

INSIDE ZONE RUNS

RULES & PHILOSOPHY



INTRODUCTION

Inside zone runs are staple plays for most offenses today. With an emphasis on downhill running, the offensive line typically uses double-team and zone blocking techniques to create lanes. Generating the ability execute inside zone running effectively allows the offense to control the line of scrimmage and dictate the pace of the game.

For quarterbacks, understanding how the offensive line blocks inside zone runs is key to identifying defensive threats and adjusting the play when necessary. By recognizing and "ID'ing" the most dangerous linebackers—those most likely to disrupt the play—the quarterback can ensure proper blocking assignments are communicated properly. Additionally, the quarterback must assess whether the defense is in a 3-down or 4-down front, as this influences the blocking scheme and the lanes available for the running back. This knowledge not only enhances the effectiveness of the inside zone but also opens opportunities to exploit defensive tendencies with complementary passing plays or audibles.

ACTION

We're making available the methods and tools we use to get young athletes more comfortable understanding run game scenarios. Check the information at the end of this guide for directions on how to download our tools.

**"WE DONT JUST PLAY QUARTERBACK,
WE ARE QUARTERBACKS."**

RULES VS 4-DOWN FRONT (EXAMPLE)

COVERED VS. UNCOVERED

- **Uncovered:** Help backside and workup to the second level.
- **Covered:** Take a zone step and block the first defender play side; if unsuccessful, just drive them out.

OLINE BLOCKING

- **Playside Tackle:** (Covered) Zone stepping and attacking the man play side.
- **Playside Guard:** (Uncovered) Help backside workup second level to the ID for more vertical push.
- **Center:** (Covered) Zone step to the Nose Tackle.
- **Backside Guard:** (Uncovered) Helps backside workup second level to the –.
- **Backside Tackle:** (Covered) Zone stepping and tacking the man play side.
- **X, A, Y, Z:** Block most dangerous man (MDM).

TRY TO IDENTIFY THINGS QUICKER

The whole purpose of learning to review film is to get better and faster at identifying things during an actual game. So, while watching film try to identify the groupings and cues quicker each time you review a play.

INCORPORATE THE FILM NOTES INTO YOUR TRAINING

Use your game film analysis to correct your mistakes and to help prepare your training and game preparation strategies.

KEY TALKING POINTS



- Uncovered help backside workup to second level defenders.
- Covered zone step and taking the man who is play side.
- There is two different ways our PSG could block this; Firstly, if he helps play side with the PST to workup to the ID, it will create a more lateral run. Secondly, the way it is drawn up, he could help backside to then workup to the ID which creates a more vertical run.
- Wrs have the most dangerous out of the corner/safety.
- Don't touch EMOLS because he is our run-run read.



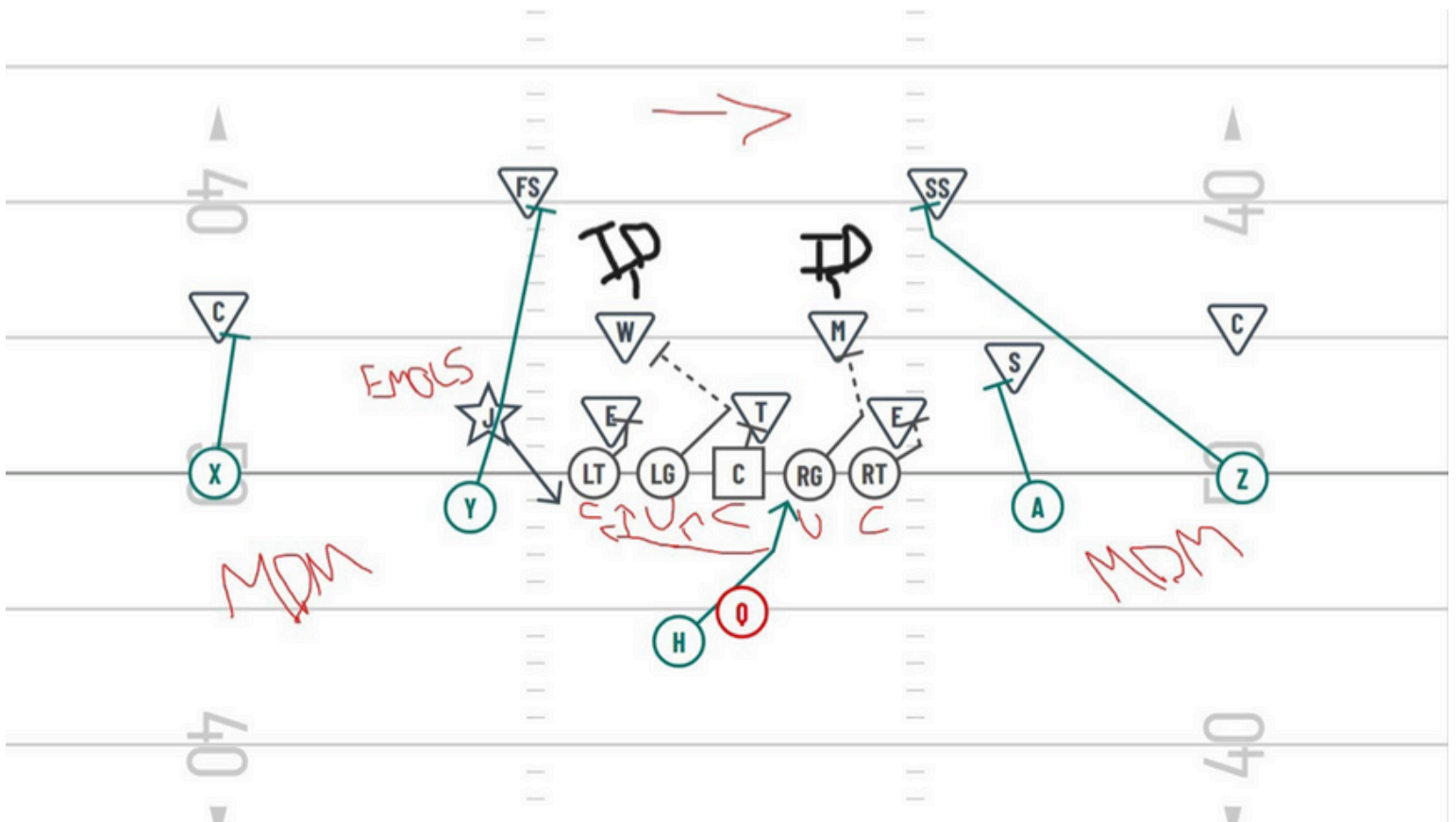
INSIDE ZONE VS. 3-DOWN FRONT



- Covered vs Uncovered Rules (what does this mean?)
- Uncovered you help backside and workup to the second level.
- Covered, you zone step and take first defender play side, if unsuccessful you just drive them out.
- PST: (Uncovered) Help backside workup second level to the ID unless end slants in which case the PSG and PST switch responsibilities.
- PSG: (Covered) Zone stepping and attacking the man play side. unless end slants in which case the PSG and PST switch responsibilities.
- C: (Covered) Zone step to the play side Tackle.
- BSG: (Uncovered) Helps play side workup second level to the ID
- BST: (Covered) Zone stepping and tacking the man play side.
- X, A, Y, Z: Block MDM



INSIDE ZONE VS. 3-DOWN FRONT



KEY TALKING POINTS



- Uncovered help play side workup to second level defenders.
- Covered zone step and taking the man who is play side.
- If there is any slanting or stunting that occurs, responsibilities between double teams will most likely switch.
- Wrs have the most dangerous out of the corner/safety.
- Don't touch EMOLS because he is our run-run read.

