

OUTSIDE ZONE RUNS

RULES & PHILOSOPHY



INTRODUCTION

The Outside Zone run scheme is designed to stretch the defense horizontally while creating opportunities for the ball carrier to find a seam and exploit it vertically. This play relies on the offensive line executing a cohesive zone-blocking scheme, where linemen work laterally in unison to seal off defenders and create running lanes.

For quarterbacks, understanding how the run is blocked is critical for setting the correct protections, making pre-snap reads, and identifying the "most dangerous" linebackers who pose the greatest threat to stopping the play. Additionally, identifying the most dangerous linebackers—the defenders most likely to disrupt the run—is essential for making pre-snap adjustments or audibles. Knowing whether the defense is aligned in a 3-down (three defensive linemen) or 4-down (four defensive linemen) front provides critical insight into potential weaknesses in the defense's alignment.

This knowledge helps quarterbacks make informed decisions to maximize the play's effectiveness and attack the defense where it's most vulnerable.

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 and access our quarterback development programs..

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

RULES VS 4-DOWN FRONT (EXAMPLE)

OLINE BLOCKING

- **Covered vs Uncovered Rules (what does this mean?)**
 - Uncovered you help play side.
 - Covered, you reach, if unsuccessful you just drive them out.
- **Playside Tackle:** (Covered) reach block or drive out
- **Playside Guard:** (Covered) reach block or drive out
- **Center:** (Uncovered) help play side
- **Backside Guard:** (covered) reach block
- **Backside Tackle:** stay on single unless backer becomes a threat in which case you work up to second level defender.
- **Tight End:** Run through to most dangerous (Front side ID)

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 blocking assignments, groupings, and cues quicker each time you review a play.

INCORPORATE THE FILM NOTES INTO YOUR TRAINING

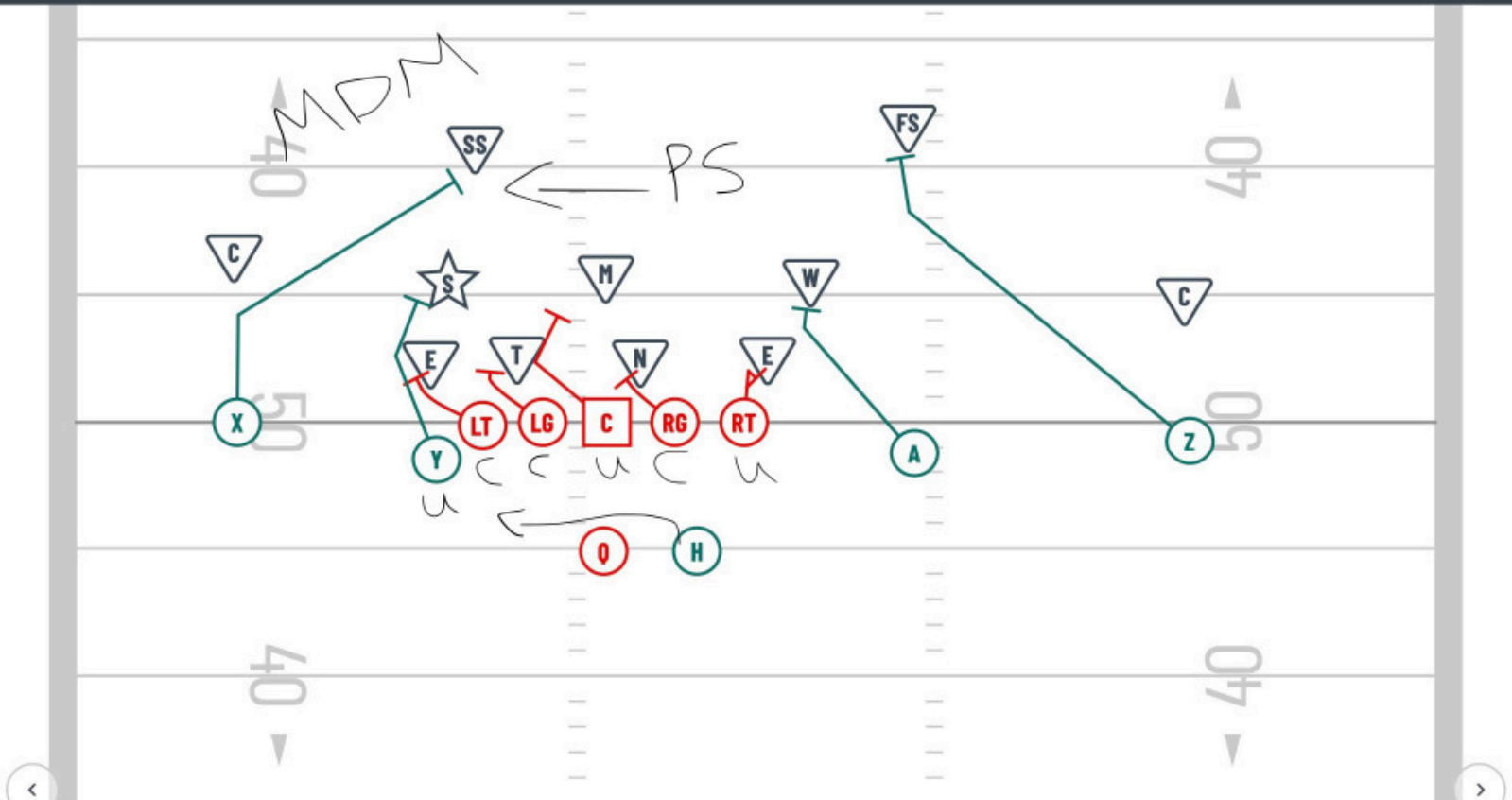
Use your game film to correct your mistakes and to help prepare your training and game preparation strategies.

OUTSIDE ZONE VS. 4-DOWN FRONT



Formation 4
Outside Zone

Information icons: info, lock, grid, list, share, currency, play



KEY TALKING POINTS



- Uncovered linemen helps play side.
- Covered linemen reaches, but if not possible, drive them out.
- WRs block the most dangerous player between the corner/safety.
- Don't block corners until they show you they can tackle.



RULES VS. 3-DOWN FRONT



Man principals (back side 2 on 2 rather than a frontside 2 on 2)

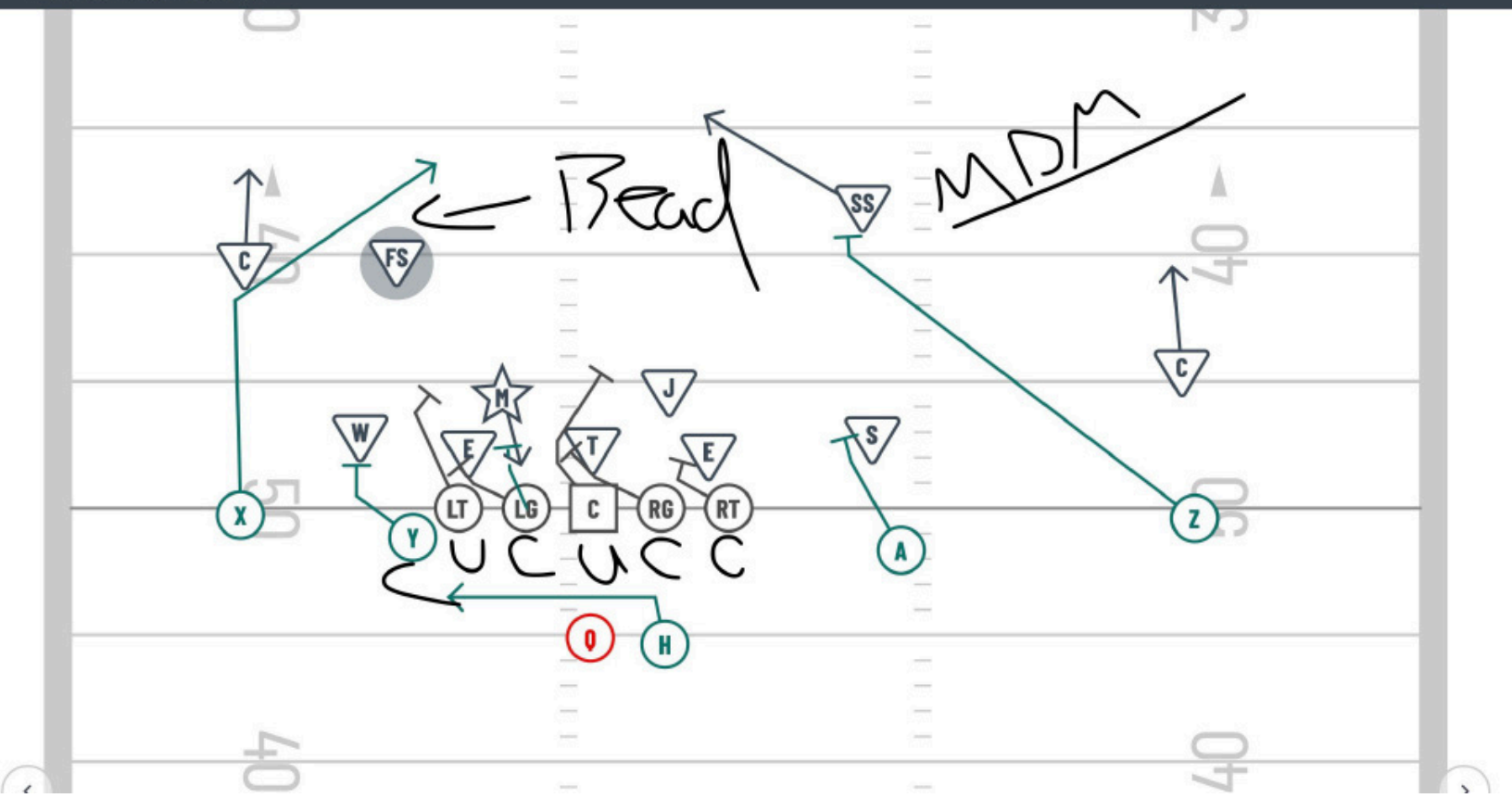
- **Playside Tackle:** Reach block if end takes man on, if end slices, we work up to W.
- **Playside Guard:** Eyes on M for insertion, If no fill, reach to E.
- **Center:** Work to J because uncovered, double with PSG.
- **Backside Guard:** Pull flat working into the end man on the line of scrimmage's (EMOLS) downfield shoulder for kick-out block. Aim for the first defender outside of playside tackle.
- **Backside Tackle:** Help to seal pursuit from the end.
- **Tight End:** Pull behind the playside guard and work to the +1.
- **X, A, Y, Z:** Block Most Dangerous Damn.



G-H COUNTER VS. 3-DOWN FRONT



Formation 4
Outside zone against a 3 down front



KEY TALKING POINTS



- The “these two block these two” method is not always the best solution because the center may never get to a frontside backer when he is uncovered because it is a very difficult ask.
- Running outside zone with man principals behind it.
- Playside guard needs to have eyes inside in case the Will linebacker fills the b-gap.
- The Playside End is already pre-reached based on pre snap alignment.
- Y either reaches or kicks out.
- Strong safety is the “read” in this look; instead of making a hard block, think of ways we could take advantage of a low safety.

NEXT STEPS

We have provided this guide to help athletes gain a basic understanding of run schemes. Tuck it away and refer to it often on your journey to becoming a top flight football player.

Email us if you would like more information on our quarterback development program or to get access to our online QB School and QB Skills Training content. (info@qbcityonline.com)

See you guys around. And, remember to Play Fast!

