

Effective Zone Blocking Techniques



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What is Zone Blocking?

- 🏈 Zone blocking is simply a style of blocking that allows for those blocking to block an area and not be specifically tied to a particular defender.
- 🏈 Two or three players work in unison to block an area for the ball carrier, rather than working alone.





Why Zone Blocking?

- 🏈 Outnumbers the defense at the point of attack
- 🏈 You don't need physically superior athletes
- 🏈 Easily adapted to many offensive styles
- 🏈 Effectively neutralizes slanting & stunting defenders





First Two Steps

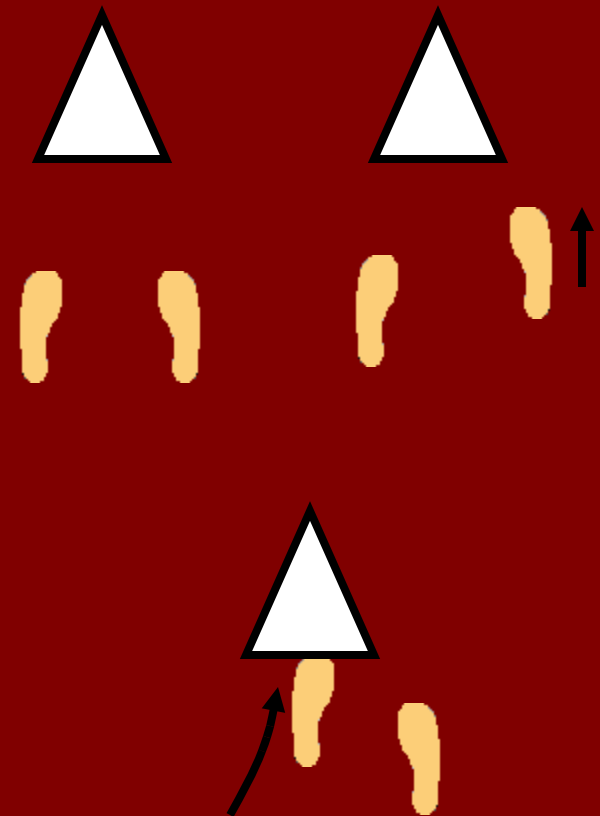
- 🏈 The initial movement of the lineman begins with two steps. If a lineman is covered, there is a jab step and a gather step
- 🏈 If a lineman is uncovered, there is a scoop step and a gather step





Covered Lineman

- 🏈 1st step is a six inch playside jab step, drawing elbows back
- 🏈 2nd step brings the trailing foot up field in between defenders feet, explode arms forward at PS #
- 🏈 Shoulders square to LOS





Uncovered Lineman

- 🏈 1st step is a playside scoop step, drawing elbows back
- 🏈 2nd step brings the trailing foot up field in a sweeping manner, explode arms forward
- 🏈 Shoulders square to LOS





Zone Techniques

 Zone Scoop

 Combo

 Go

 Slide

 Fold

 Crossover Cut

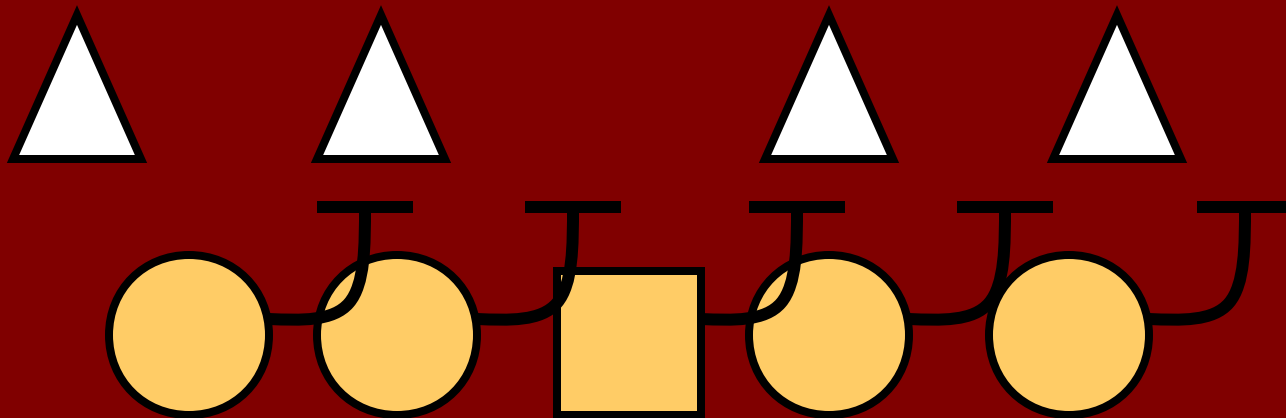
 Trap





Zone Scoop

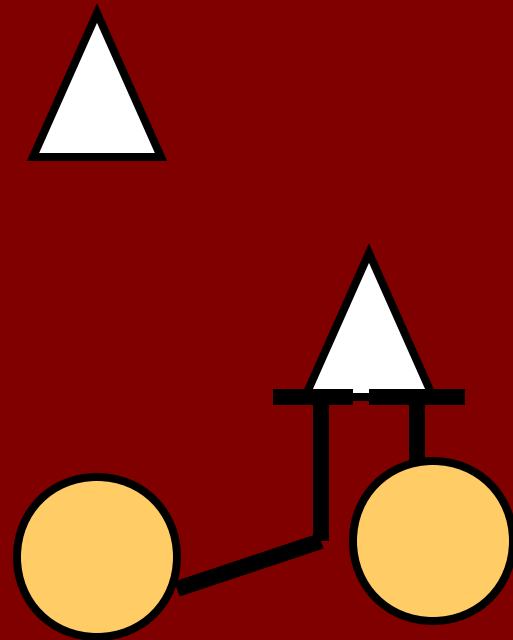
- 🏈 Used for both inside & outside zone run
- 🏈 Each lineman zone scoop steps playside
- 🏈 Blocking an area, not a set defender





Combo

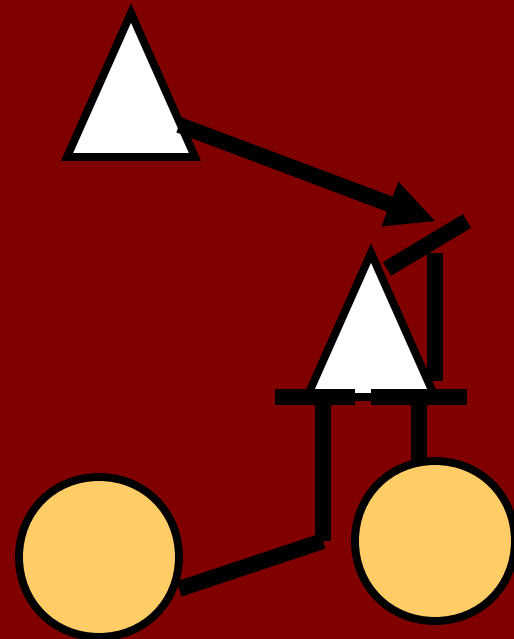
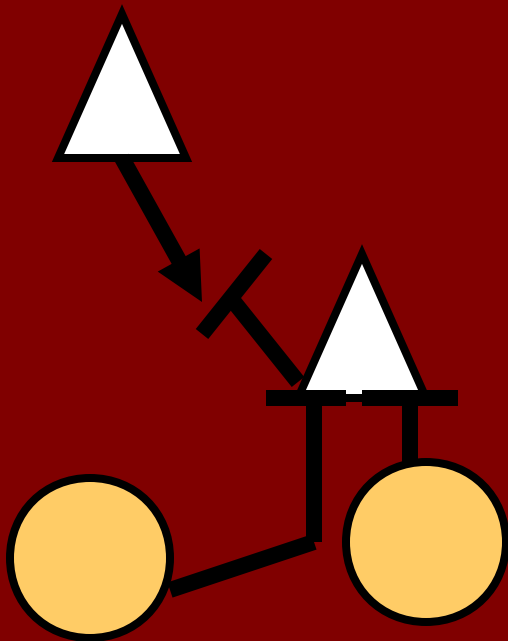
- 🏈 Basis for all zone blocking
- 🏈 Covered man posts up
- 🏈 Uncovered scoop steps towards DL





Go

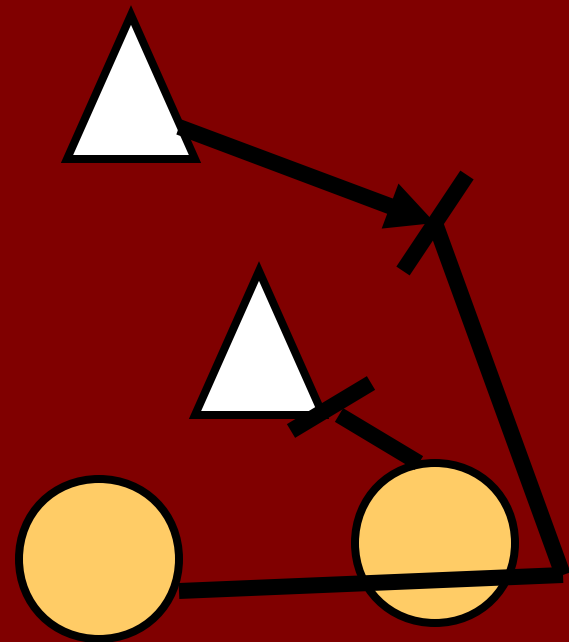
- 🏈 Used with Combo block
- 🏈 Use double team to LB
- 🏈 Let the defenders decide who you will block





Slide

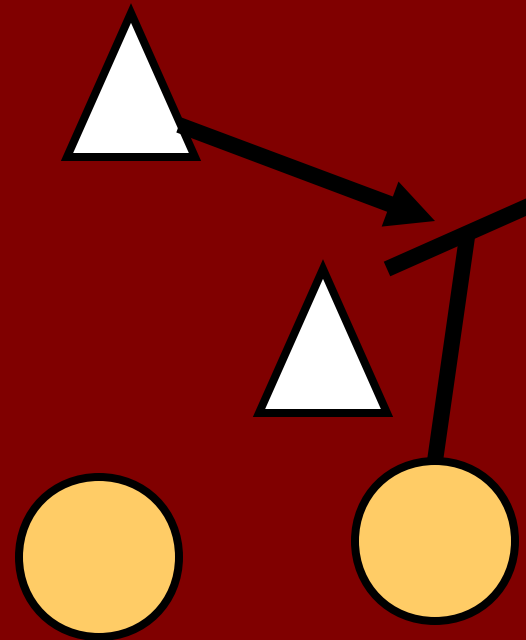
- 🏈 Used backside when DT lines up in gap
- 🏈 A form of a cross block





Fold

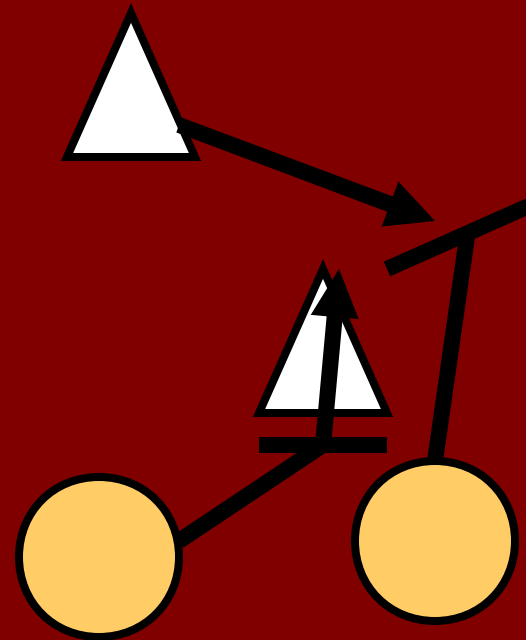
- Used backside when DT lines up in 1 technique on Centre or 3 technique on Guard
- Used with Crossover Cut





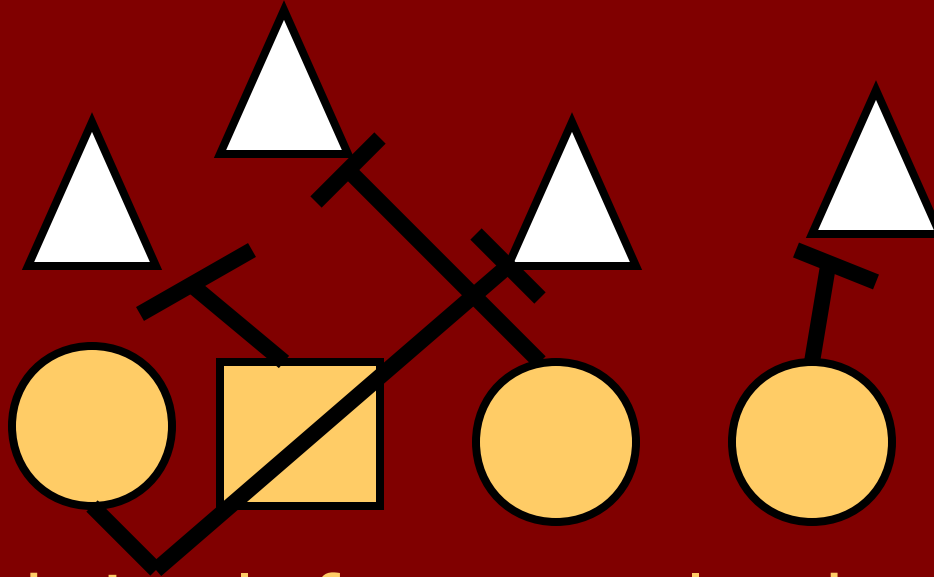
Crossover Cut

- 🏈 Used in combo with Fold
- 🏈 Cut man steps toward defender, then cuts & rolls three times





Trap – 1 Call

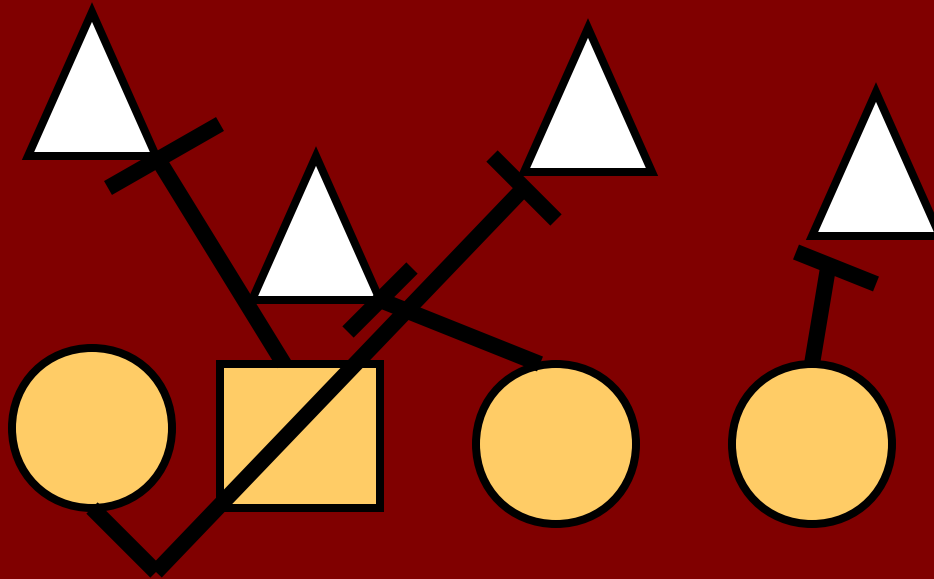


- 🏈 Used obviously for a trap play, but can be used for other plays such as an inside lead
- 🏈 A "One" call means a DT is being trapped





Trap – 2 Call



- 🏈 A “Two” call means a LB is being trapped
- 🏈 As a general rule, the first defender outside of the hole number called is being trapped





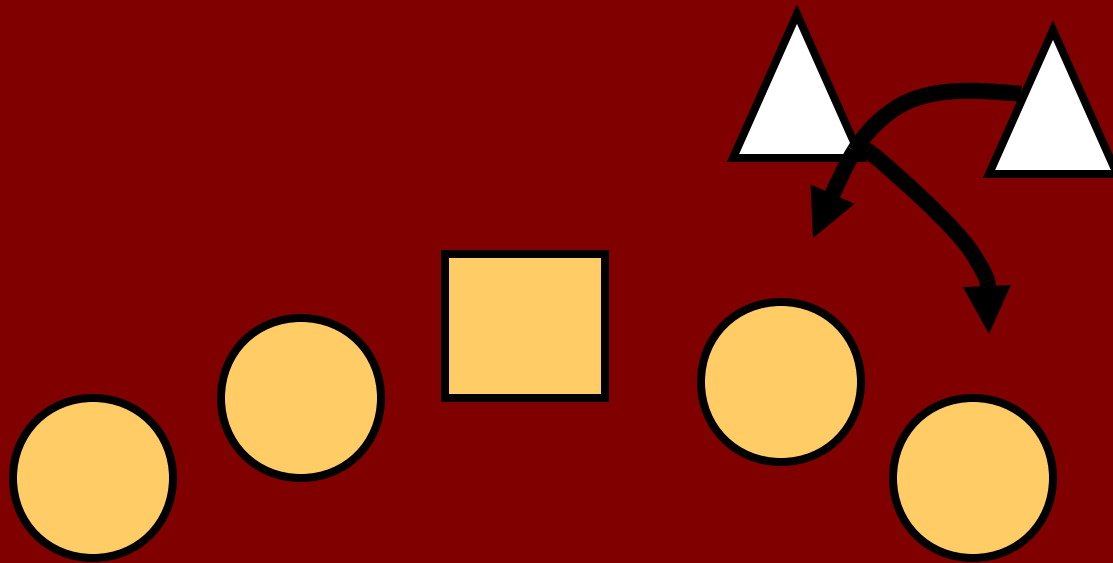
Zone Pass Pro

- 🏈 As with zone run blocking, zone pass pro effectively eliminates stunts and twist
- 🏈 O Lineman are responsible for their area (usually inside gap) and aren't trying to follow a particular player
- 🏈 Lineman use a "switch" call to pass a defender off into another zone





Zone Pass Pro cont'd



Switch call used -
Guard takes DE and Tackle takes DT





Drills

- 🏈 Make drills relevant to the skill
- 🏈 Practice skills that will be used in that week's game – e.g. if the team you're facing lines up in gaps, then work on the slide technique, etc.





First Two Steps

- 🏈 It's very important to rep out the linemen in their first two steps
- 🏈 Start out with one step (3-5 reps each side), then progress to two steps
- 🏈 A chute is quite valuable for these steps





First Two Steps cont'd.

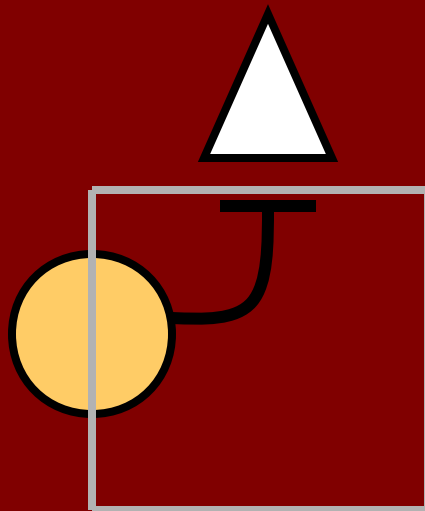
- After the second step, have the linemen stay low and drive out of the chute
- You can also have a player with a bag standing in front of the chute for added resistance and positioning





Zone Scoop

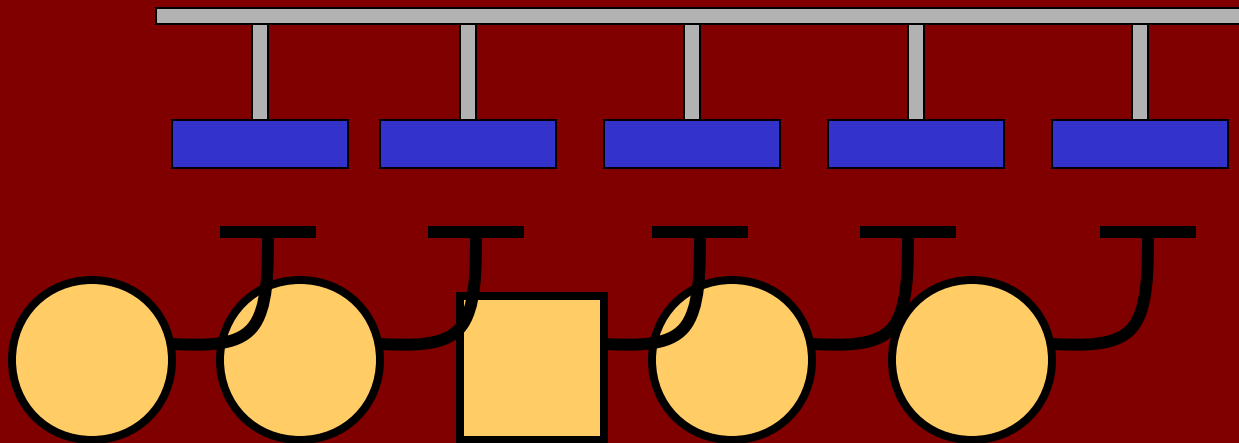
- 🏈 Use the same 2-step principles for the zone scoop steps
- 🏈 Start straddled in the chute and step over to proper position





Zone Scoop cont'd

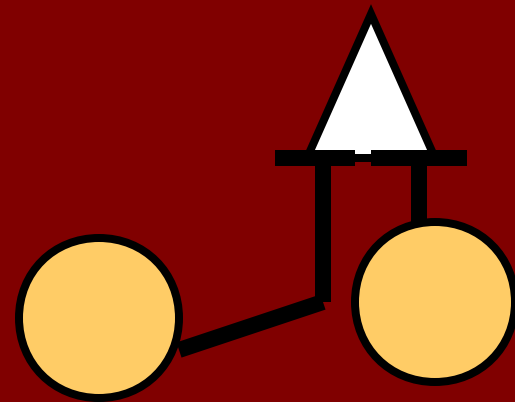
- Use a five-man sled to work on moving in unison





Combo

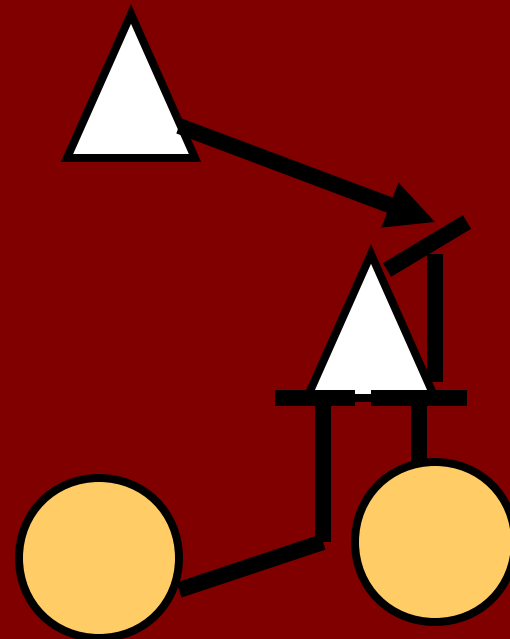
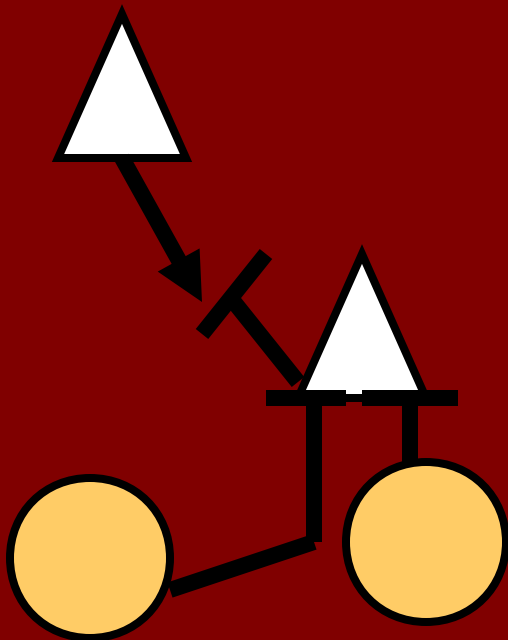
- 🏈 Covered man posts up
- 🏈 Uncovered scoop steps towards DL
- 🏈 Get good fit & drive
- 🏈 Rotate scoop to post, post to defender & defender to back of line





Go

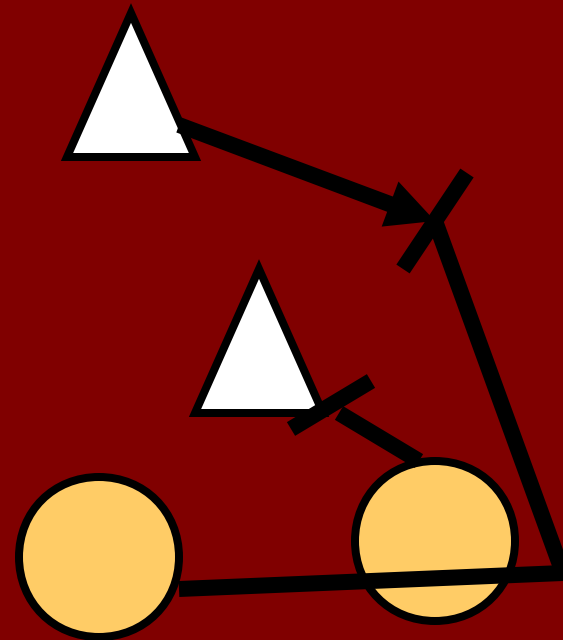
- 🏈 Stand behind the o Linemen and point to the defenders where to go
- 🏈 Use after the combo in drill plan





Slide

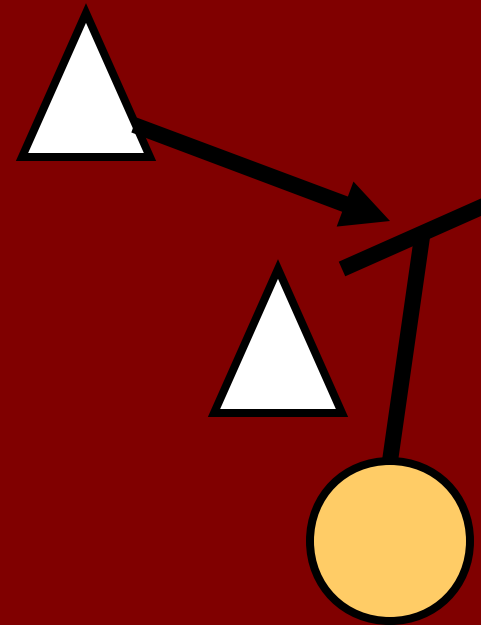
- Start off with defenders in place
- Progress to D
Lineman shooting the gap and the LB flowing
- Can do both movements separately





Fold

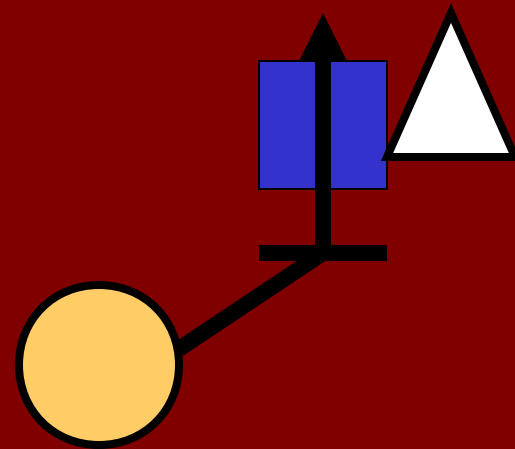
- 🏈 Have a DL with a bag line up on an outside shade
- 🏈 Have a LB flow across
- 🏈 Make sure the O Lineman fights across the face of the LB





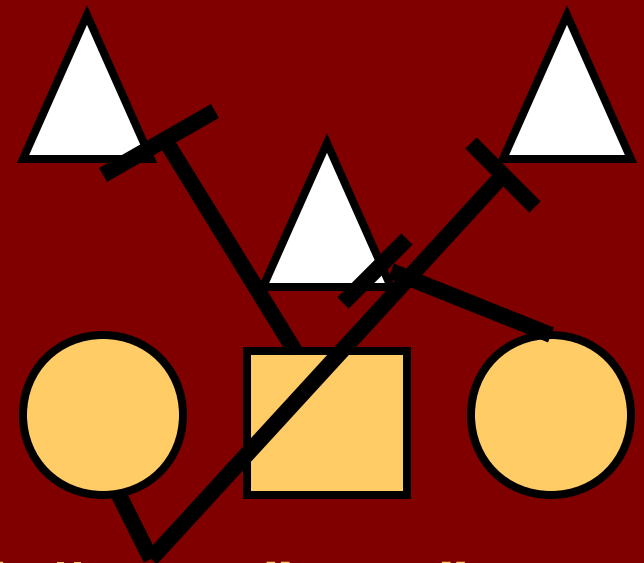
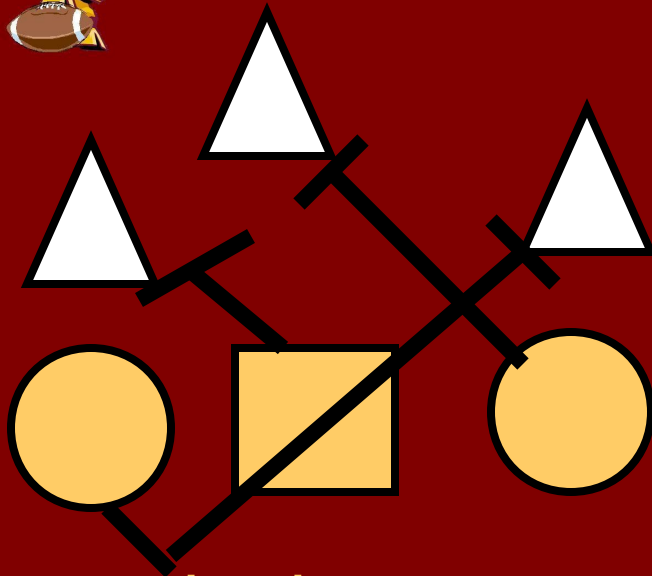
Crossover Cut

- Have player hold bag on top & stand to the side
- Cut man steps toward defender, then cuts & rolls three times





Trap



- 🏈 Use both situations for Trap drills – a “One” call & a “Two” call
- 🏈 Use three O Linemen for a more realistic feel





Zone Pass Pro

- 🏈 Work on individual pass pro techniques
- 🏈 Work as a unit – line up five on five and stand behind O Line
- 🏈 Point to two D Linemen to twist
- 🏈 All O Linemen snap up in ready position and the two who have active D Linemen react appropriately
- 🏈 Use Zone Scoop drills for sprint-out protection



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