



Zone Blocking

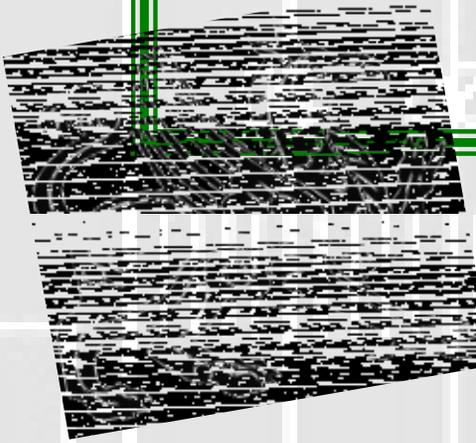
Part I: Philosophy and Concepts

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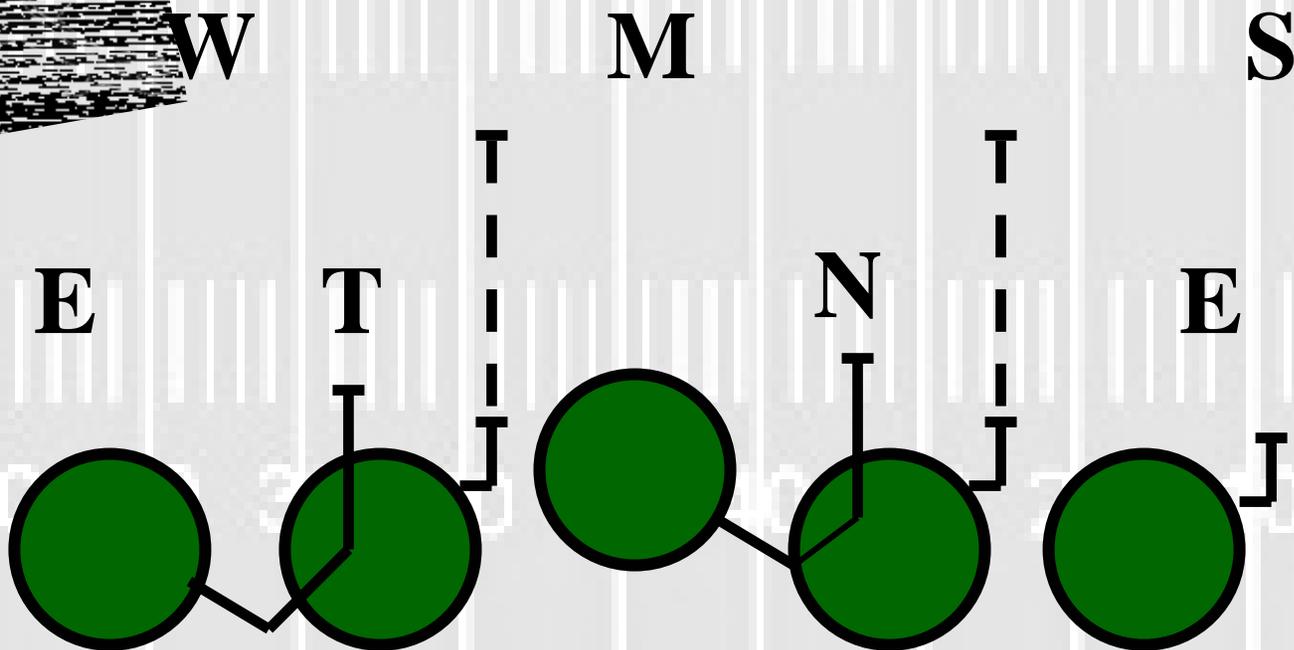




Offensive Line Philosophy



10 20 30 40 50 60 70 80 90



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OFFENSIVE LINE PHILOSOPHY



WHAT TO LOOK FOR IN AN OFFENSIVE LINEMAN:

1. Toughness
2. Intelligence
3. Work Ethic
4. Team Player
5. Great Feet
6. Great Vision
7. Hip flexibility (the ability to unlock the hips), knee, and ankle flexibility.
8. Balance; A lineman will redirect his feet approximately 5 times per play.

The strength and success of every team is based on the strength of the offensive line. Therefore, it is imperative that offensive linemen establish a presence.

OFFENSIVE LINE PHILOSOPHY



Offensive linemen need to be fundamentally tough and fundamentally sound in both the run and pass game.



To be an effective and fundamentally sound offensive lineman requires patience and many hours of hard work on and off the field.



Offensive linemen need to understand that run and pass blocking are an unnatural task and can be developed to a greater degree than any other phase of the game (skill acquisition). Successful offensive line play depends on the execution, the perfection, and the mastery of the techniques required in the run and pass game.

OFFENSIVE LINE PHILOSOPHY



The more techniques an offensive lineman can master in the run and pass game the easier it will be for him to cope with various situations.



An offensive lineman's success can only be brought about with tremendous WORK ETHIC and CONFIDENCE in his ability in both the run and pass game.



CONCENTRATION, SELF-DISCIPLINE, COMMUNICATION, and the WILLINGNESS to pay the price are part of being a respected offensive lineman.

OFFENSIVE LINE PHILOSOPHY

WHAT IT TAKES TO BE AN EFFECTIVE OFFENSIVE LINEMAN:



To be effective offensive linemen they must believe in what they see as well as believe in and trust their technique in both the run and pass game.

TO BE EFFECTIVE OFFENSIVE LINEMEN THEY MUST BELIEVE IN WHAT THEY SEE



It is important for linemen to see the field (scan the defense 180 degrees).

Anticipate stunt tendencies but never guess (teach a thought process).

Anticipate blitz tendencies but never guess (teach a thought process).

OFFENSIVE LINE PHILOSOPHY

TO BE EFFECTIVE OFFENSIVE LINEMEN THEY MUST BELIEVE IN AND TRUST THEIR TECHNIQUE

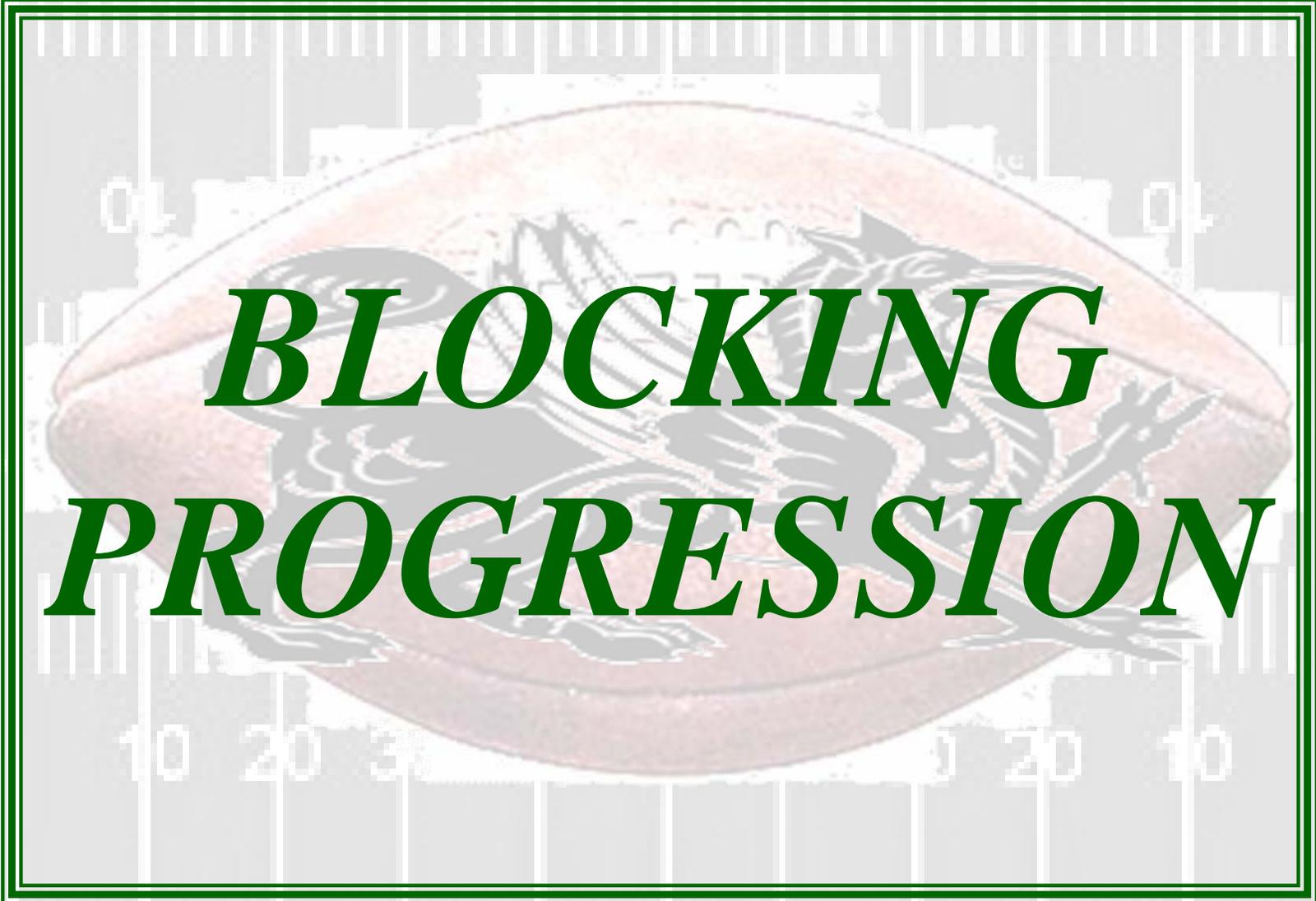


Offensive linemen must have confidence in their footwork. Offensive linemen must have confidence in their body posture, weight distribution and body balance. Offensive linemen must trust their run blocking and pass blocking demeanor as well as have the confidence in their ability to master the techniques in the run and pass game.

TO BE EFFECTIVE OFFENSIVE LINEMEN THEY MUST TRUST THEIR EYES



Offensive linemen must have confidence and trust in their eyes. Keep eyes open on contact. *BUG AND SHOOT THE EYES.*

A football is centered in the background, featuring a team logo with a star and wings. The football is set against a light gray background with a white grid pattern, resembling a football field. The entire scene is enclosed in a double green border.

***BLOCKING
PROGRESSION***

BLOCKING PROGRESSION

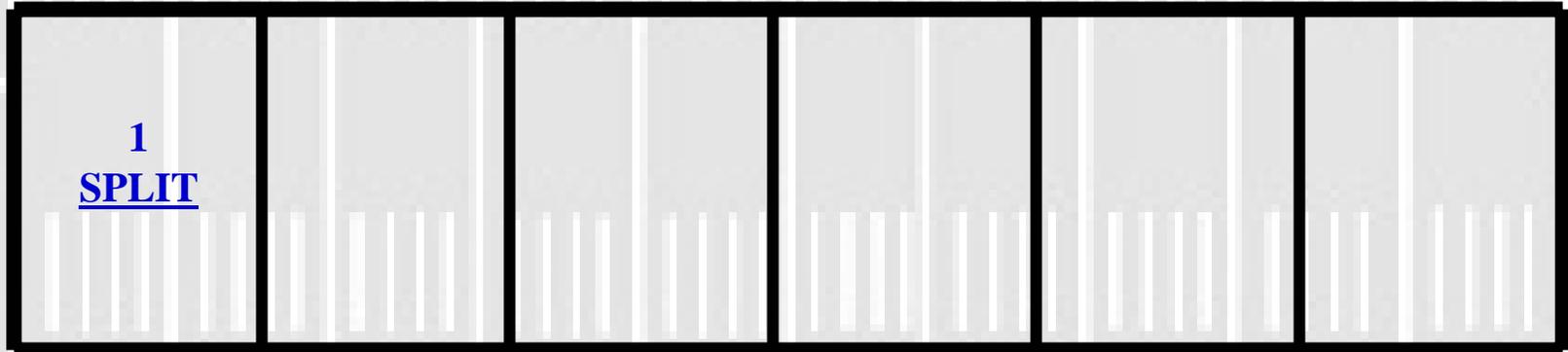


A **6 step sequence** must take place for any block to be successful.

1. **SPLIT**
2. **STANCE**
3. **APPROACH**
4. **CONTACT**
5. **FOLLOW THROUGH**
6. **FINISH**

BLOCKING PROGRESSION

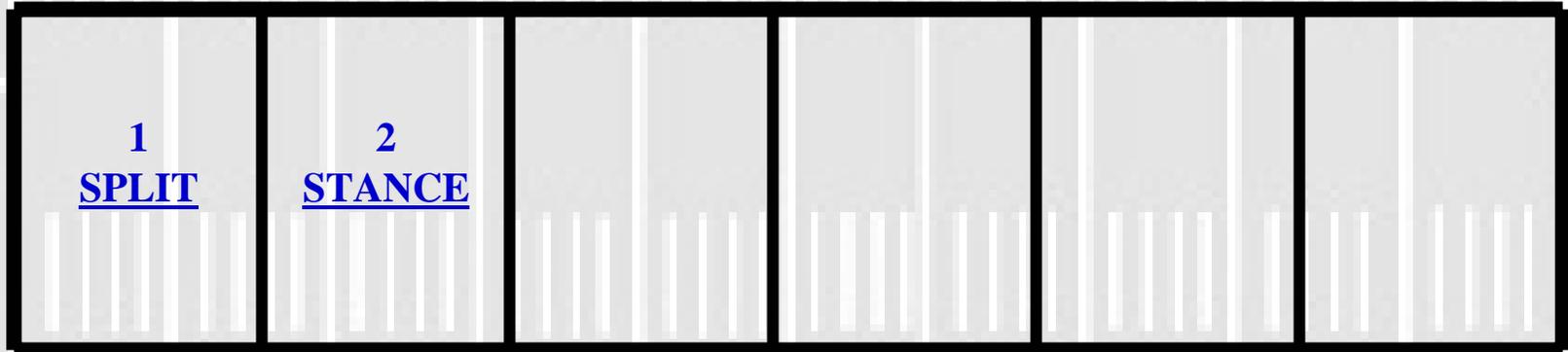
1. **SPLITS**: Vertical and Horizontal.



Smart splits - size of splits may vary with:
Defensive structure, defensive personnel.
Offensive play and individual personnel.
Lineman's ability, confidence, and quickness.

BLOCKING PROGRESSION

2. STANCE: develop a good one; it is the base from which all action starts. POOR STANCE=POOR START



10 20 30 40 50 40 30 20 10

BLOCKING PROGRESSION

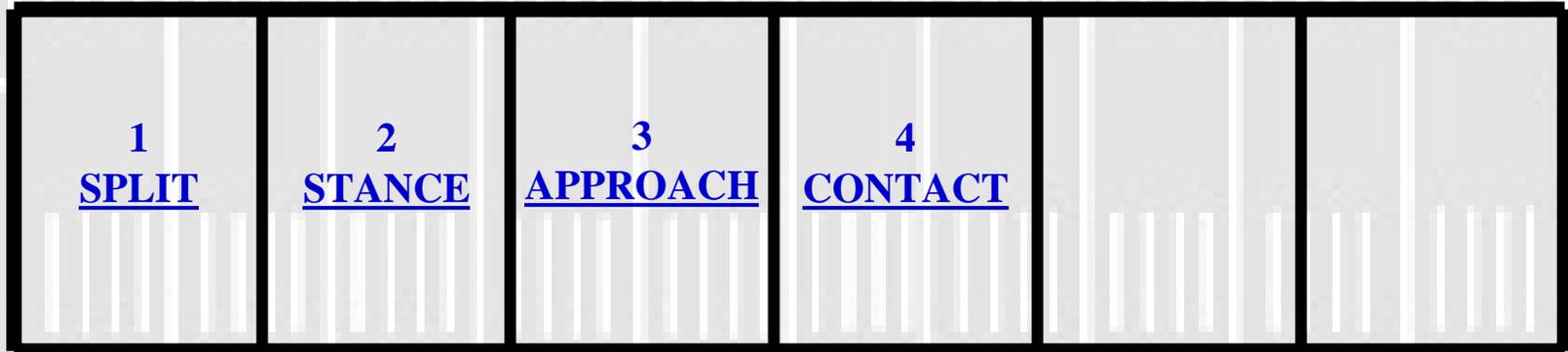
3. **APPROACH**: footwork, eyes (**SHOOT YOUR EYES**), quickness. Shooting the eyes allows for lineman to make proper adjustments.



(**TIME OF DOMINATION**) always work for quickness. Everything will be based on a lineman's ability to beat his opponent.

BLOCKING PROGRESSION

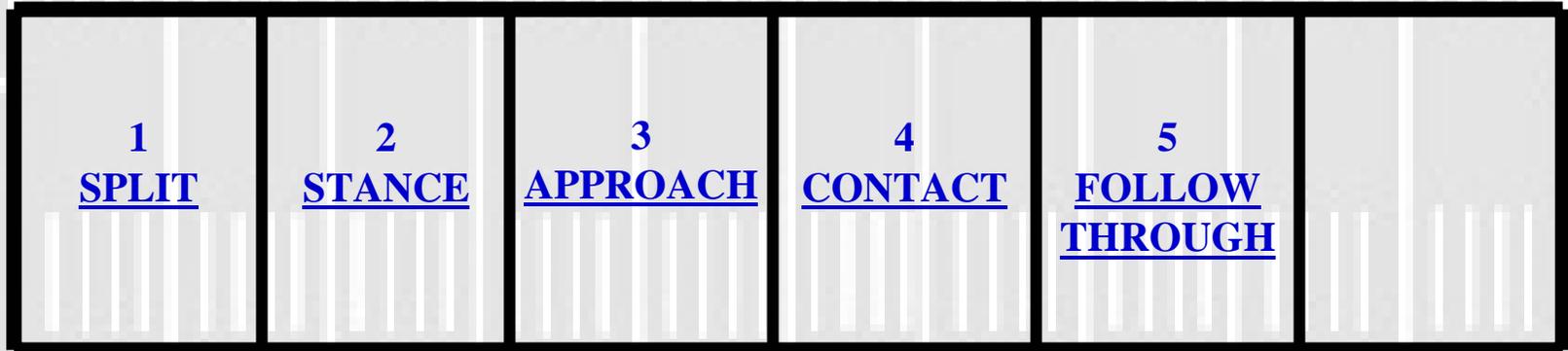
4. **CONTACT**: punch is delivered up and through the defender (forklift the defender). The punch is a matter of **QUICKNESS**, **TIMING**, and **LEVERAGE**.



There is two types of leverage we are always after, **PAD** **LEVERAGE** and **HAND LEVERAGE**.

BLOCKING PROGRESSION

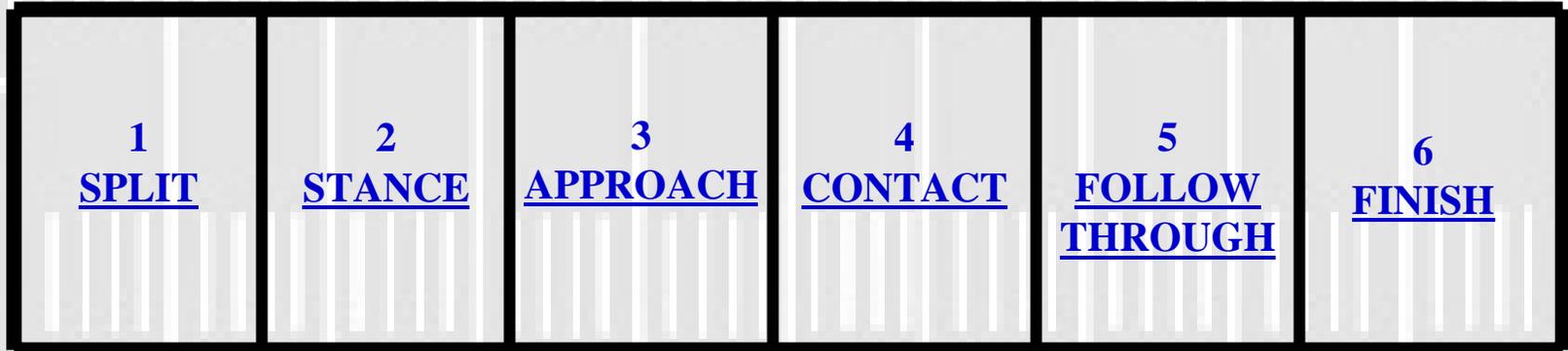
5. **FOLLOW THROUGH**: unlock the hips. Finish off the defender.



10 20 30 40 50 40 30 20 10

BLOCKING PROGRESSION

6. **FINISH**: our goal is to drive the defender 10 yards and put them on their back.



The Finish: **TEACH IT, COACH IT, DEMAND IT.**

A football is centered in the image, featuring a hawk logo. The background shows a football field with yard lines and numbers. The text "ZONE CONCEPTS" is overlaid in a large, green, serif font.

***ZONE
CONCEPTS***

ZONE



Inside and outside zone is not a man blocking scheme but rather an area or zone blocking scheme.



Inside and outside zone can break any where so it is imperative that **ALL LINEMEN** know that call side and backside blocking assignments are crucial.



The zone concept is sound vs. the blitz, stunts, slants, buffs, and sparks.

ZONE



Zone blocking (Co-ops): two or more adjacent linemen working together blocking defenders either on or off the ball in a specific playside or backside gaps.



The zone play is different than most other offensive plays because unlike other offensive plays there is not specific point of attack.



As a result of no specific point of attack, the whole defensive front will be stressed.

ZONE



Effective blocking on inside zone provides cutback lanes for the ball carrier.



On inside zone there will be double teams where as outside zone there will be no double teams except on the edge between the PS Tackle and the PS TE.



The double team on outside zone will be short lived and evolved into a co-op block between the PS Tackle and PS TE.

The image features a central football with a cougar logo. The cougar is depicted in a leaping pose, facing right, with its mouth open as if roaring. The football is positioned in the foreground, slightly below the center. The background consists of a grey football field with white yard lines. The numbers 10, 20, and 30 are visible on the field. The entire scene is enclosed within a double-lined green border.

INSIDE ZONE

INSIDE ZONE



On an inside zone blocking scheme all offensive linemen are working vertically through their playside gap.



Inside zone blocking is designed to get vertical movement on the line of scrimmage by creating double teams on down defenders while getting vertical movement to the second level defender.



The vertical movement created by the offensive linemen and the double teams (co-ops) at the first level allows the running back to press the hole and find the crease allowing for a cutback.

A football is centered in the image, featuring a hawk logo. The hawk is depicted in a dynamic, leaping pose with its wings spread. The football is set against a background of a football field with yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The entire scene is enclosed within a double-lined green border.

***OUTSIDE
ZONE***

OUTSIDE ZONE



Outside zone blocking is designed to stretch the defense by getting the defenders to move laterally.



By stretching the defense there is more **horizontal push** by the offensive linemen. Thus, offensive linemen are attempting to gain horizontal leverage on the defenders.



Because of the horizontal push and the aiming point of the running back the defenders will move laterally across the field creating seams for the running back.



As the back stretches the defense and the offensive linemen are pushing the defenders laterally the running back will puncture the defense finding the seam.



***QB and RB
AIMING
POINTS &
LANDMARKS***

QB and RB



Inside zone, the QB steps at either 7 or 5 o'clock.



The RB's aiming point is the hip of the call side guard.

The RB is reading the first down defender from the center out. The back will press the hole and cutback.



Outside zone, the QB steps at either 8 or 4 o'clock.



The RB is reading the hip of the edge blocker, either the call side TE or the call side Tackle. The RB is on an angle to the edge blocker (the hip).



If the edge blocker controls the defender the back will bounce the edge to the sideline. If the edge defender is not controlled the back will work up field and cut under the defender.

A football with an eagle logo is centered on a background of a football field. The field has yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The football is brown with white laces and a black eagle logo in the center. The text "COACHING POINTS" is overlaid on the football in a green, serif font.

***COACHING
POINTS***

COACHING POINTS for LINEMEN



Know and understand the proper vertical and horizontal splits in the zone concept.



Understand the difference between being an uncovered and covered linemen in the zone concept.



Understand the proper footwork of an uncovered or a covered linemen in the zone concept.



Understand the blocking area or zone and target area.



Know the landmarks, aiming points, and hand placement on inside and outside zone.



***VERTICAL and
HORIZONTAL
SPLITS***

VERTICAL & HORIZONTAL SPLITS



Vertical and horizontal splits are determined by the ability, quickness, and confidence level of your offensive line personnel and your offensive philosophy.



The tighter the vertical alignment the faster the offensive lineman can engage the defender and use their size and power.



A zone team will have deeper vertical splits because there are two man or three man (co-op blocks) schemes in which offensive linemen are reading and reacting to the defender while working to a certain target area.

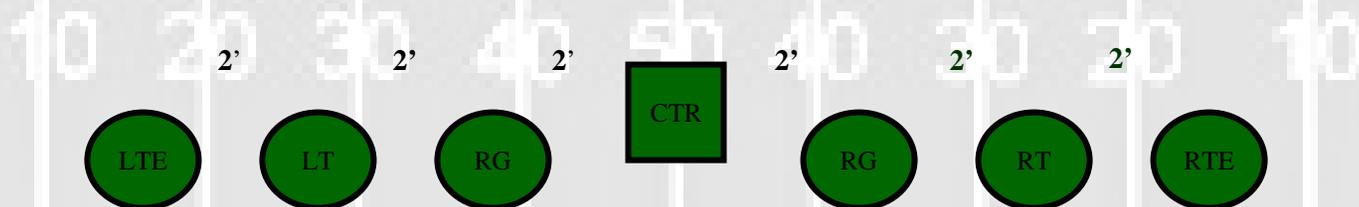
VERTICAL & HORIZONTAL SPLITS



Vertical splits are loose; the down hand is on the instep of the center. This will allow for two steps in the ground before contact.



We will maintain a minimum of 18 inches to a maximum of 24 inch horizontal splits. However, depending on defensive structures and defensive personnel, splits may vary on the playside and the backside.





***UNCOVERED
& COVERED
RULES***

UNCOVERED & COVERED



In the zone concept we speak in terms of uncovered and covered linemen, which are designated by the down defenders alignment.

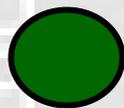


The footwork will also vary between uncovered and covered linemen. Covered is a man on. Uncovered is a man on at depth.



Covered playside is defined as having a defender aligned in the call side shade or gap on the L.O.S..

T



*Covered playside if
the call side is the
right*

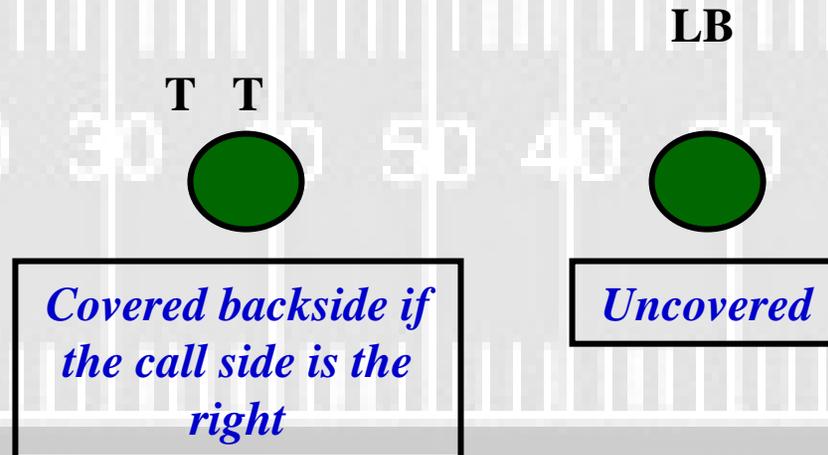
UNCOVERED & COVERED



Covered backside is defined as having no defender in the call side shade or gap, but having a defender head up or in the backside gap on the L.O.S..



Uncovered is defined as having no defender either backside, head up, or to the call side shade or gap on the L.O.S., but will be covered at depth by a second level defender.





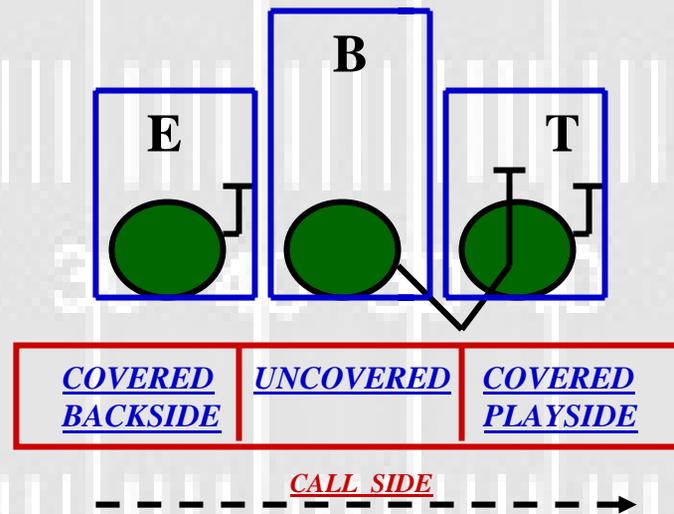
Uncovered linemen will zone with the adjacent lineman to the call side.



Covered linemen will zone with the backside (away from the call side) lineman.



If both backside linemen are covered then they must man block.



A football is centered in the image, featuring a hawk logo. The background is a grey football field with white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90). The entire scene is enclosed in a double green border.

DEFINING ZONES

DEFINING ZONES



Each linemen is responsible for a zone or area. Where does it start and where does it end.



The backside tackles zone is from his nose to the backside guard's call side shoulder.



The BSG's zone is from his nose the the call side shoulder of the center.

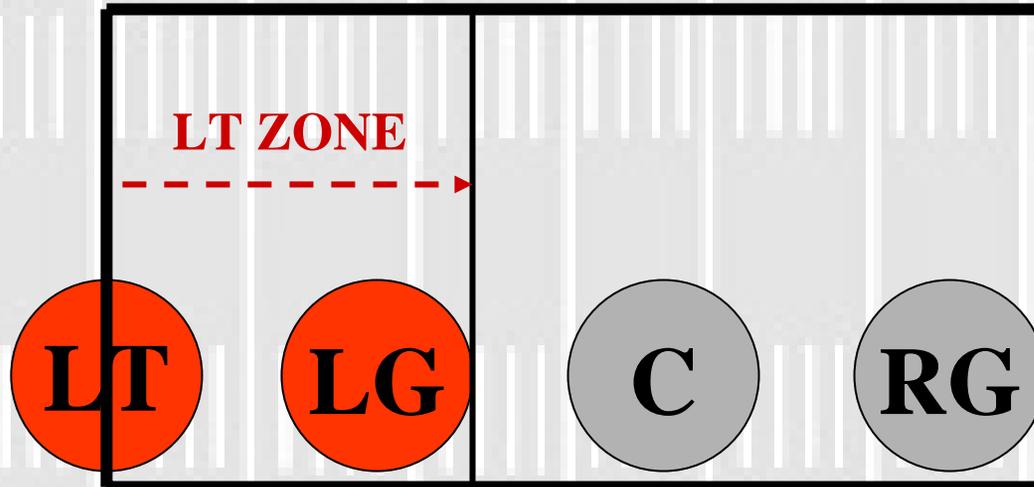


The center's zone is from his nose to the shoulder of the call side guard an so on.



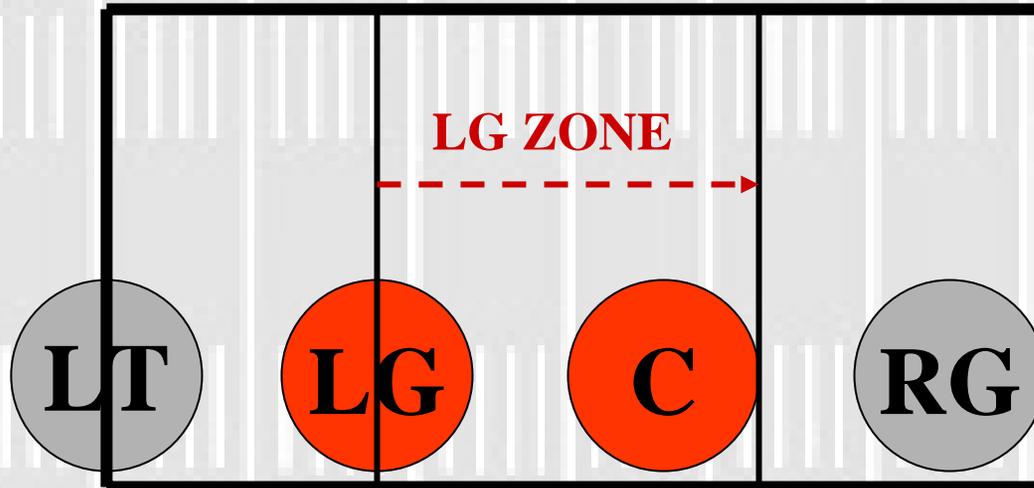
The call side TE's zone is from his nose to the sideline.

DEFINING ZONES



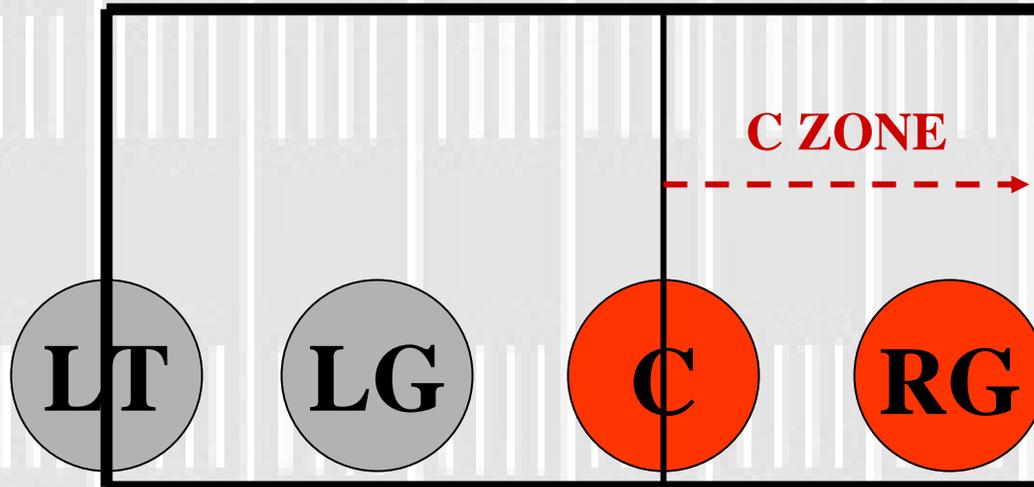
Left tackle's zone from nose to left guard's call side shoulder

DEFINING ZONES



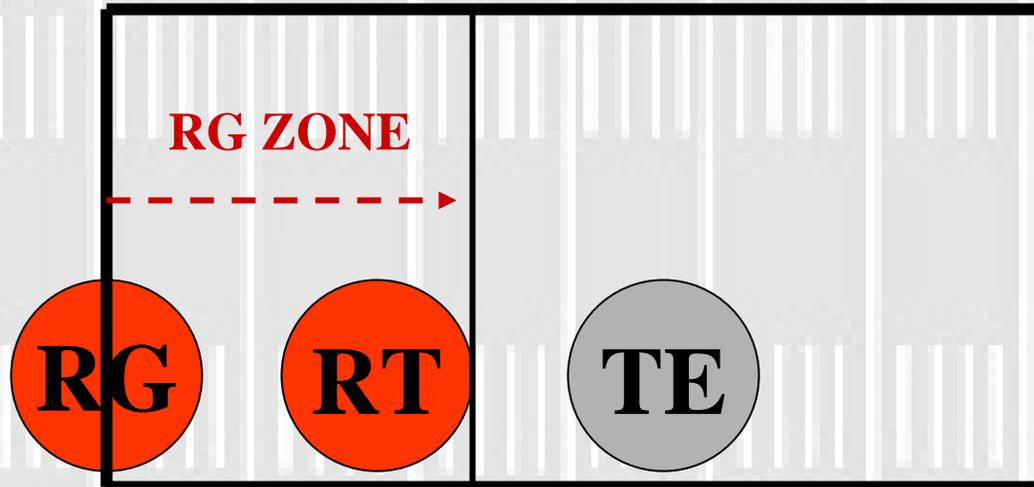
Left guard's nose to the center's call side shoulder

DEFINING ZONES



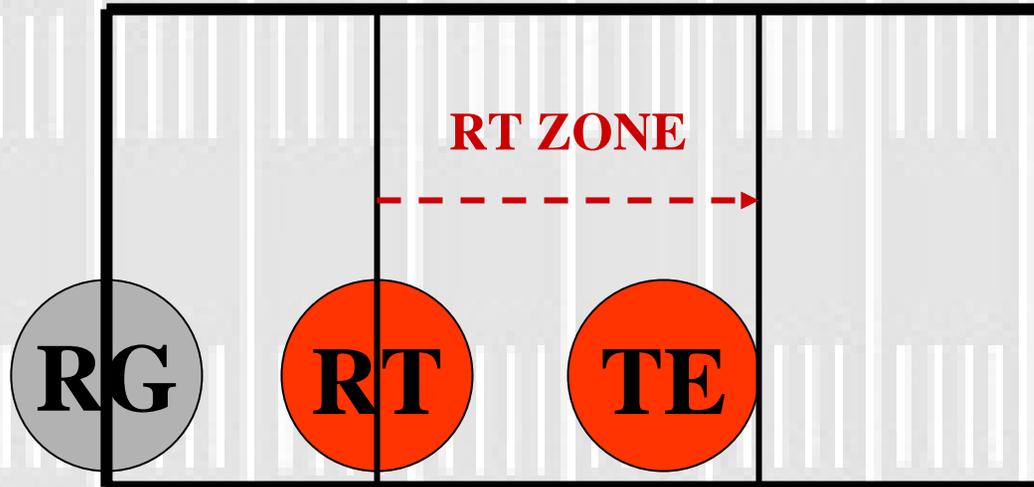
Center's zone from his nose to the right guard's call side shoulder

DEFINING ZONES



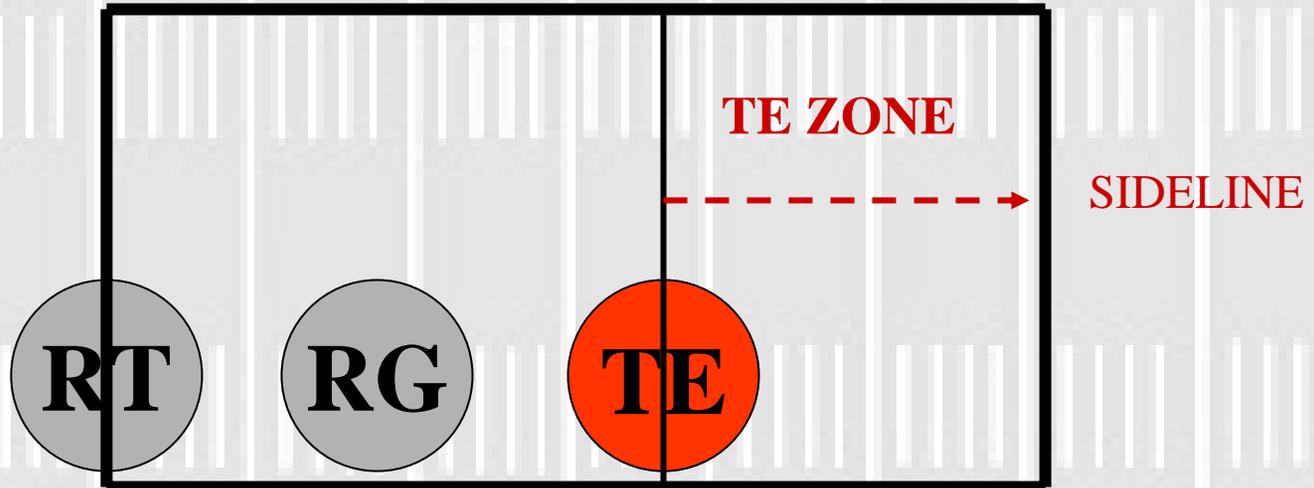
Right guard's zone from his nose to the call side shoulder of the right tackle

DEFINING ZONES



Right tackles zone is from his nose to the call side TE shoulder

DEFINING ZONES



Call side TE's zone is from his nose to the sideline

The background of the slide features a football with a logo on its surface. The logo depicts a bird with its wings spread, perched on a branch. The football is positioned in the center, with yard markers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible on the field behind it. The entire scene is framed by a double green border.

LANDMARKS
and AIMING
POINTS

LANDMARKS, AIMING POINTS



Landmark for and uncovered and covered lineman is outside the bodyline (call side hip, knee, and armpit) of the 1st level or 2nd level defender.



Landmark for outside zone is outside the bodyline (the call side hip, knee, and armpit) of the defender. Ripping the far landmark. Far ear to near ear.

10 20 30 40 50 40 30 20 10

A football is centered in the background, featuring a logo of a bird with spread wings. The football is set against a background of a football field with yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90). The entire scene is enclosed in a double green border.

***HAND
PLACEMENT***

HAND PLACEMENT



Inside zone: The covered lineman needs to keep his call side arm free. One arm bench with the backside arm.



Aiming point is the call side (outside armpit) of the defender.



Punch the call side breast plate of the down defender. The covered lineman will squeeze with the uncovered lineman creating a double team to the second level defender.



The uncovered lineman will one arm bench the down defenders near breast plate with the call side arm and keep the backside arm free. The uncovered lineman will piggyback the covered lineman.

HAND PLACEMENT



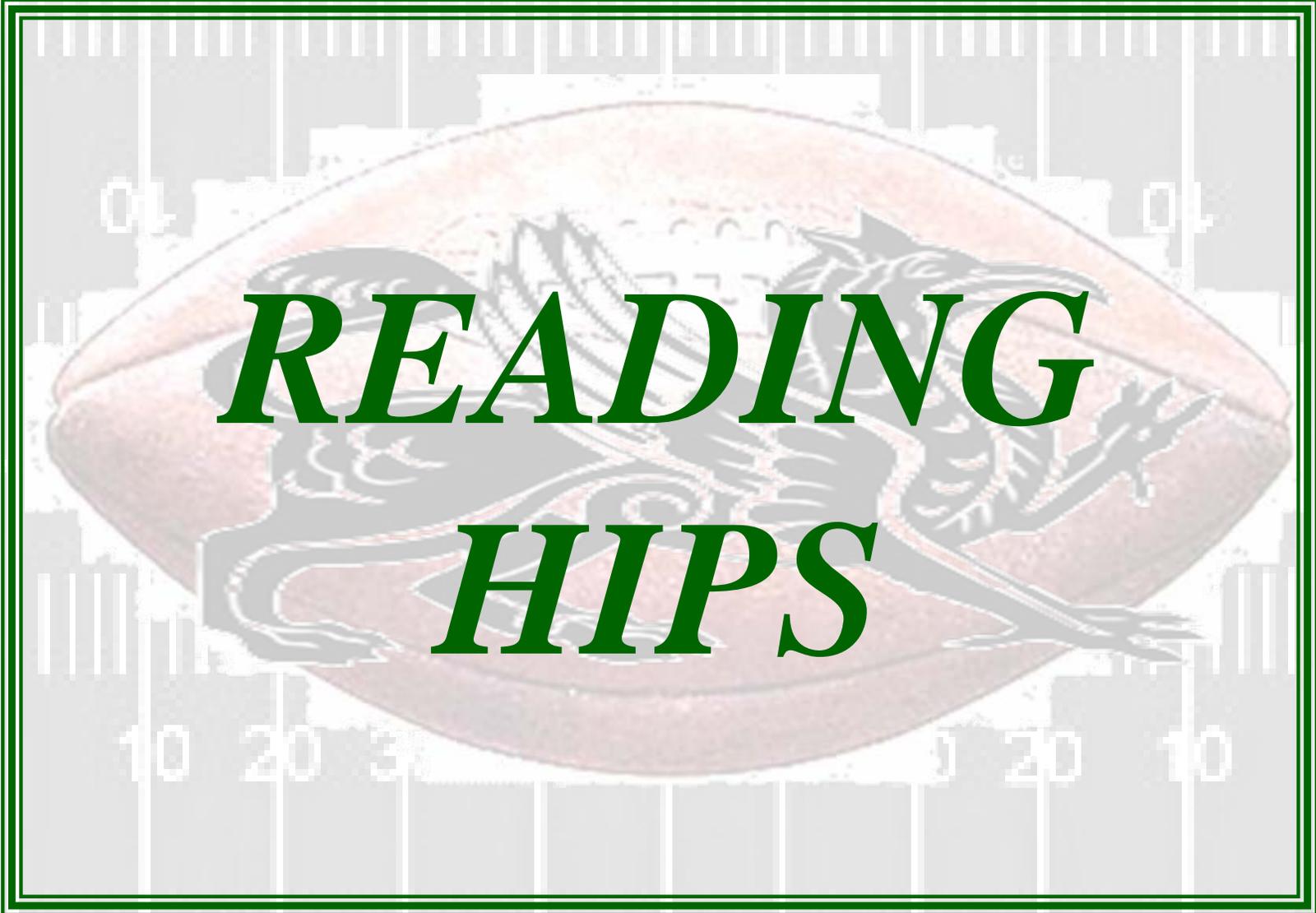
Outside zone: All linemen will rip with the backside arm (ripping the funnel).



The offensive lineman is trying to get his backside arm through the defenders call side armpit (rip the far target). The entry level of the funnel is the elbow and the ribs. The end of the funnel is the arm pit. Keep the outside shoulder free.



When ripping the funnel the lineman needs to stay square. By ripping the funnel this will keep the defender from holding or grabbing the offensive lineman.

A football is centered in the image, featuring a hawk logo. The background consists of a grey football field with white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90). The entire scene is enclosed in a double green border.

***READING
HIPS***

READING HIPS



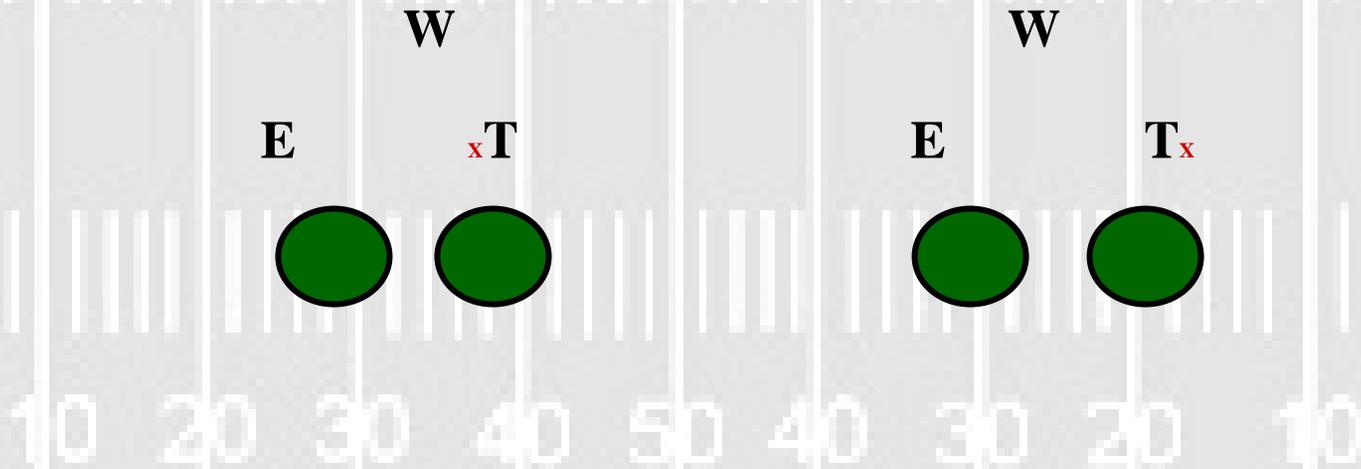
Uncovered linemen are reading the near hip and chasing the far hip of the down defender.



If the down defenders hip disappears (color goes away) the uncovered lineman will work to the second level defender. If the hip comes (color comes to) to the uncovered lineman will block the down defender.

READING HIPS

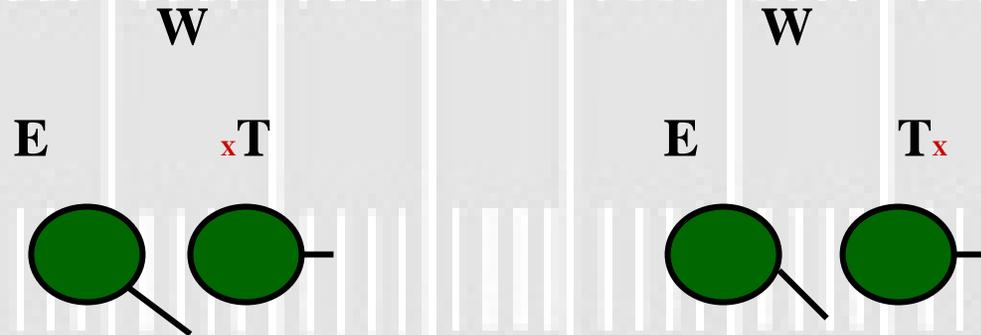
When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.



X = Hips of down defender

READING HIPS

When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.

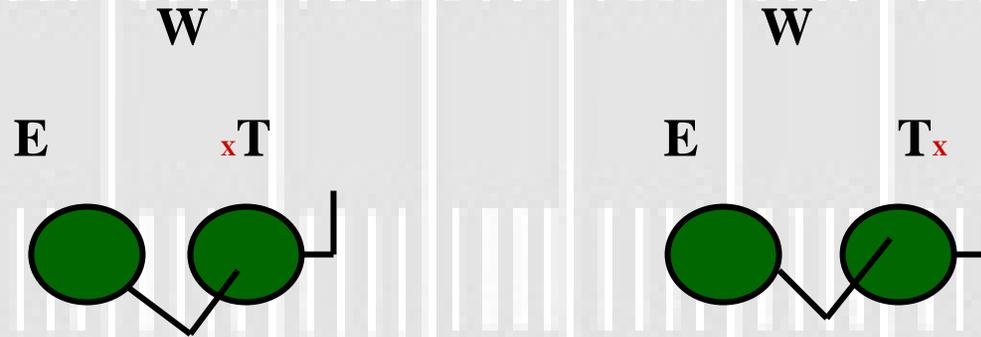


10 20 30 40 50 40 30 20 10

X = Hips of down defender

READING HIPS

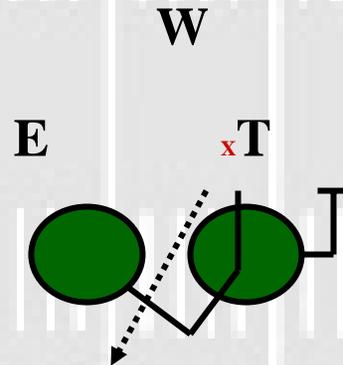
When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.



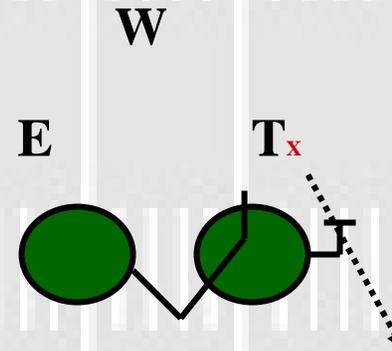
X = Hips of down defender

READING HIPS

When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.



Hip comes to uncovered lineman

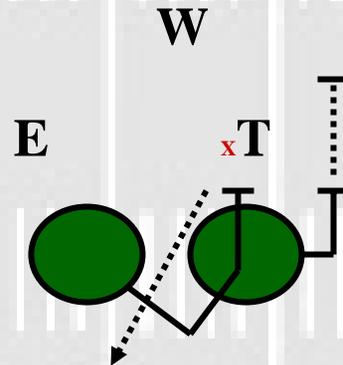


Hip goes away from uncovered lineman

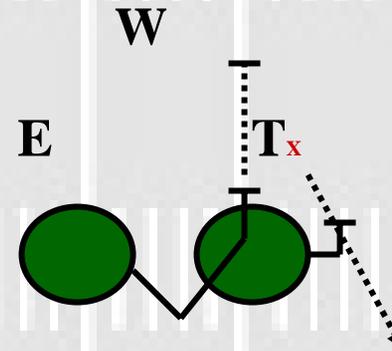
X = Hips of down defender

READING HIPS

When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.



Hip comes to uncovered lineman



Hip goes away from uncovered lineman

X = Hips of down defender

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