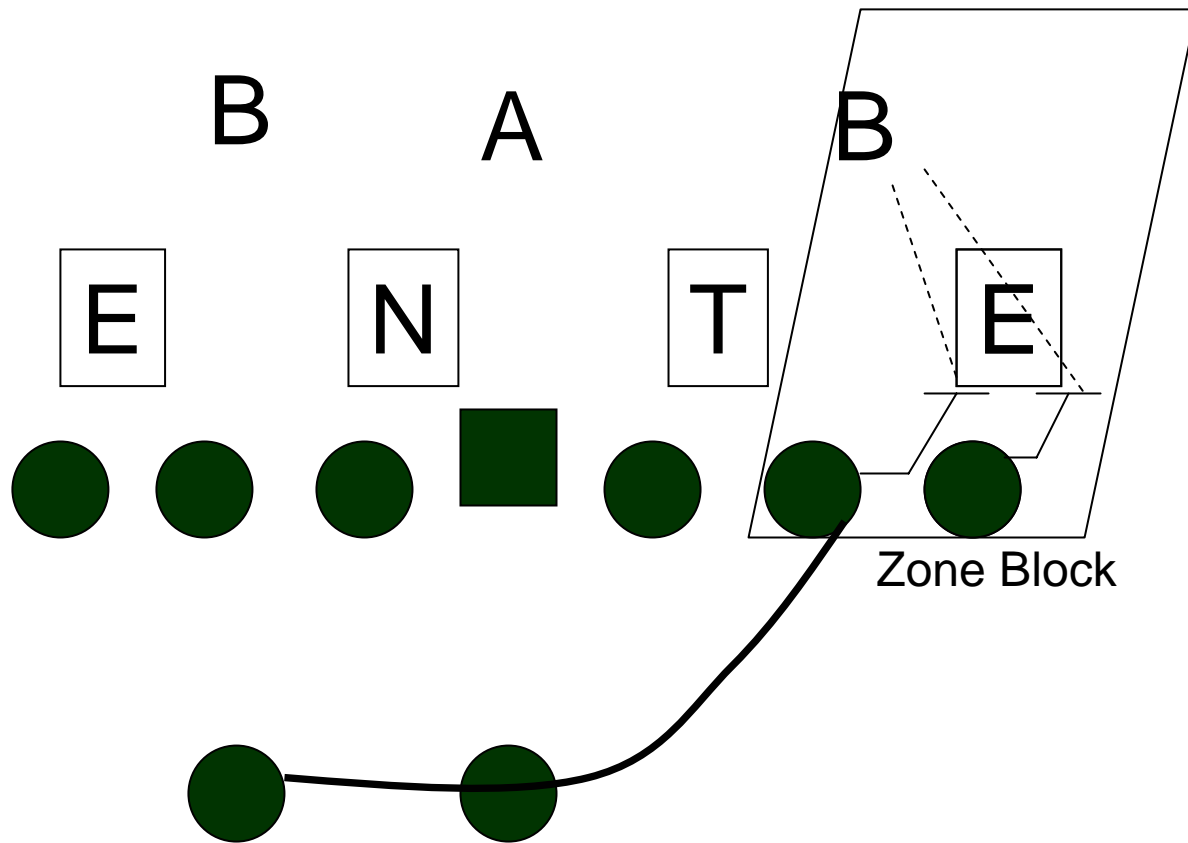
RB read-if the E flows out, the RB is skinny off him. Skinny-as the end fights out here, hug that pile and try to get right back out where you were headed, stay away from the N. Or if N comes all the way out, go skinny off him.



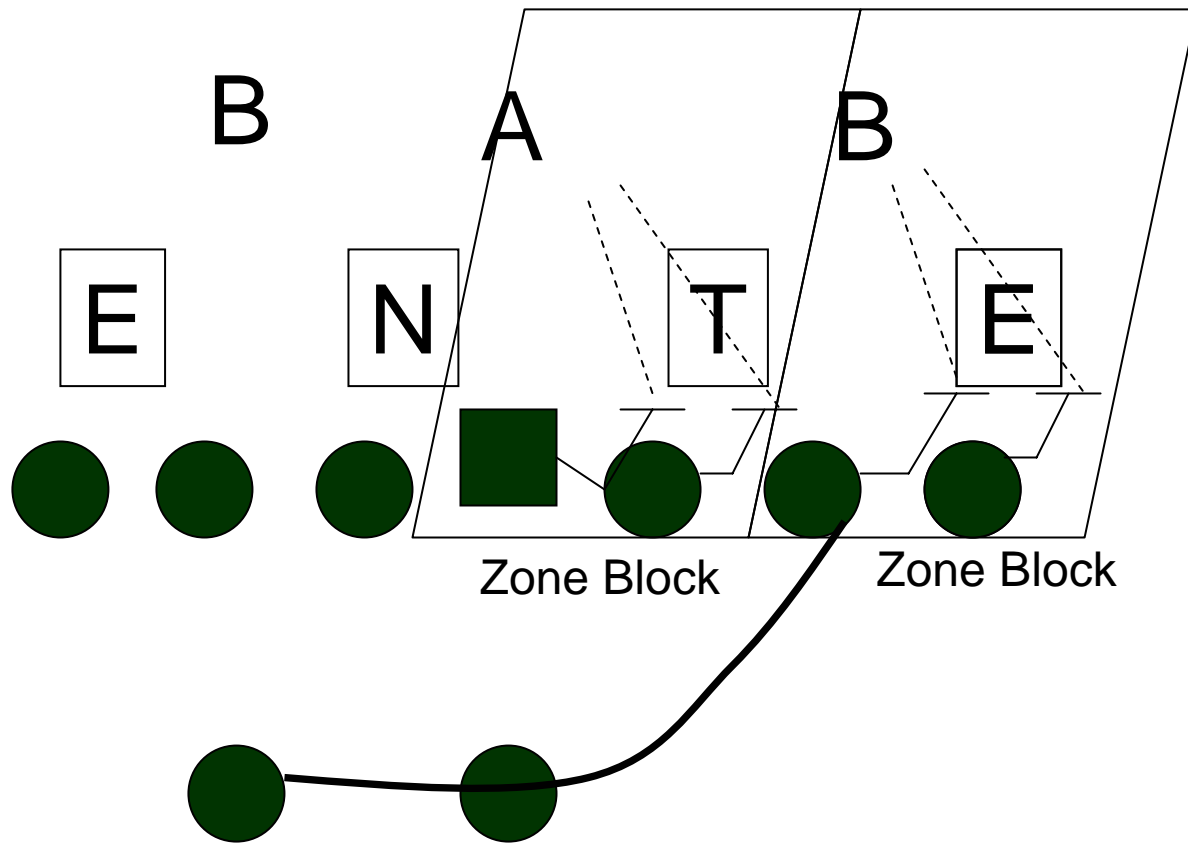
Same picture, but 2i. Get a lot of shade jumping to 2i. Now don't use a true zone block. Base reach on the 5 tech, G rip left arm thru 2i, don't want fs penetration hurting the play. C buckets and get the near half, G rip thru outside half. Still reading 5 tech, if 5 slants in G & T need to treat it like a twist pick up.(usually a kickoff on the LB).



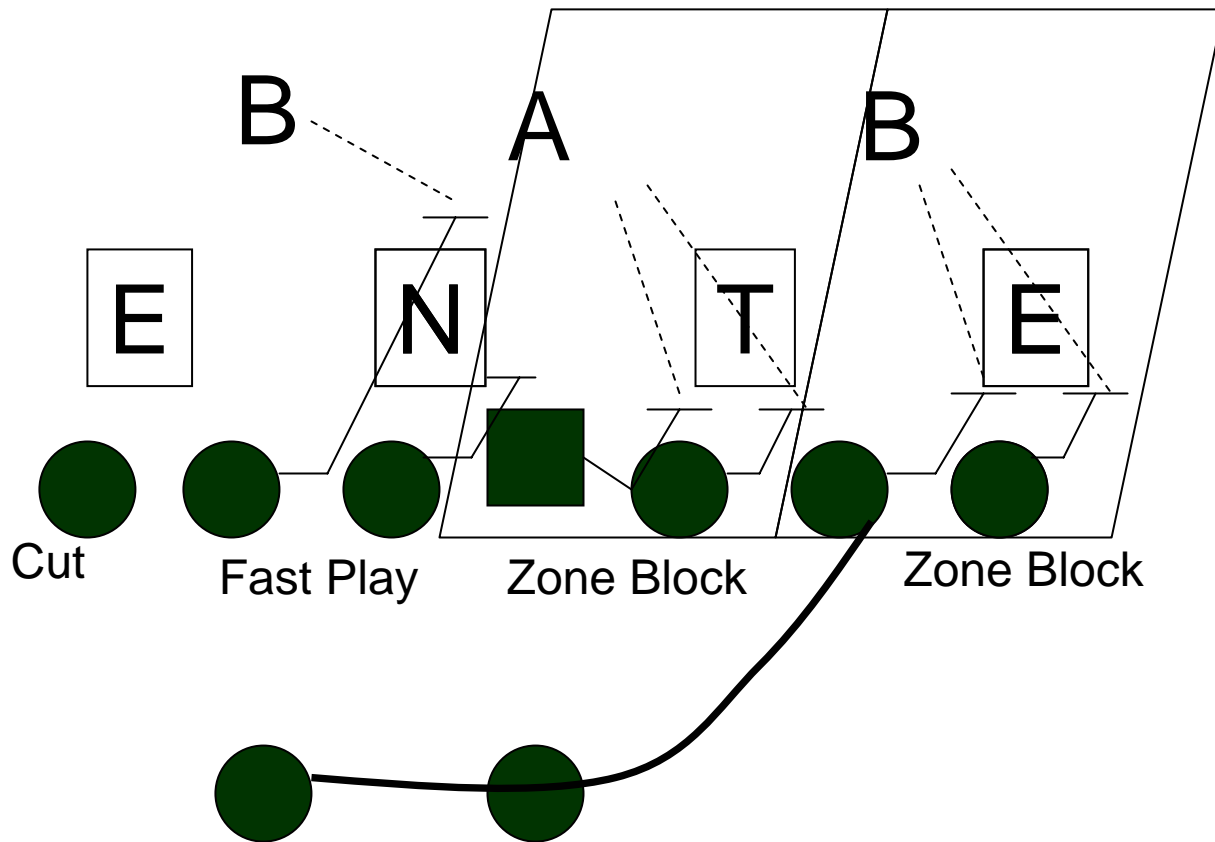
4-3 look: RB still heading for outside leg of the OT.



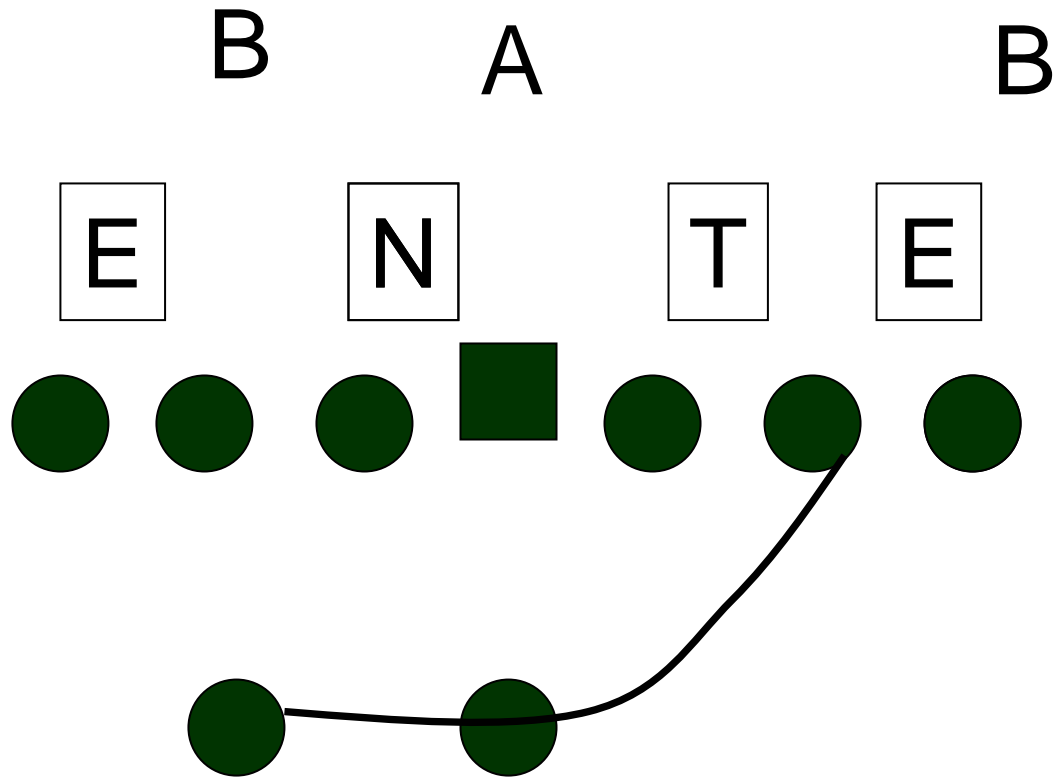
Covered guy with 9 tech, uncovered guy. We're coaching 4 hands on 9 reading off to LB. If he comes over the top, TE comes off. If OT reaches E, RB has to bounce a little. More often than not the 9 fights out, RB stays skinny off the pile and OT climbs to LB. If he angles in we wheel on him and keep it out there also.



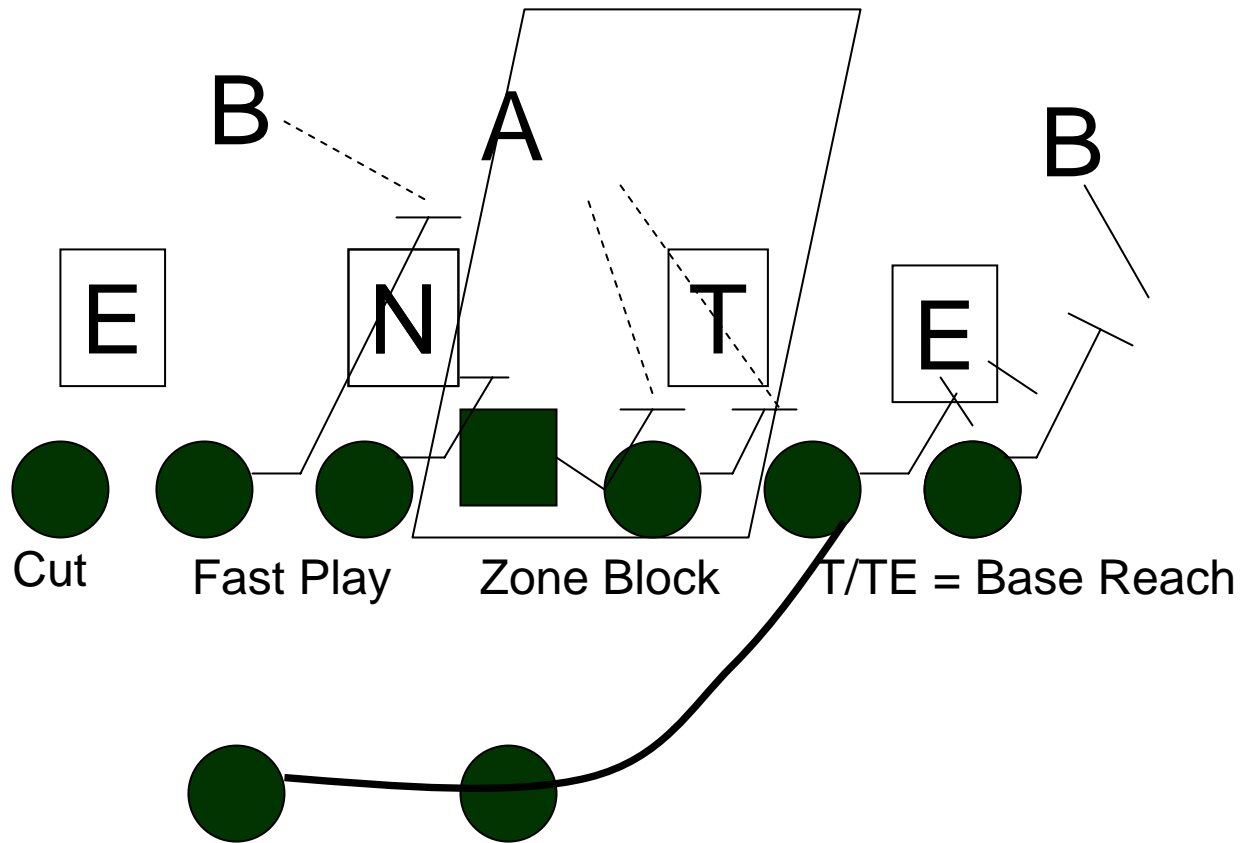
With a backside 2i, we have a true zone block right here. Get 4 hands on the 3 tech, C buckets, see the MLB. Read off of him, if he's over the top, the G is off, if he fills inside, the C picks him up.



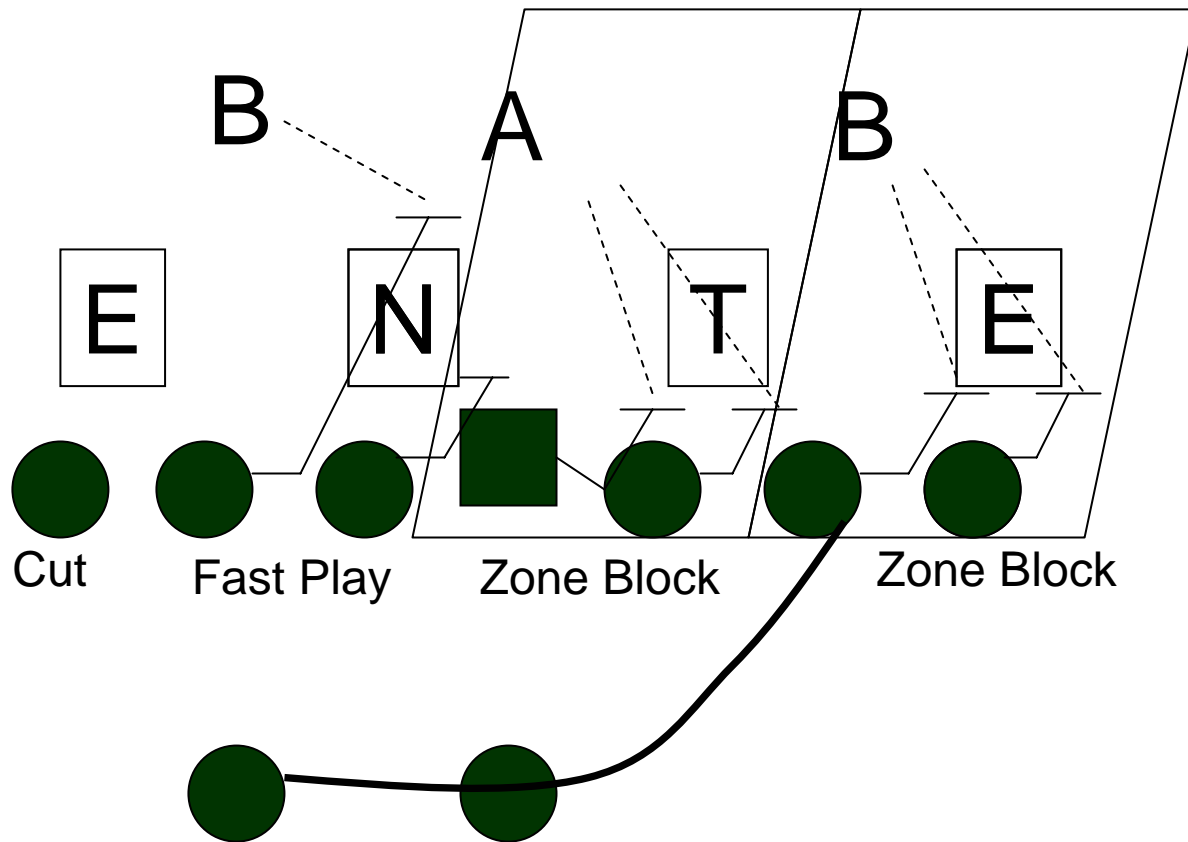
The backside 2i is treated like the shade in the previous illustration, We will fast play it. Get a lot of flow out of WLB. So if 2i is coming at OT, he will step and wheel. But if he works up the field or flows at all, I go skinny off his heels and try to intercept WLB. If he gets over top of me, I am going to trail him and try to push him thru. G goes lateral and tries to get and keep the win on the 2i.



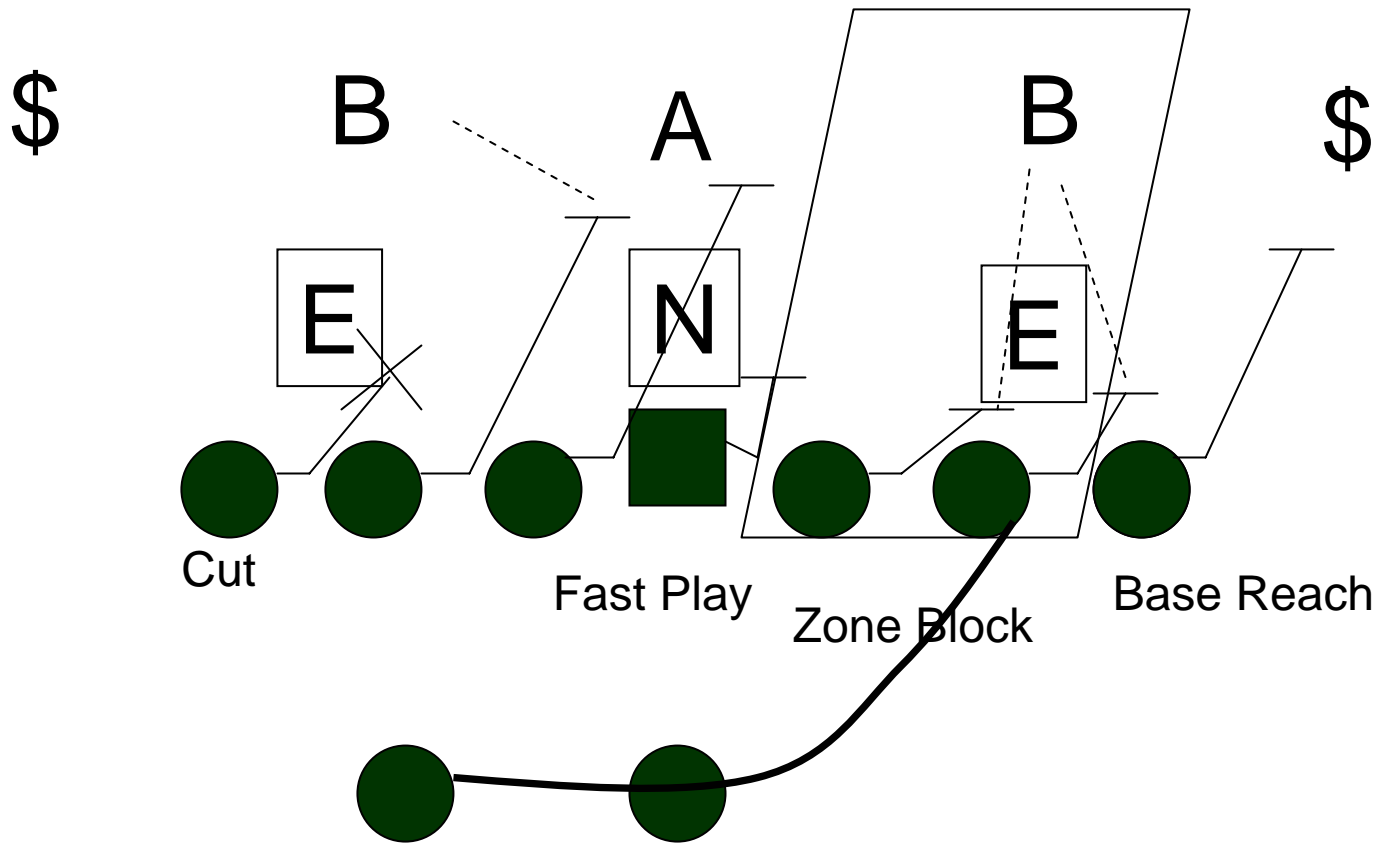
Last picture has backside shade and a frontside 7 tech. Same RB read. Treat this zone block as broken: the E has already angled(by alignment).



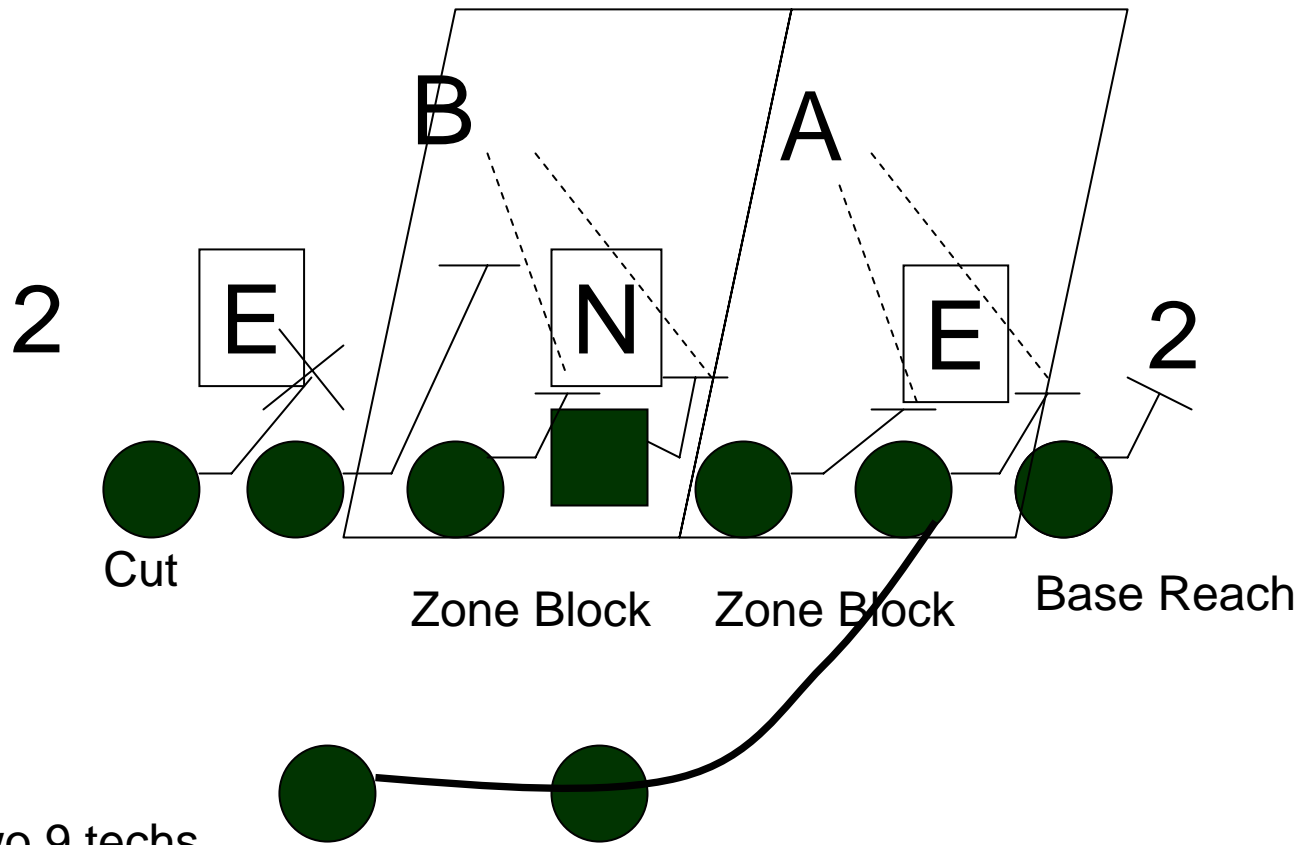
OLB will be hard t reach, so keep him out there. T has base reach on the E and tries to widen him. We try to push those two out of there on this configuration.



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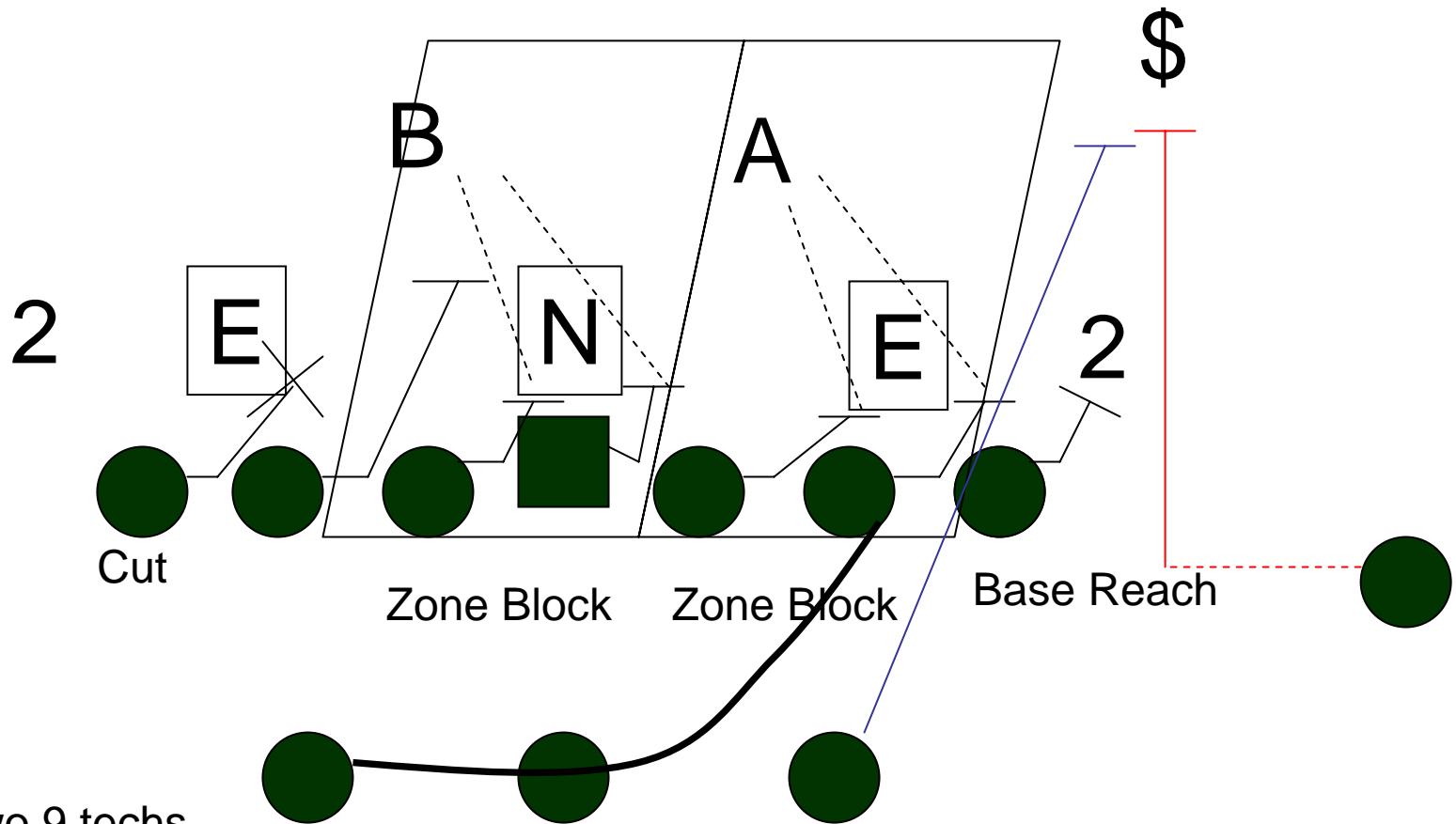


Odd Front: 3-5; gap control defense. Treat the OLB as a 9 tech; zone block on the E and stacked LB; treat the N like the shade-flows with C, G is skinny off heels to LB. Slants away, G picks him up and C is off to LB. OT try to intercept the BSLB, TE cut the E.



Two 5 techs, two 9 techs.

Base reach on OLB, 2 zone blocks, bonus blocker in BST, BSTE cut E.



Two 5 techs, two 9 techs.

Use another back or **WR motioning** in to handle the Safety coming down into the box.