

Implementing The Zone Running Game The Stretch Play

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Presentation Goals:

1. Share how we went from a collection of plays to a system and the results of our efforts.
2. Communicate what we believe to be the keys to a successful zone run game.
3. Identify and illustrate the fundamentals of the inside zone for each position.
4. Review our teaching progression and installation plan.
5. Show video cuts illustrating our variations of the play.

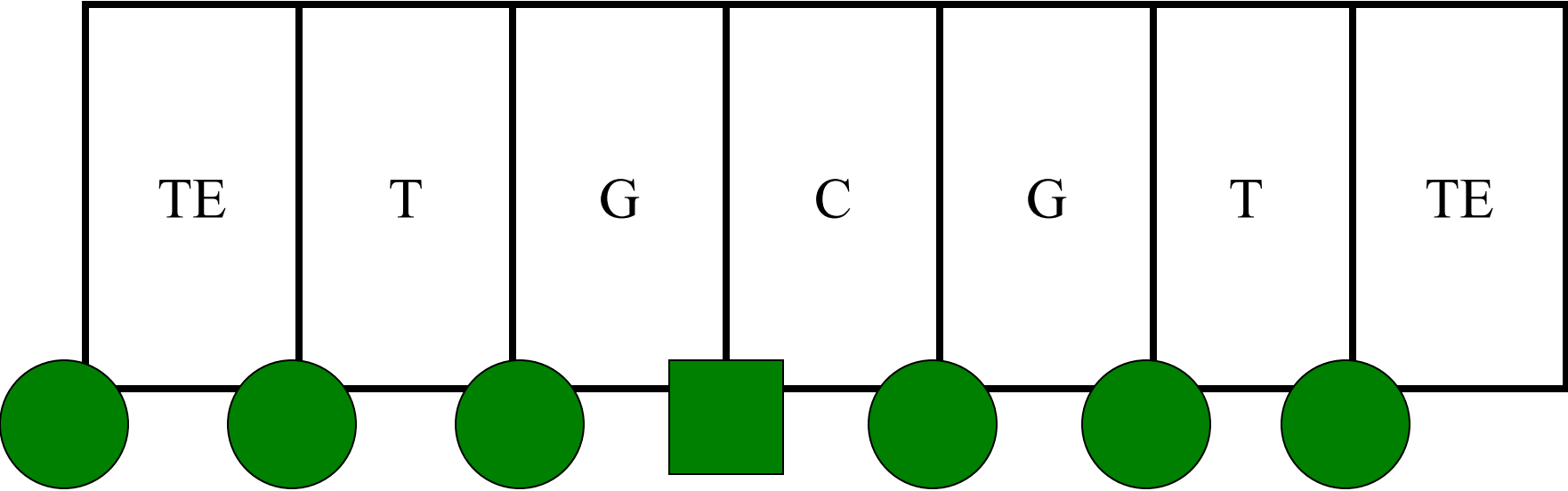
The Zone Play 2004-2005

- 203 carries for 1,278 yards
- 20% of our offense attempts in 2004-5
- 6.3 yards per carry
- 58% efficient (+4) yards
- Zero Lost Yardage Plays
- 12 TD's

The Zone Play 2006

- 146 carries for 1,008 yards
- 23% of our offense attempts in 2006
- 6.9 yards per carry
- 59% efficient (+4) yards
- 21 Explosives(+12)
- 13 TD's

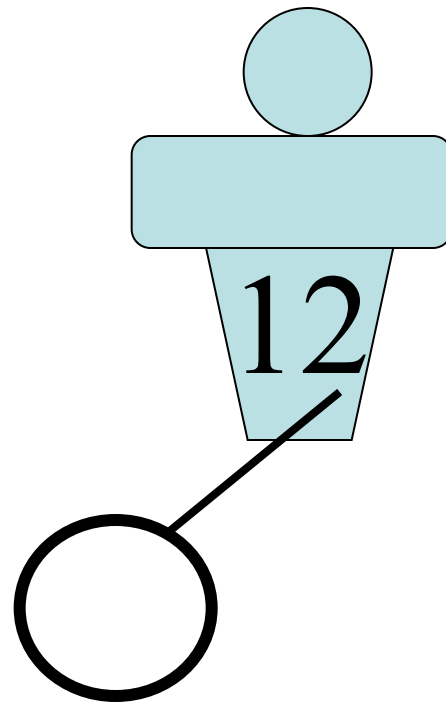
Gap Responsibility



← OL Tech. Menu

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DL Outside Technique (3)



Step at 45 degrees with
The outside foot at the
DL's outside #.

Most likely he is outside
Gap responsible, so we
Want a hat on his outside #.

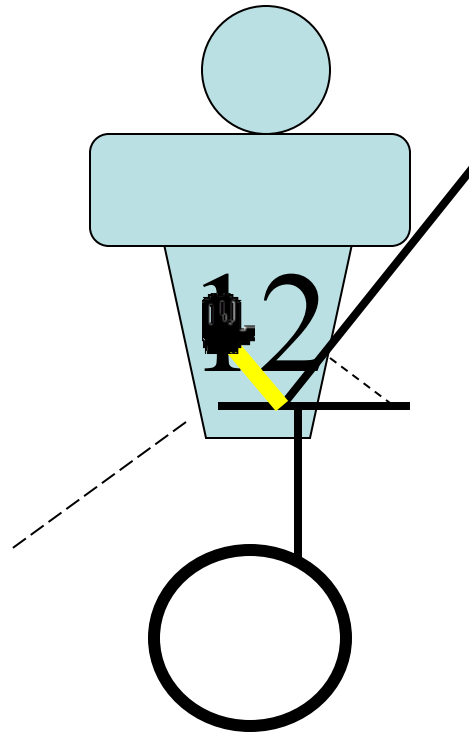


Play Direction

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DL Head Up Technique(2)



Step is straight ahead with the Outside foot at the outside #.

The DL has a 2-way go, but the OL is outside gap responsible.

If he comes outside the OL will Still have outside leverage.

If he goes inside, it is not the OL's Gap responsibility. He will punch & go to level 2.

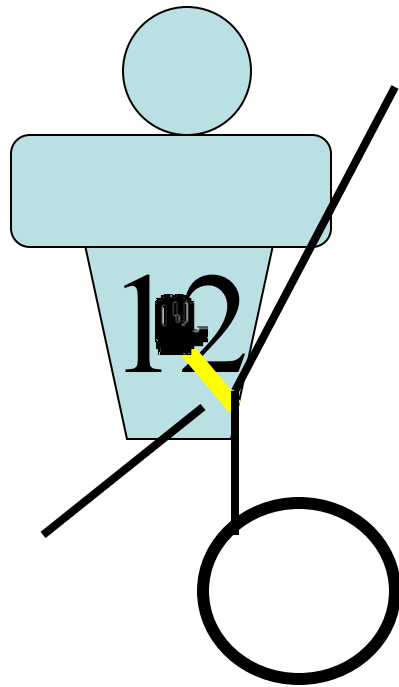


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DL Inside Technique (1) (Uncovered Pry Technique)



Come off the ball with the Inside foot to the outside # Landmark. Do not allow Penetration.

One hand punch until help From the inside gets there.

This DL technique rarely Will come across to the Outside gap, so OL will Be working up to level 2.



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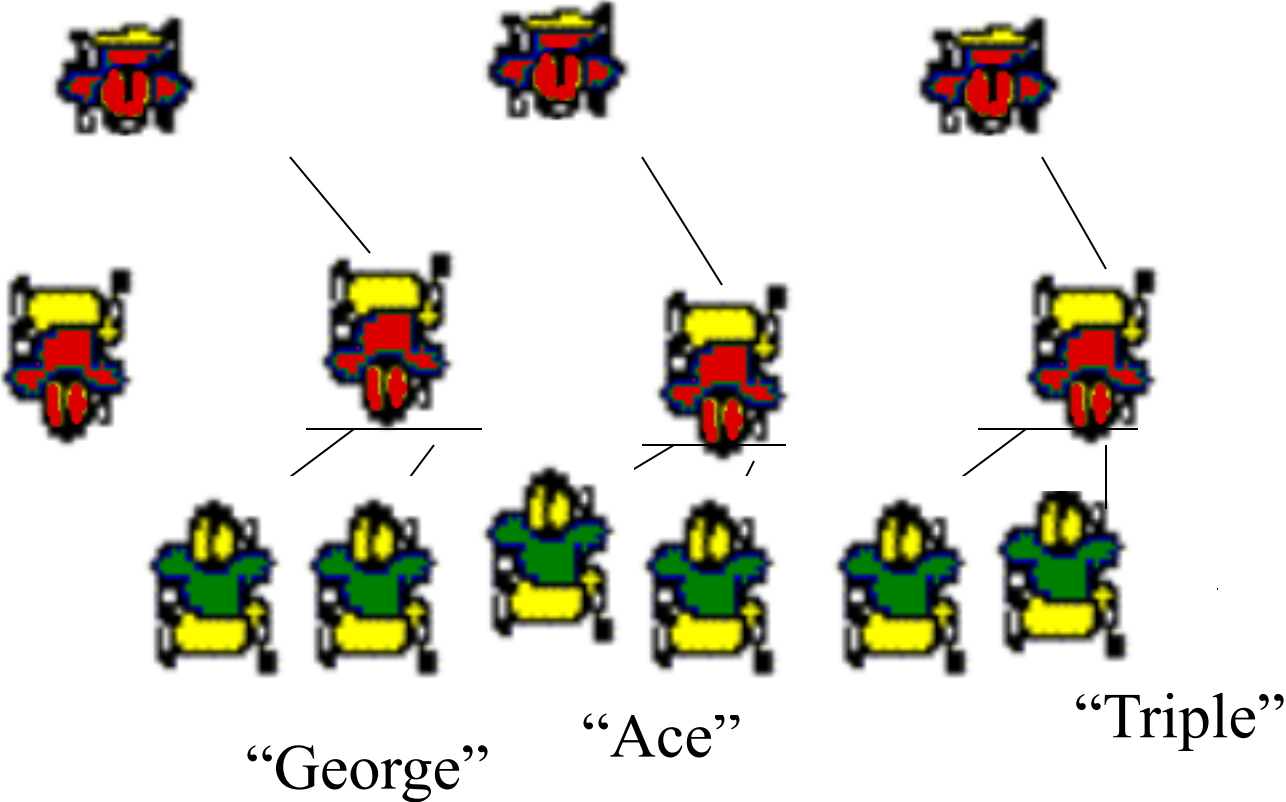
Frontside Combo Calls

- “Ace” Call by the Guard for the Center to combo with him. Made if there is a 2 or 1.
- “Double” Call by the Tackle for the Guard to combo with him. Only vs. 50 (2 or 3)
- “Triple” Call by the Tight End for the Tackle to combo with him. Vs. 2 or 3.

Backside Combo Calls

- “Charlie” Call between C & BSG to give BSG help on the shade(1 technique)
- “George” Call between BSG & BST
- “Tom” Call between BST & BSTE (if there is a TE backside only)

Combo Calls

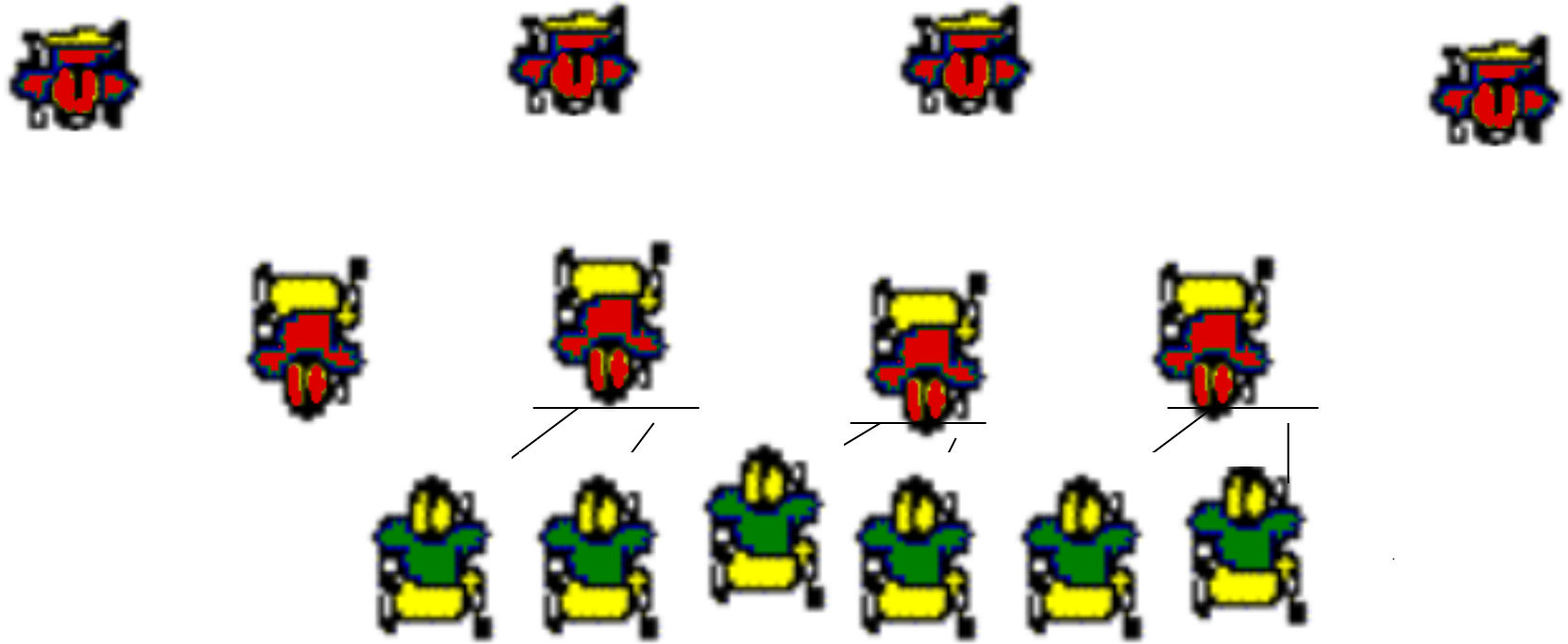


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Combo Calls



“George”

“Ace”

“Triple”

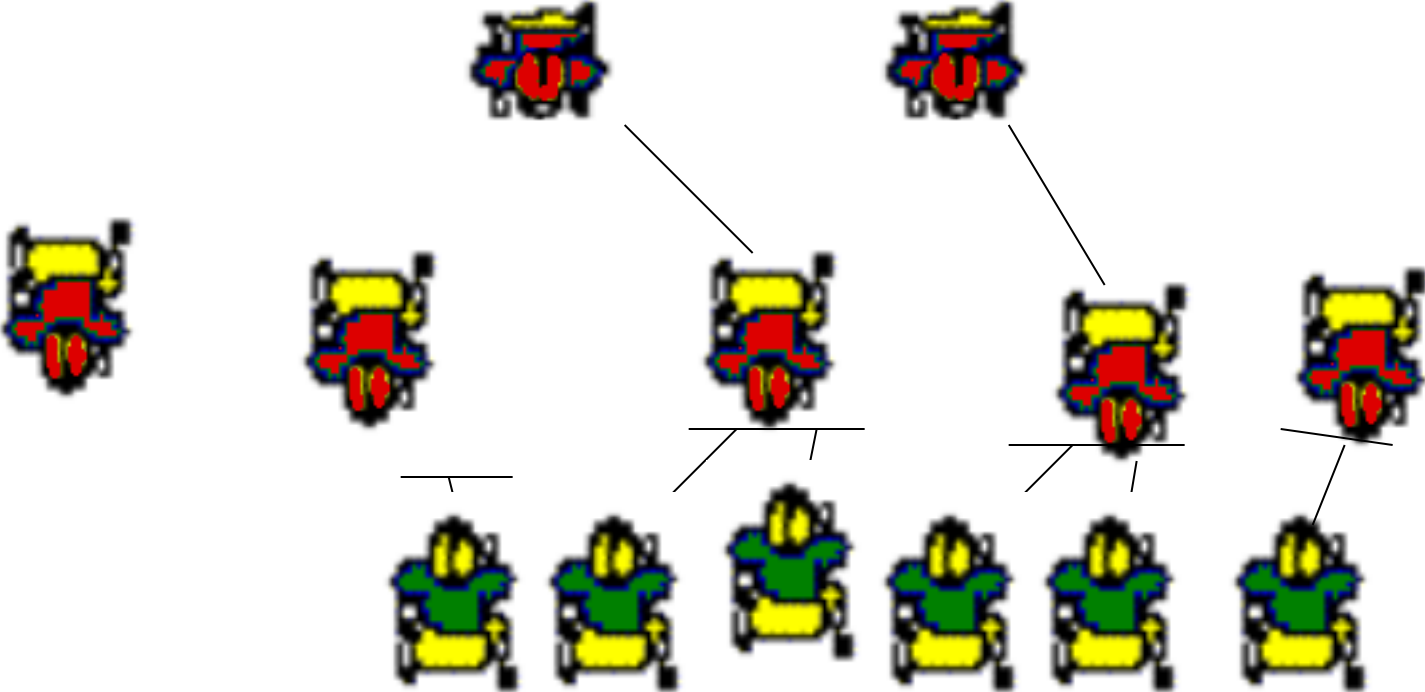


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Combo Calls



“Charlie”

“Double”

~~“Triple”~~

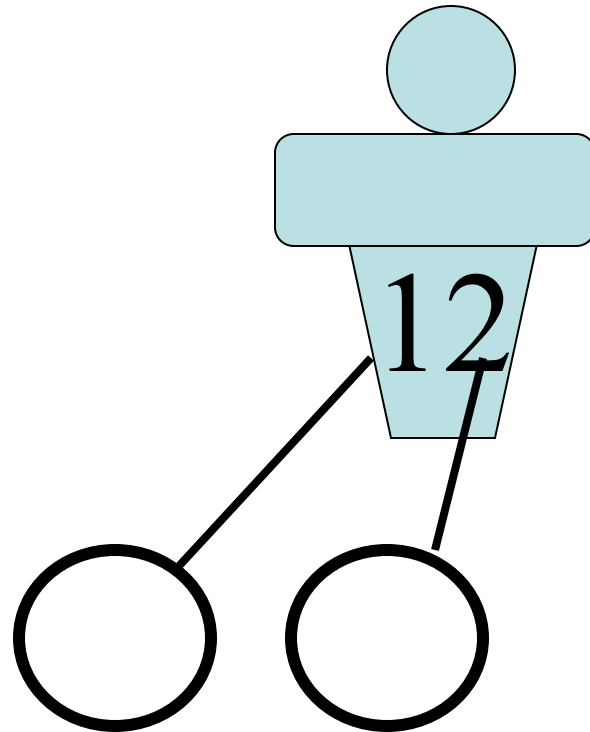


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Combo Blocks



Landmark inside hip

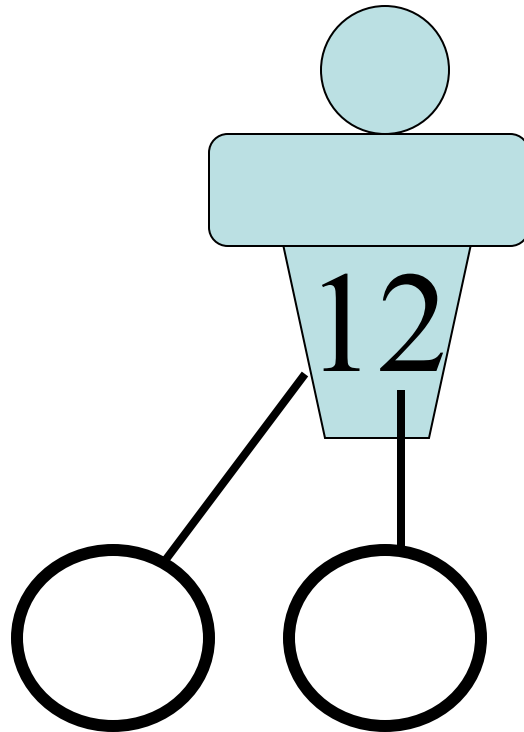
Landmark outside #

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Slide 1 of 2

Combo Blocks



Landmark inside hip

Landmark outside #

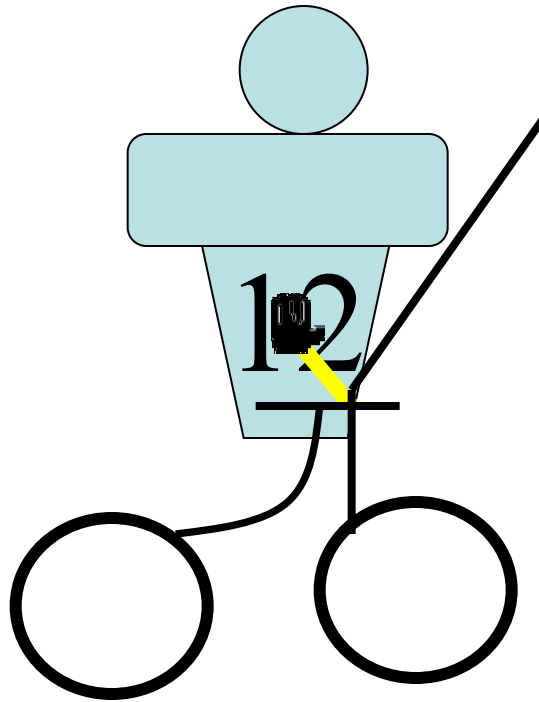
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Backside Scoop Technique

Punch to buy time &
Get off to gap responsibility



Scoop & get head
In front to prevent
Penetration.

Dip & rip, grab grass get the shoulder underneath. The T is trying to scoop him or drive him down the line if he can not get him scooped. The guard takes a short step but does not get too occupied with 3 technique. Worst case scenario should be a stalemate.



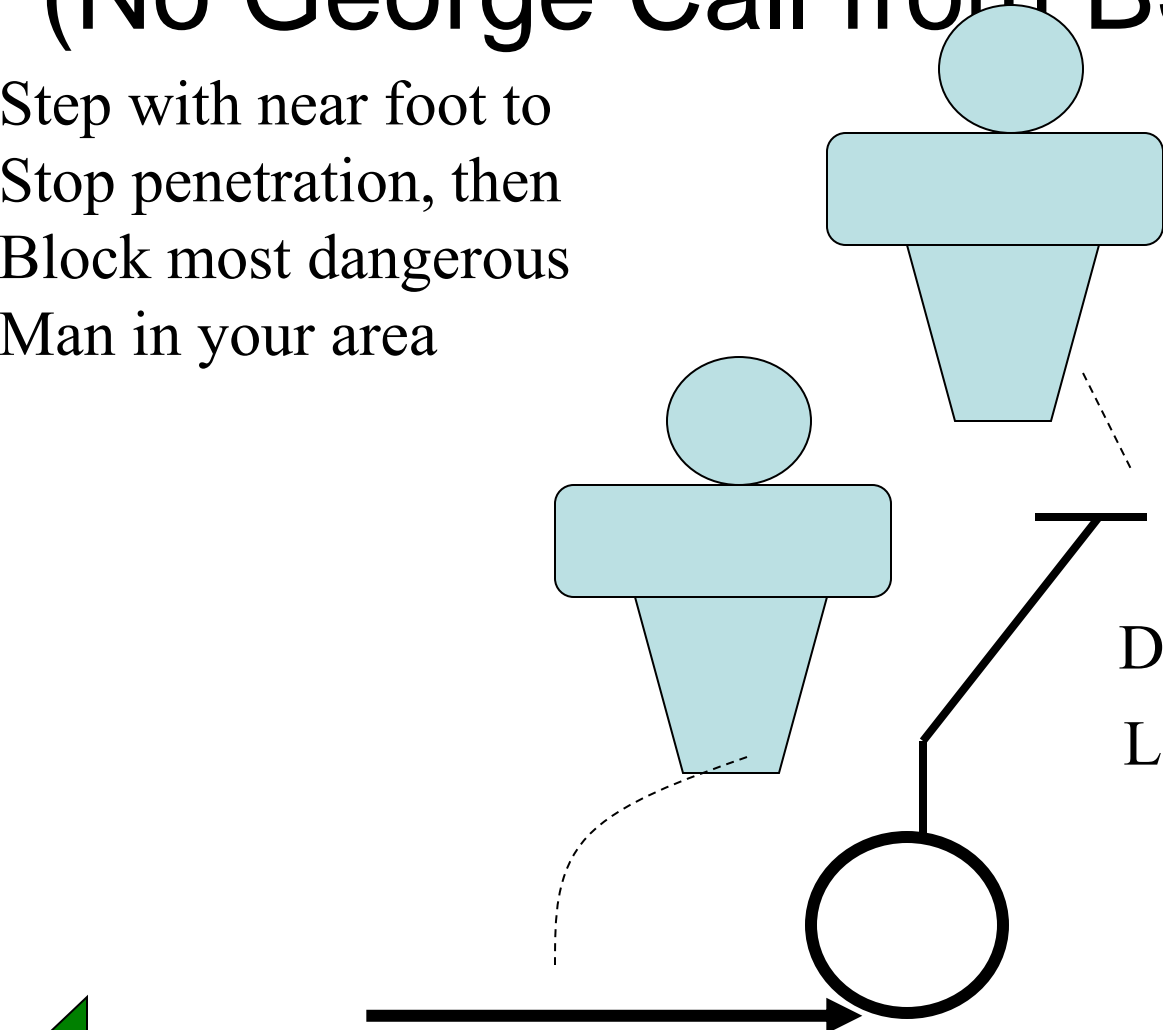
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Uncovered Backside Tackle (No George Call from BSG) = Sift Tech.

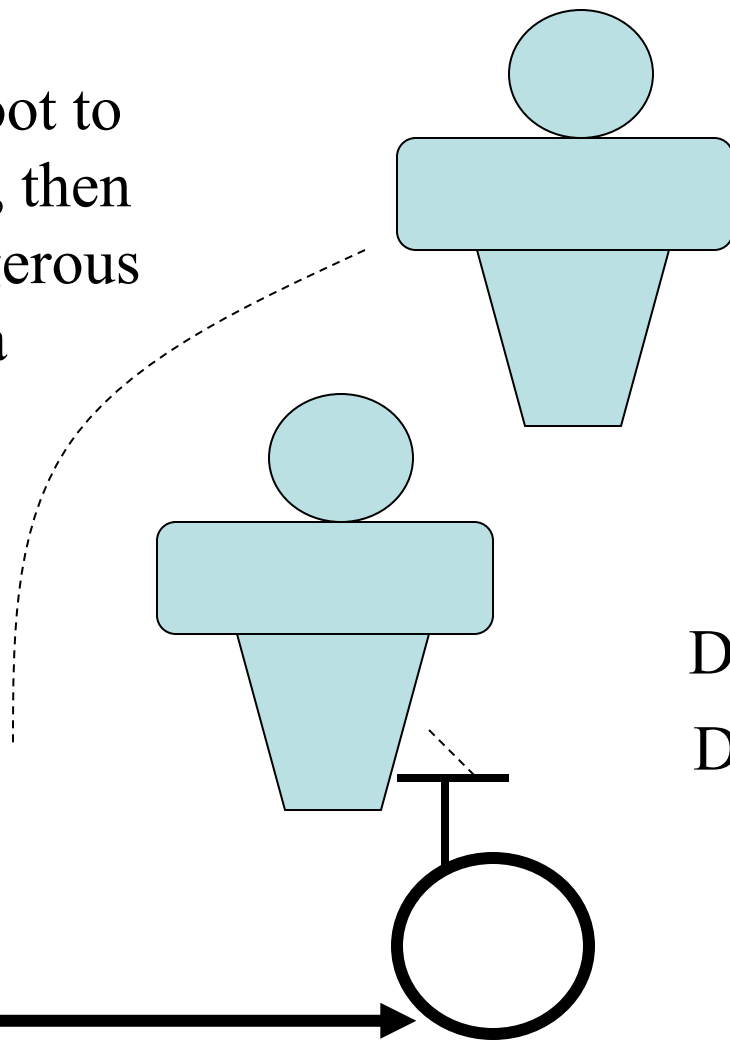
Step with near foot to
Stop penetration, then
Block most dangerous
Man in your area



DE moves away from play.
LB becomes most dangerous.

Uncovered Backside Tackle (No George Call from BSG) = Sift Tech.

Step with near foot to
Stop penetration, then
Block most dangerous
Man in your area



DE slants to play.

DE becomes most dangerous.

OL Tech. Menu

Play Direction

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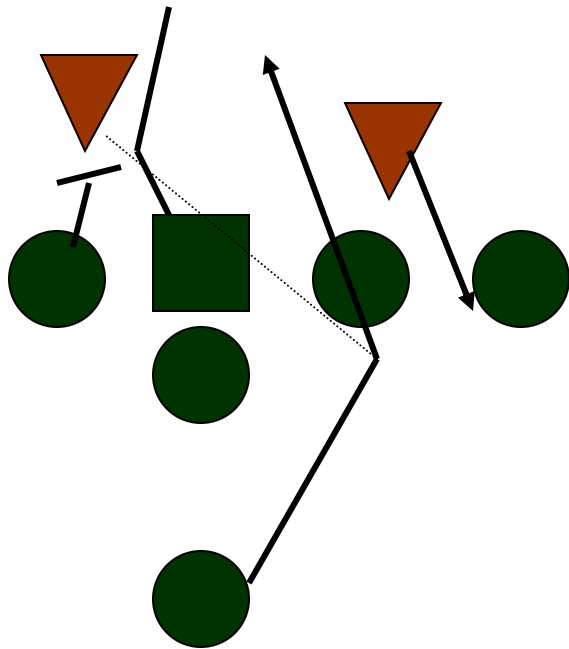
Zone TB Coaching Points

- Distinct Read especially on down & distance situations(know how much you need)
- 1st step is open and 2nd is at landmark. Get Shoulders pointed to sideline. Make the LB's move.
- You will have a primary and secondary read.
- Goal is 3.5 yards minimum every play.
- Adjust aim point based on Front or Hole called.

Tailback 6 Second Rule-Zone

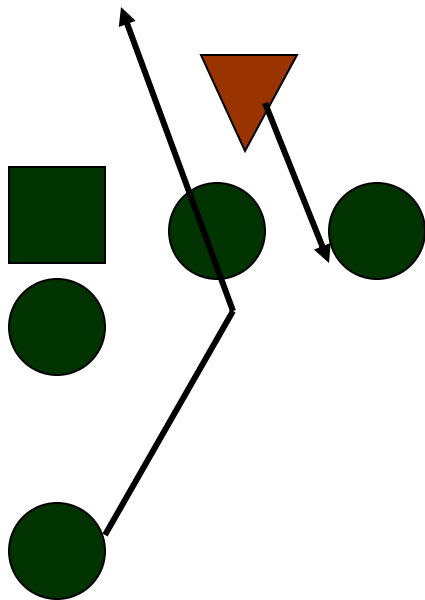
- Identify your Read: 1st DLM past C(shade does not count).
- Identify the LB you need to move.
- Identify your secondary read-the next inside DLM from your primary.
- Identify alignment of End-inside of our last lineman(OT or TE) realize that the play may come all the way out the backdoor.

TB Read Coaching Points



Unless your read pinches, your eyes should be going to your secondary read.

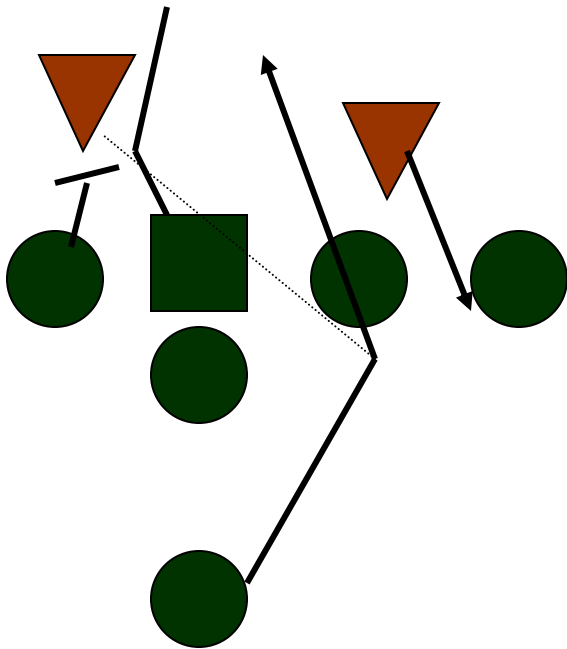
Primary TB Reads



Read the outside hip of the first Covered lineman playside.

React to what he does. In this example Cut inside.

Secondary TB Reads



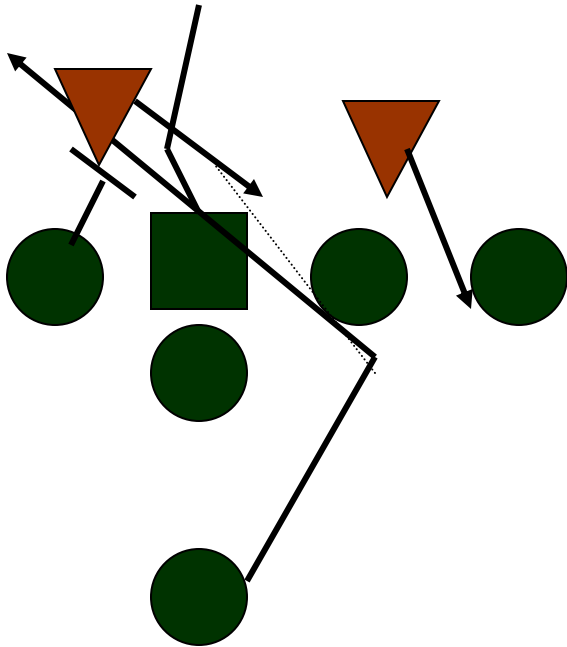
Read the outside hip of the first Covered lineman playside.

React to what he does. Once you see his movement outside, get eyes to next DLM inside.

In this example he is reached by the BSG, so cut up through playside A gap.

1 cut & get yards!

Secondary TB Reads



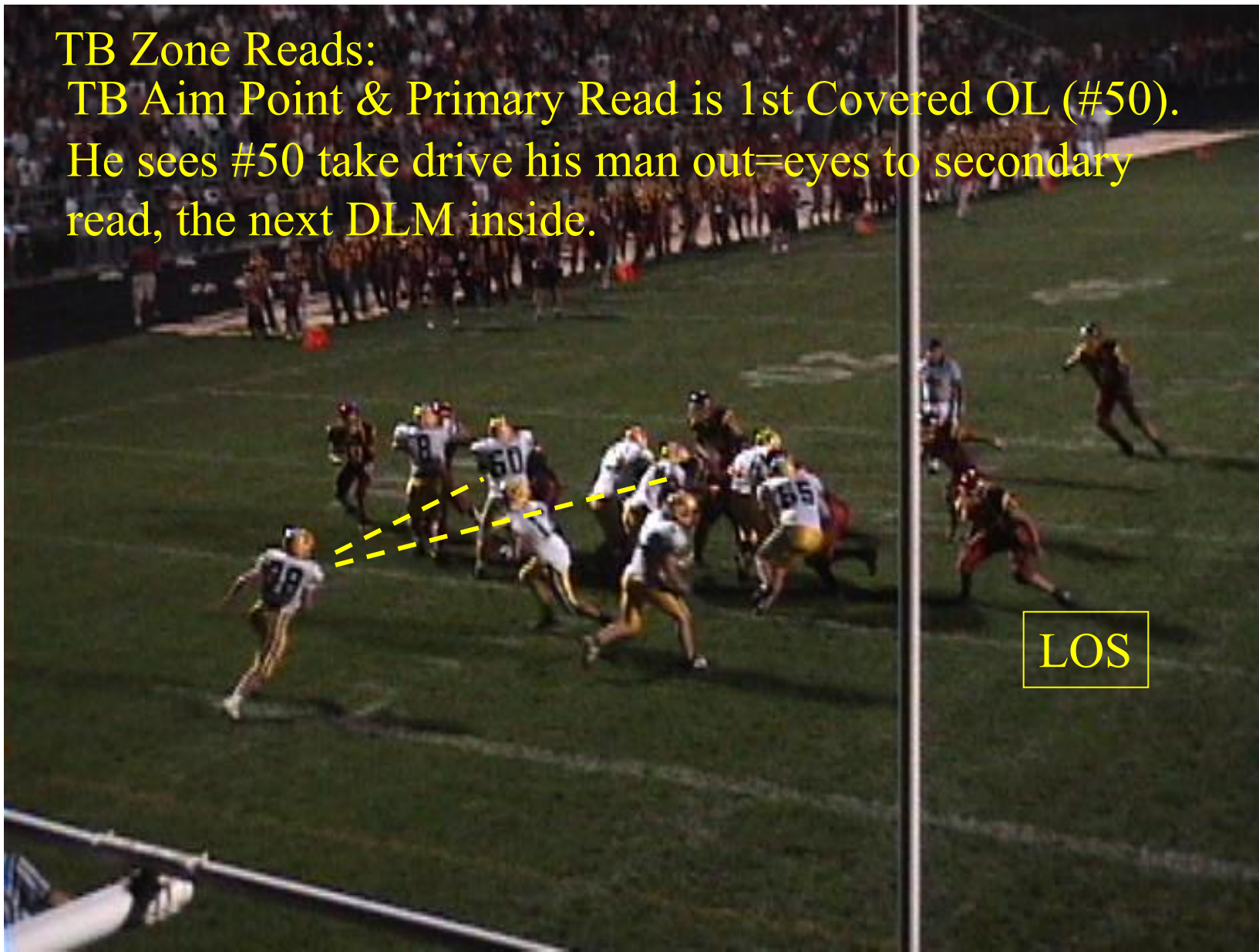
Read the outside hip of the first Covered lineman playside.

React to what he does. Once you see his movement outside, get eyes to next DLM inside.

In this example his movement takes him into the PS A gap, so cut up through backside A gap behind the BSG.

1 cut & get yards North & South!

TB Zone Reads:
TB Aim Point & Primary Read is 1st Covered OL (#50).
He sees #50 take drive his man out=eyes to secondary
read, the next DLM inside.



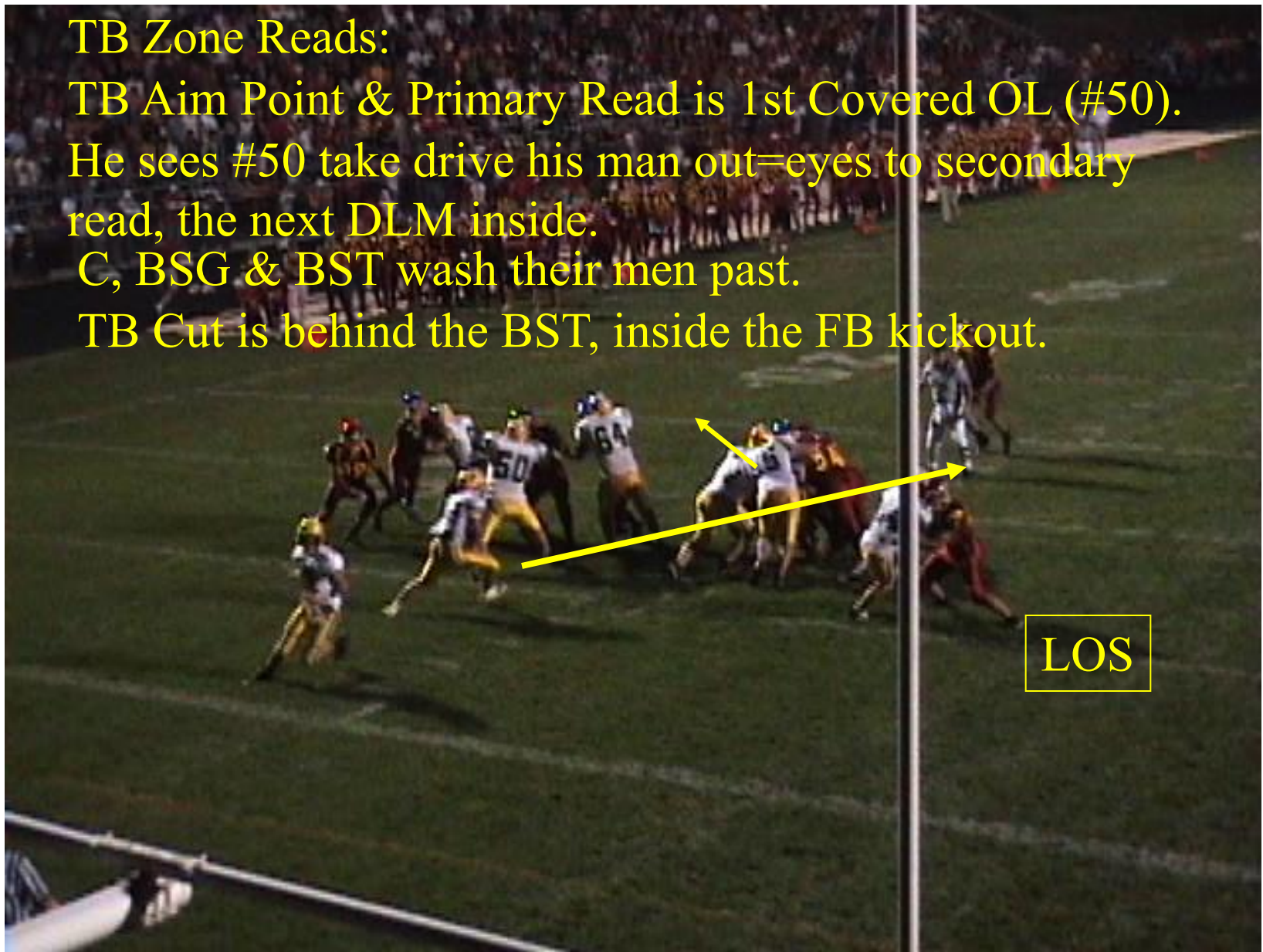
TB Zone Reads:

TB Aim Point & Primary Read is 1st Covered OL (#50).

He sees #50 take drive his man out=eyes to secondary read, the next DLM inside.

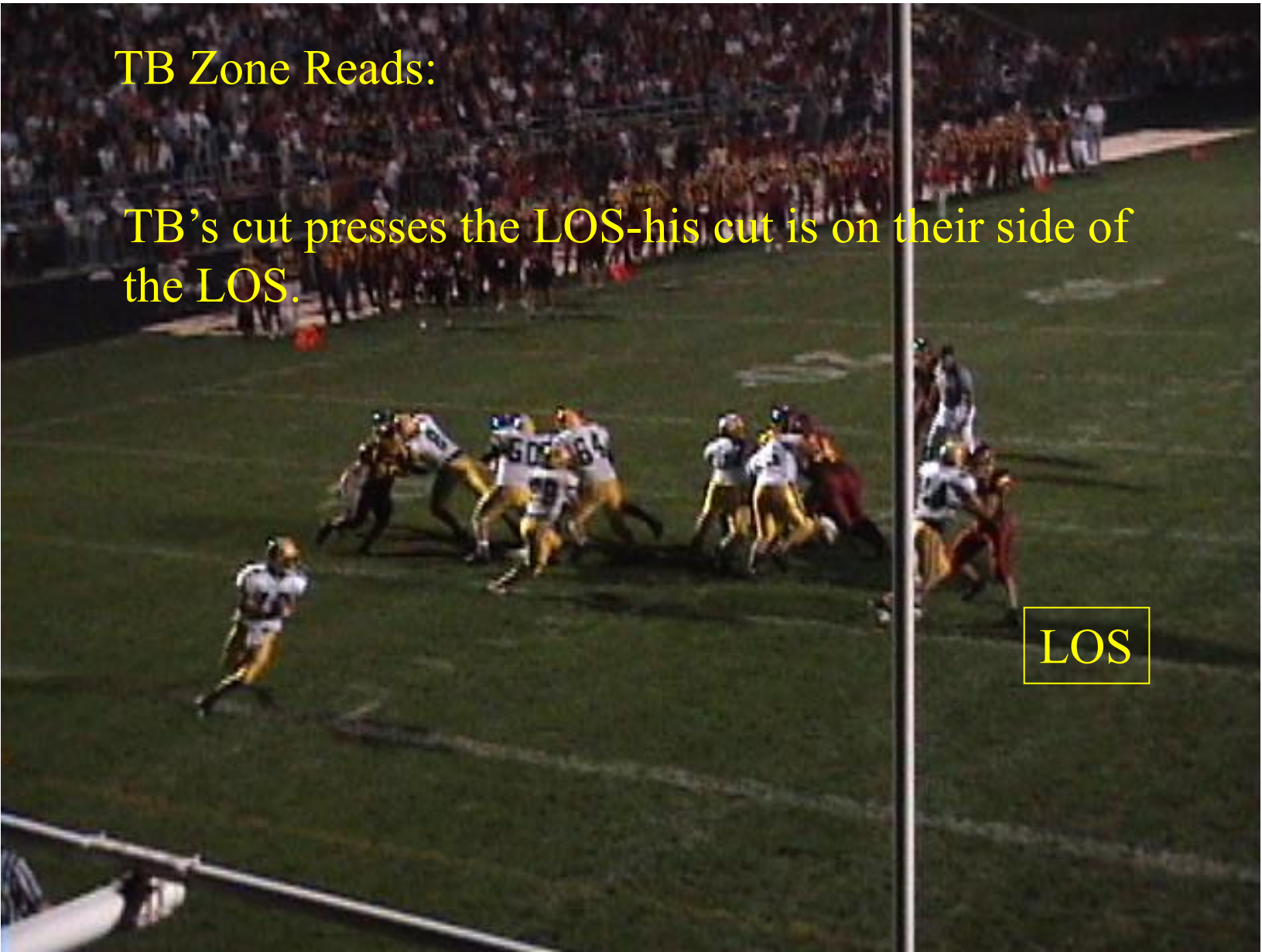
C, BSG & BST wash their men past.

TB Cut is behind the BST, inside the FB kickout.



TB Zone Reads:

TB's cut presses the LOS-his cut is on their side of the LOS.



LOS

TB Zone Reads:

TB makes one cut and gets North-South



LOS

TB Zone Reads:

Free Safety is the TB's man to beat.

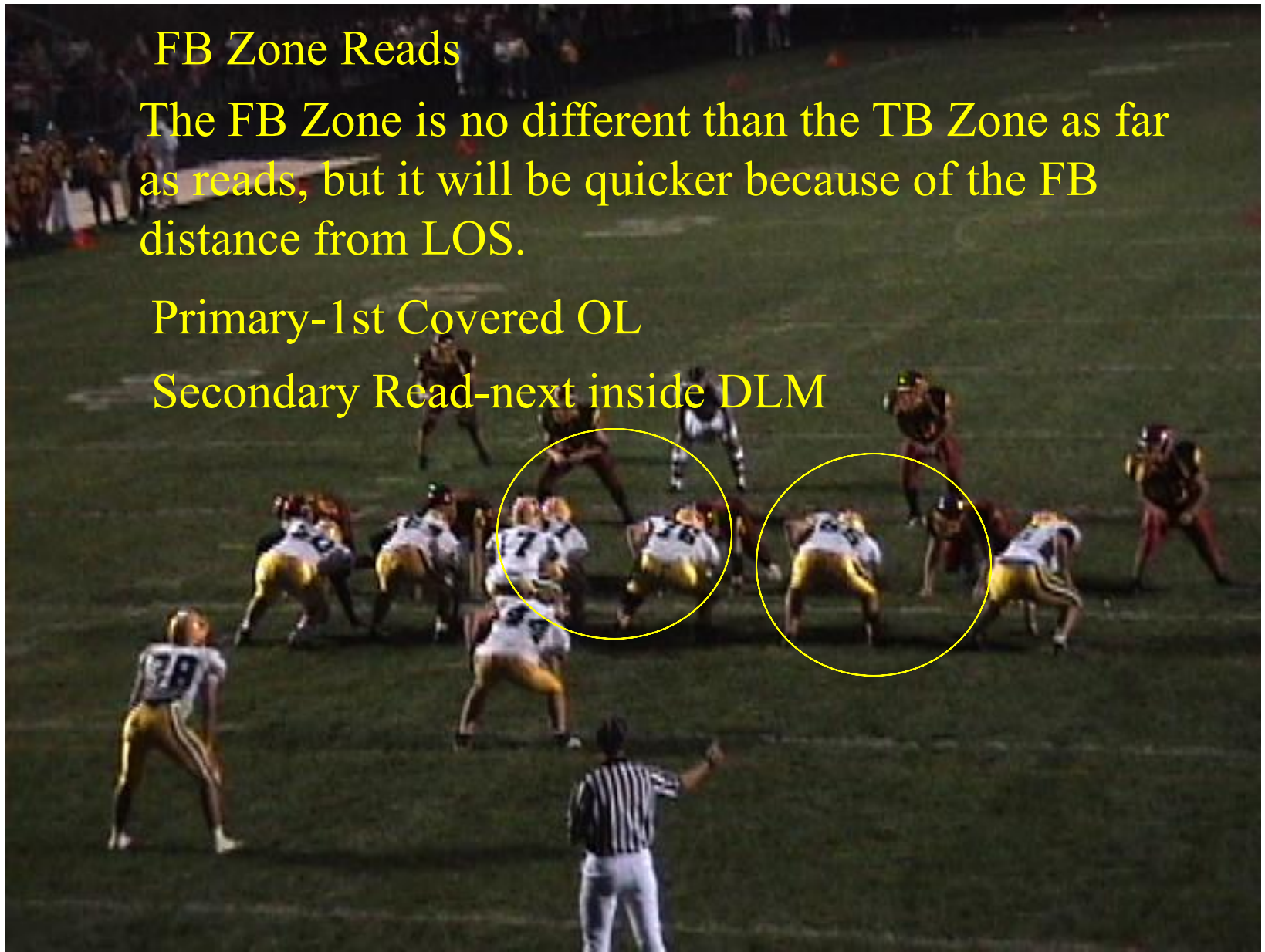


FB Zone Reads

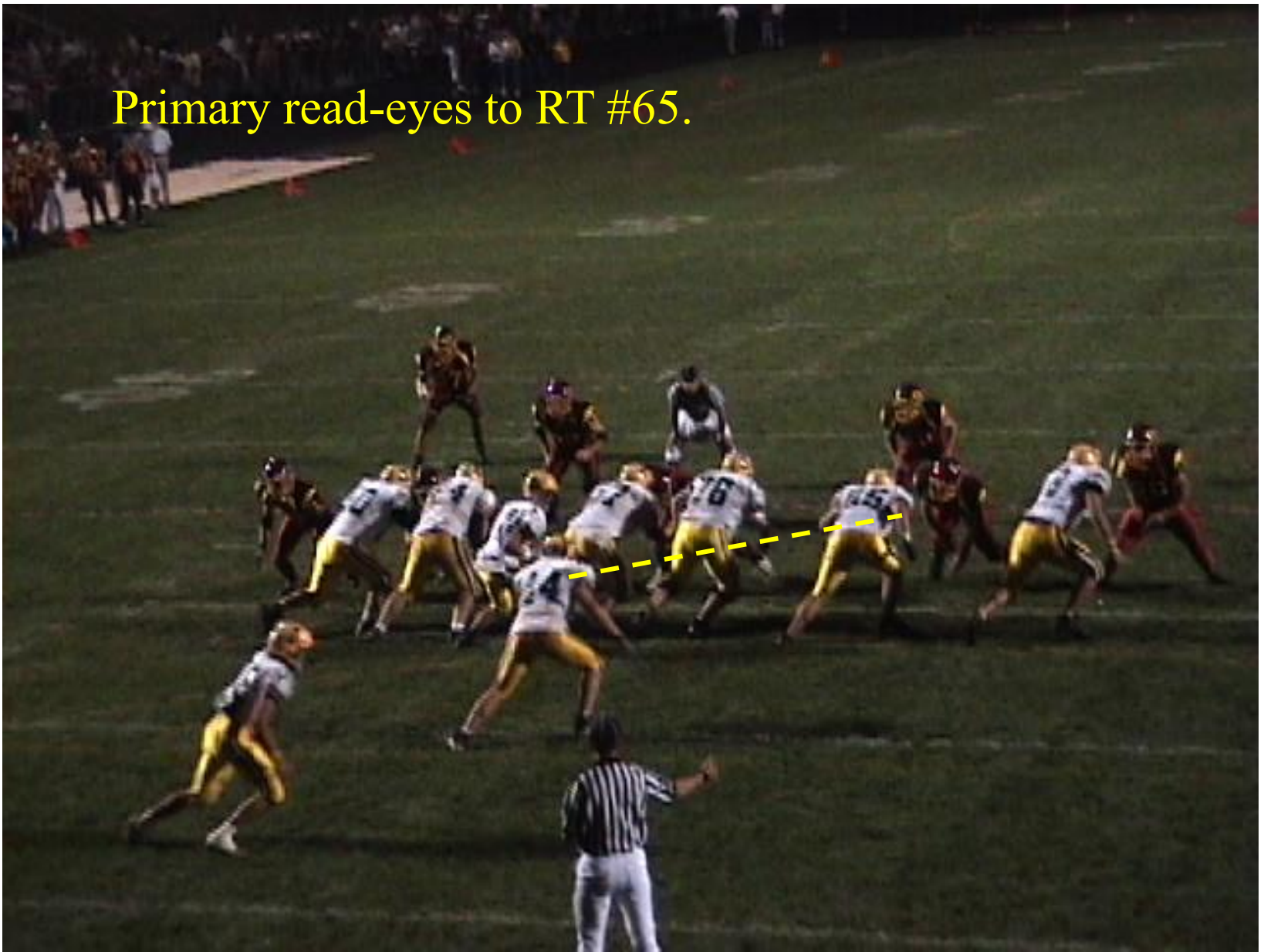
The FB Zone is no different than the TB Zone as far as reads, but it will be quicker because of the FB distance from LOS.

Primary-1st Covered OL

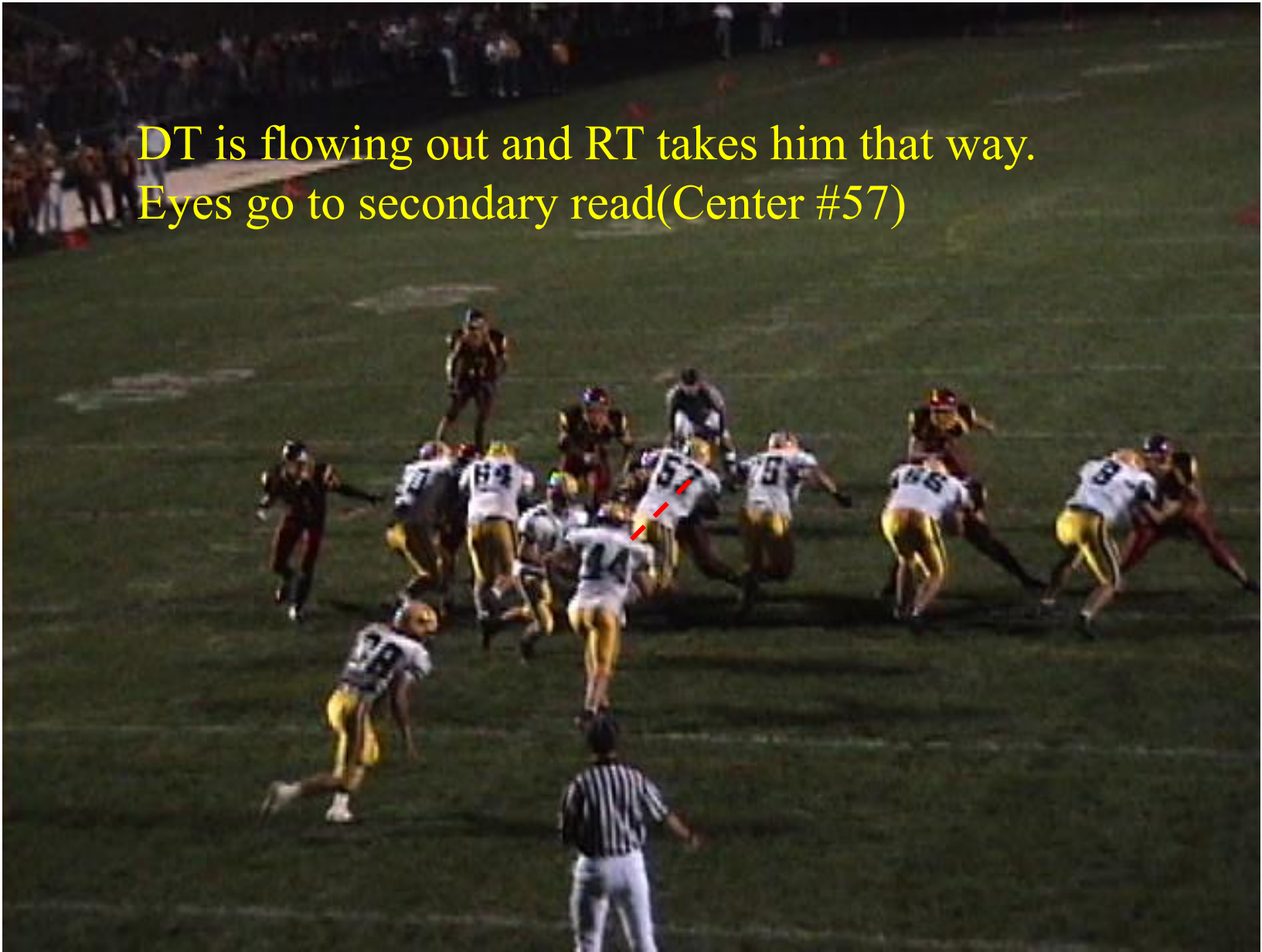
Secondary Read-next inside DLM



Primary read-eyes to RT #65.



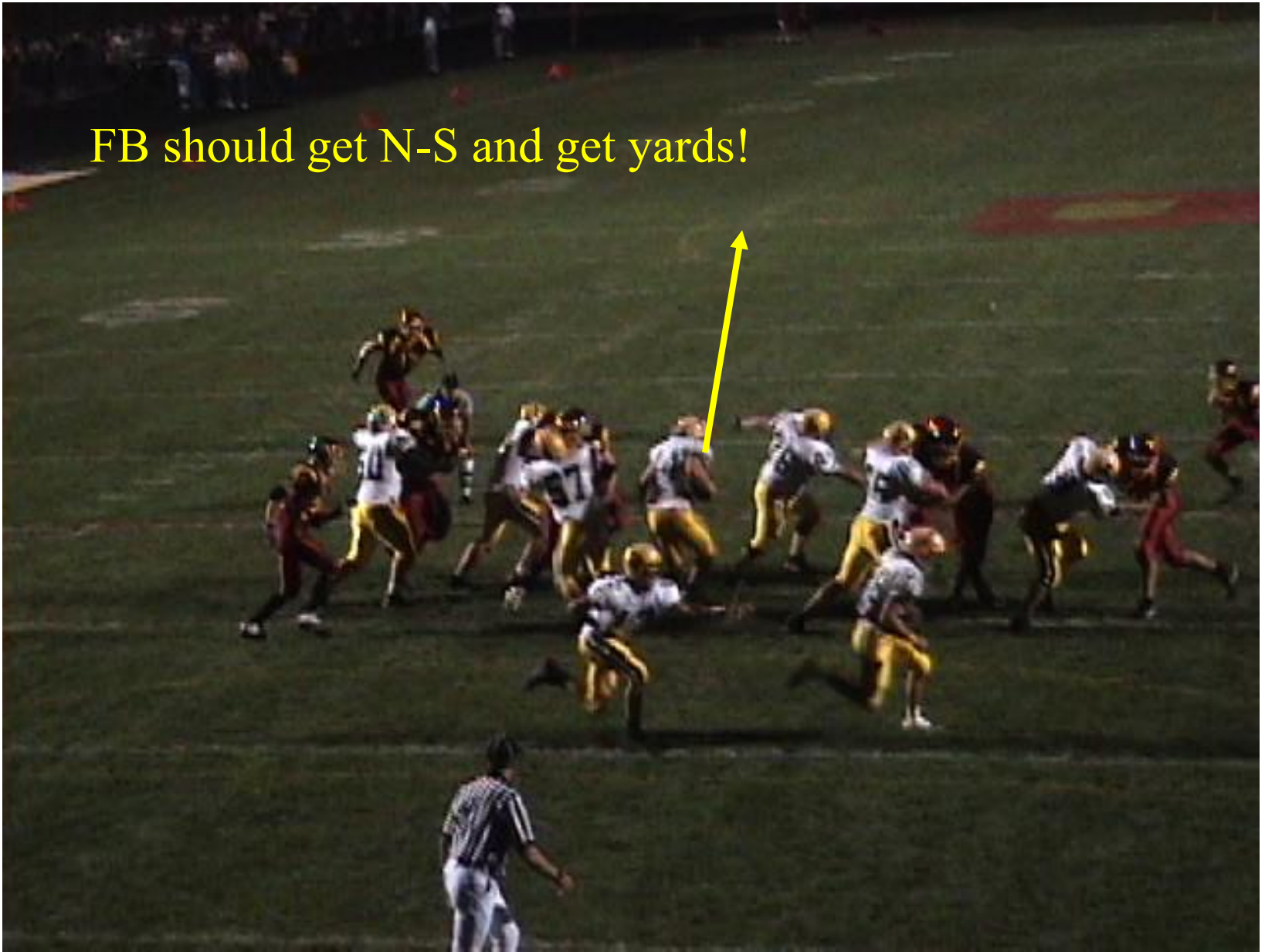
DT is flowing out and RT takes him that way.
Eyes go to secondary read(Center #57)



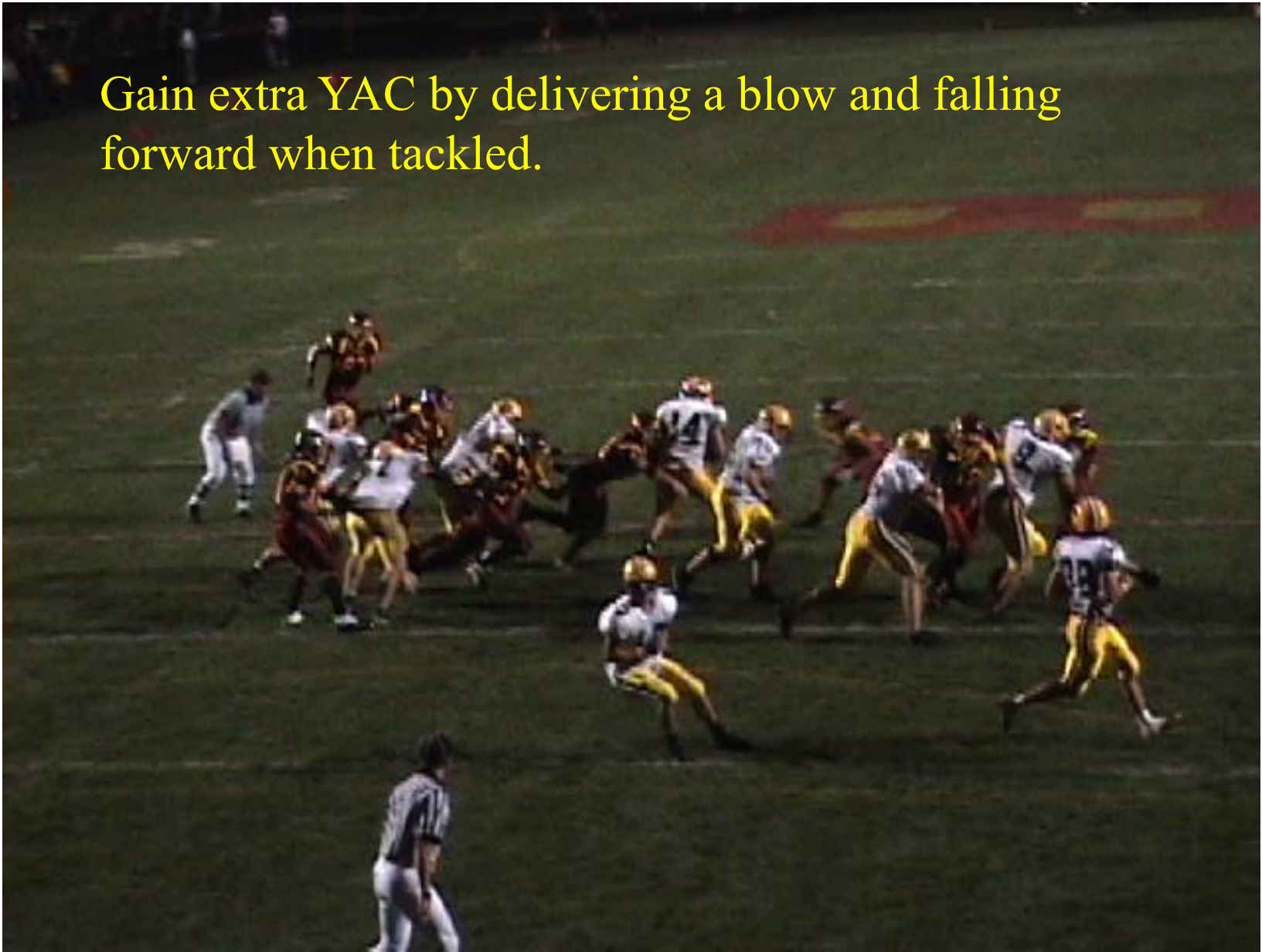
Center cuts his man off, so running lane is straight through the A gap.



FB should get N-S and get yards!



Gain extra YAC by delivering a blow and falling forward when tackled.



Variations of the Inside Zone Play

Two Back Split Flow

Variations of the Inside Zone Play

FB Zone Dive with Stretch Fake

Variations of the Inside Zone Play

FB Lead to TE Side

Variations of the Inside Zone Play

FB Lead to SE Side

Variations of the Inside Zone Play

Orbit Motion to hold backside end
and create misdirection.

Variations of the Inside Zone Play

Shotgun & Pistol Sets

Variations of the Inside Zone Play

Misdirection to Offset FB, Slot, or
Wing

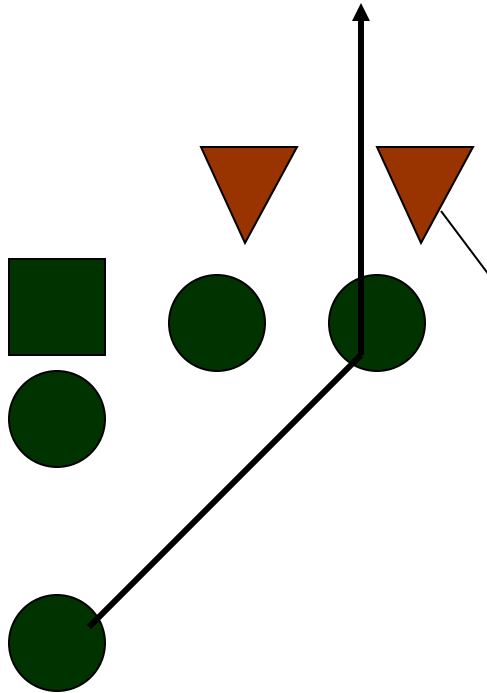
OZ TB Coaching Points

- Distinct Read especially on down & distance situations(know how much you need)
- 1st step is open and 2nd is at landmark. Get Shoulders pointed to sideline. Make the LB's move.
- You will have a primary and secondary read.
- This play cuts up, not back!
- This play is effective when the edge defenders are flying out for stretch

Tailback 6 Second Rule-OZ

- Identify your Read: EMOL
- Identify the LB you need to move.
- Identify your secondary read-the next inside DLM from your primary.

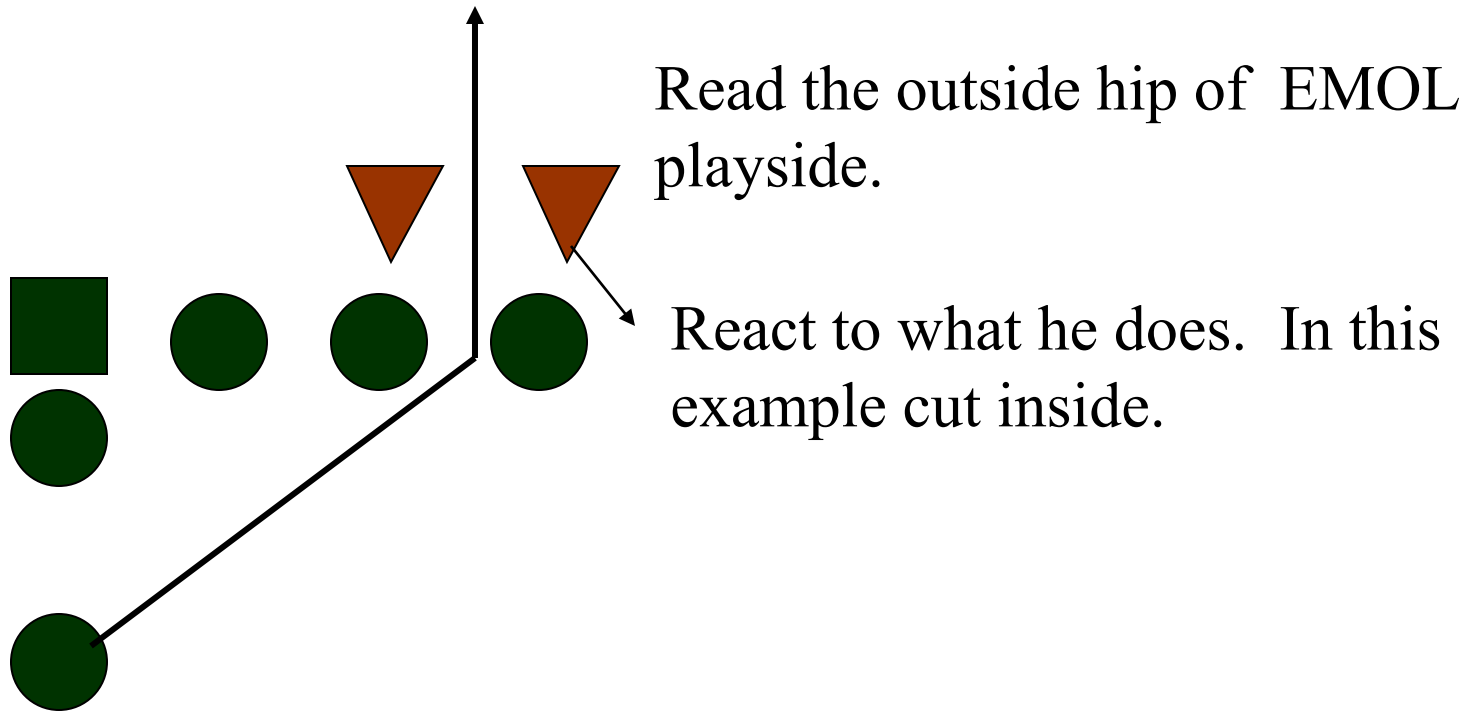
Primary TB Reads



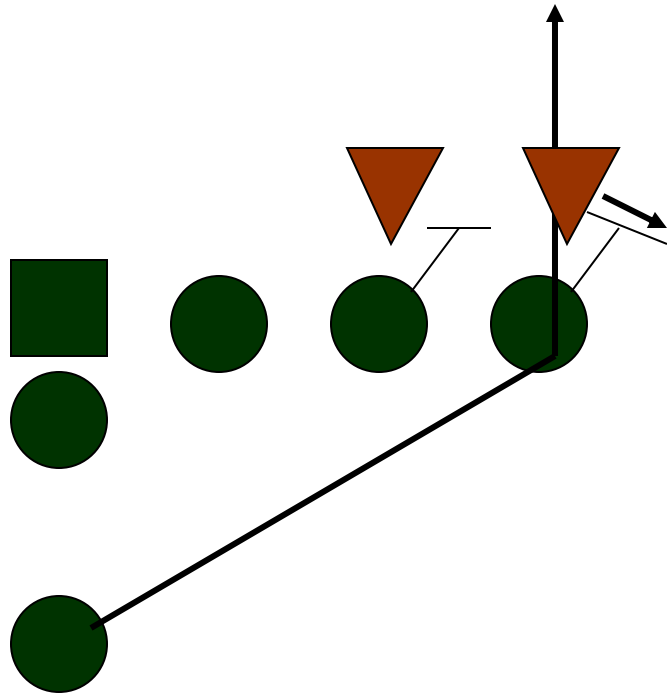
Read the outside hip of the end man on LOS playside.

React to what he does. In this example Cut inside.

Primary TB Reads



Primary TB Reads

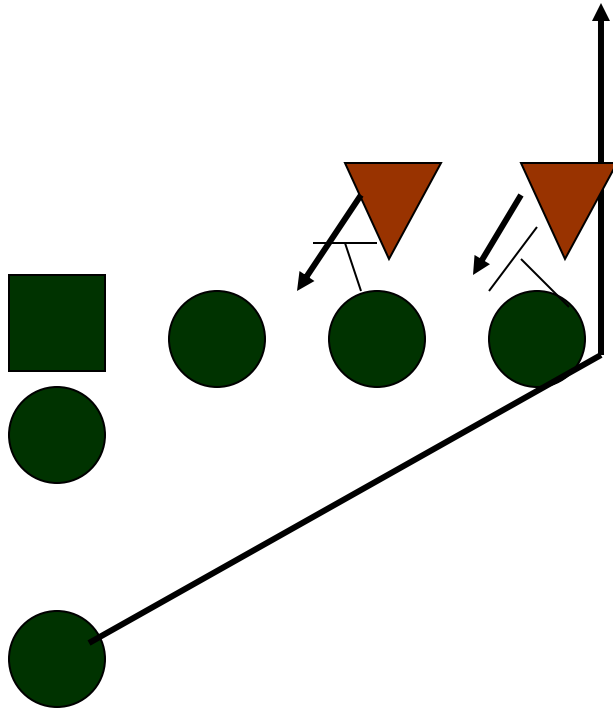


Aim at the inside foot of the TE and read his block.

React to what the defender over the TE does. In this example Cut it up the C Gap off of the TE's kick out block.

Get North & South after your cut.

Primary TB Reads



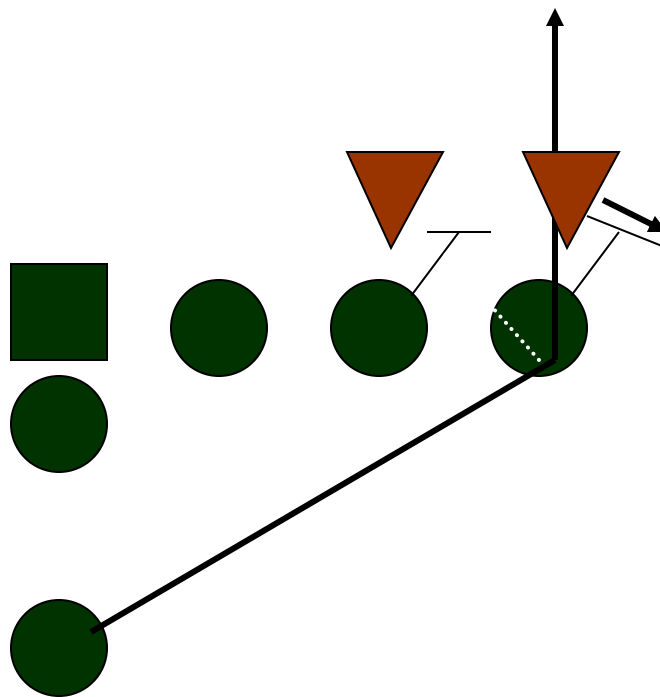
Aim at the inside foot of the TE and read his block.

React to what the defender over the TE does. In this example get around the TE block and get upfield immediately. Force is being kicked out.

Force is the secondary read, but should not be a factor inside.

Get North & South after your cut.

TB Secondary OZ Reads



Aim at the inside foot of the TE and read his block.

React to what the defender over the TE does. In this case your eyes should take you to the next inside Down Lineman.

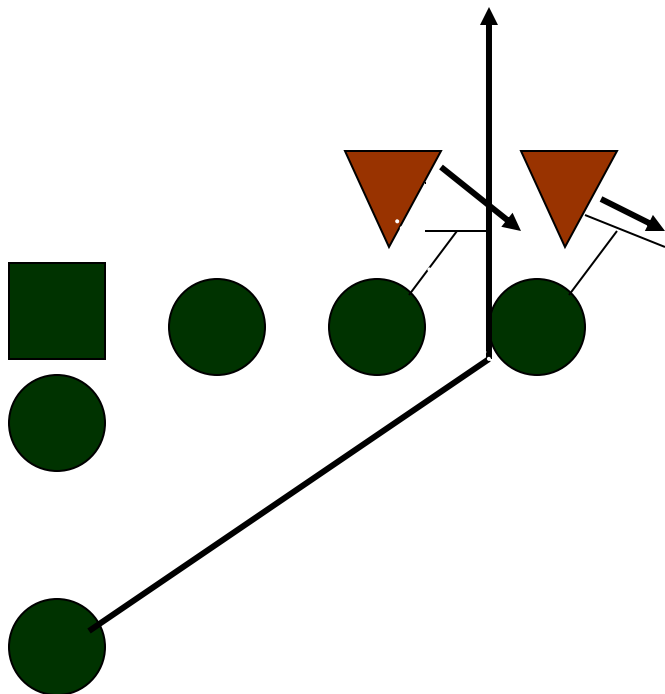
In this example Cut it up the C Gap off of the TE's kick out block & inside Tackles reach block.

Get North & South after your cut.

TB Secondary OZ Reads

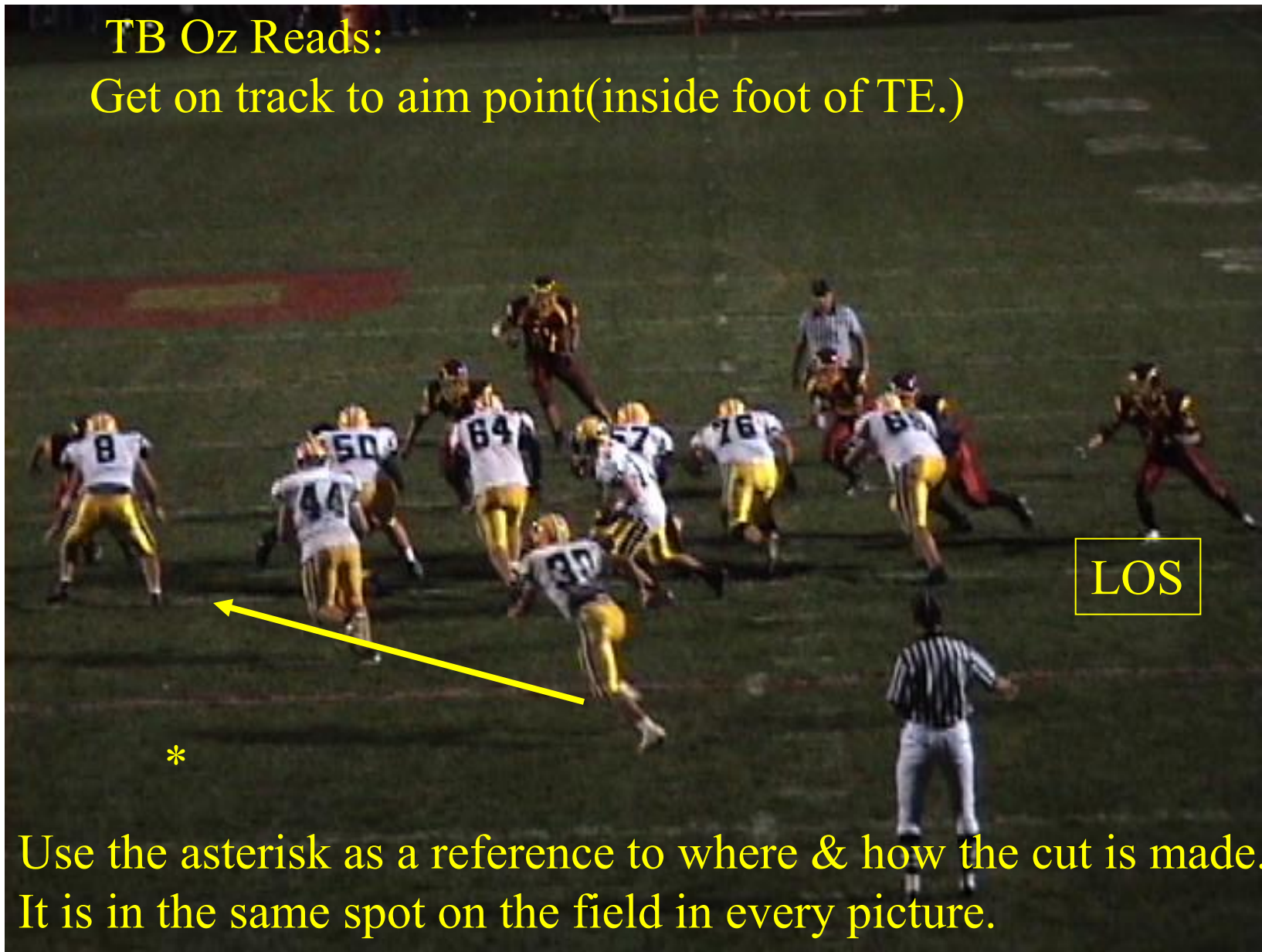
Aim at the inside foot of the TE and read his block.

React to what the defender over the TE does. In this case your eyes should take you to the next inside Down Lineman.



In this example Cut it up the C Gap behind both kick-out blocks. Realize that the cut will be made N-S and not back. Movement of the defenders will go beyond the aimpoint. Backside is attempting to cut block so all pursuit is cut-off.

TB Oz Reads:
Get on track to aim point(inside foot of TE.)



*

Use the asterisk as a reference to where & how the cut is made.
It is in the same spot on the field in every picture.

