

SPLIT ZONE RUNS

RULES & PHILOSOPHY



INTRODUCTION

The split zone run combines power running with deceptive misdirection to create opportunities for the ball carrier. In split zone, the offensive line typically blocks in one direction (zone blocking), while a tight end or H-back "splits" across the formation to block a defender on the opposite side.

For quarterbacks, understanding how the run is blocked is critical to identifying defensive alignments, anticipating pressure points, and communicating effectively with the offensive line. It's equally important for quarterbacks to identify the most dangerous linebackers—those most likely to disrupt the play—so they can make pre-snap adjustments or audibles.

Against a 4-down defensive front, quarterbacks must recognize how the defensive tackles and ends align and use this to exploit gaps or over-pursuit tendencies, ensuring the offense gains an advantage at the line of scrimmage. This understanding not only enhances the efficiency of the run game but also sets up play-action opportunities to attack the defense.

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 backside and workup to the second level.
 - Covered, you zone step and take first defender play side, if unsuccessful you just drive them out.
- **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 -1.
- **Backside Tackle:** (Covered) Zone stepping and tacking the man play side.
- **X, A, Y, Z:** Block most dangerous man (MDM) unless you are tagged with a concept or a single route.

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.

SPLIT ZONE VS. 4-DOWN FRONT (OVER)

