

# Implementing The Zone Running Game Techniques, Drills & Practice Considerations

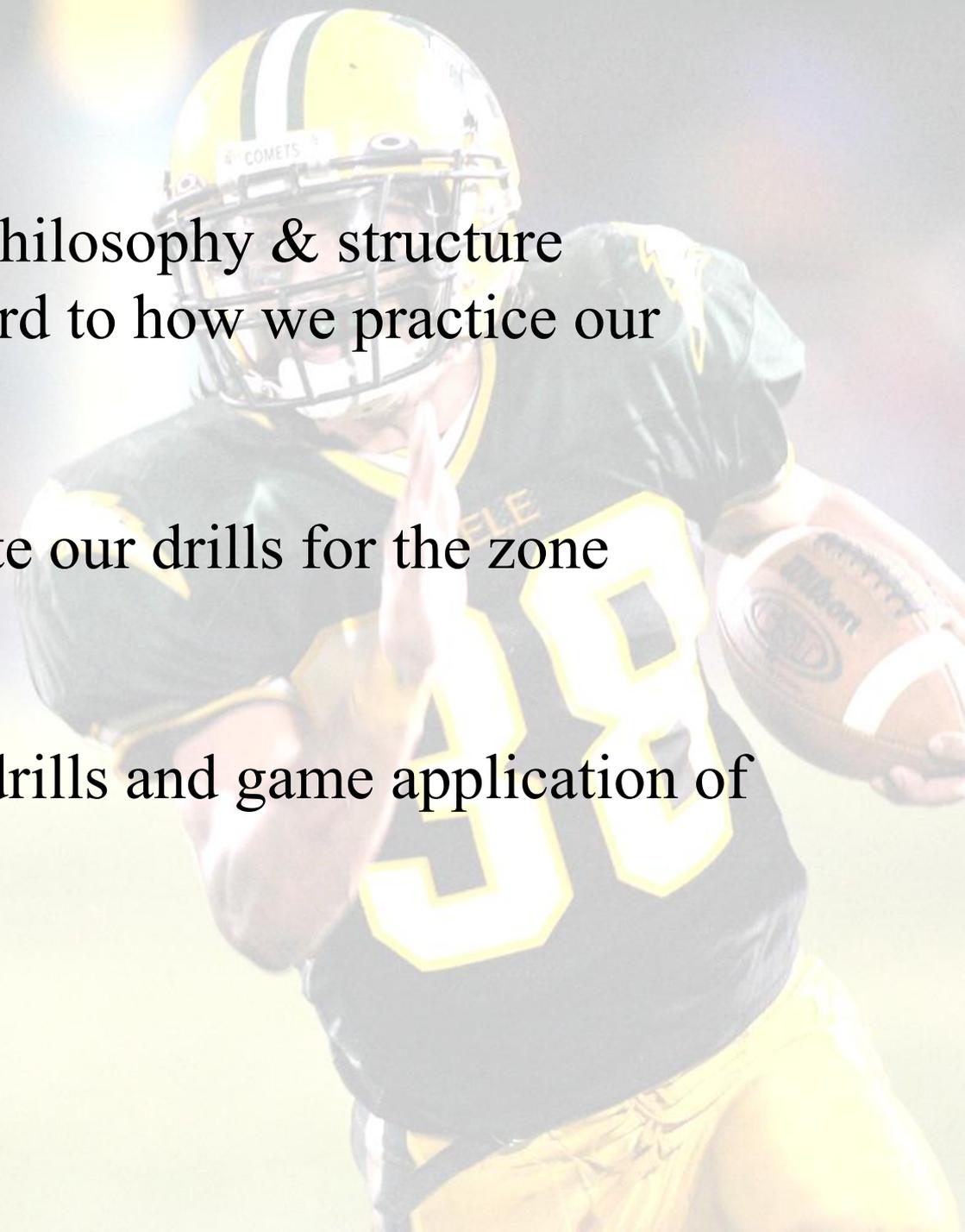
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## Presentation Goals:

1. Share our practice philosophy & structure especially with regard to how we practice our running game.
2. Explain and illustrate our drills for the zone running game
3. Show video of our drills and game application of what we practice.



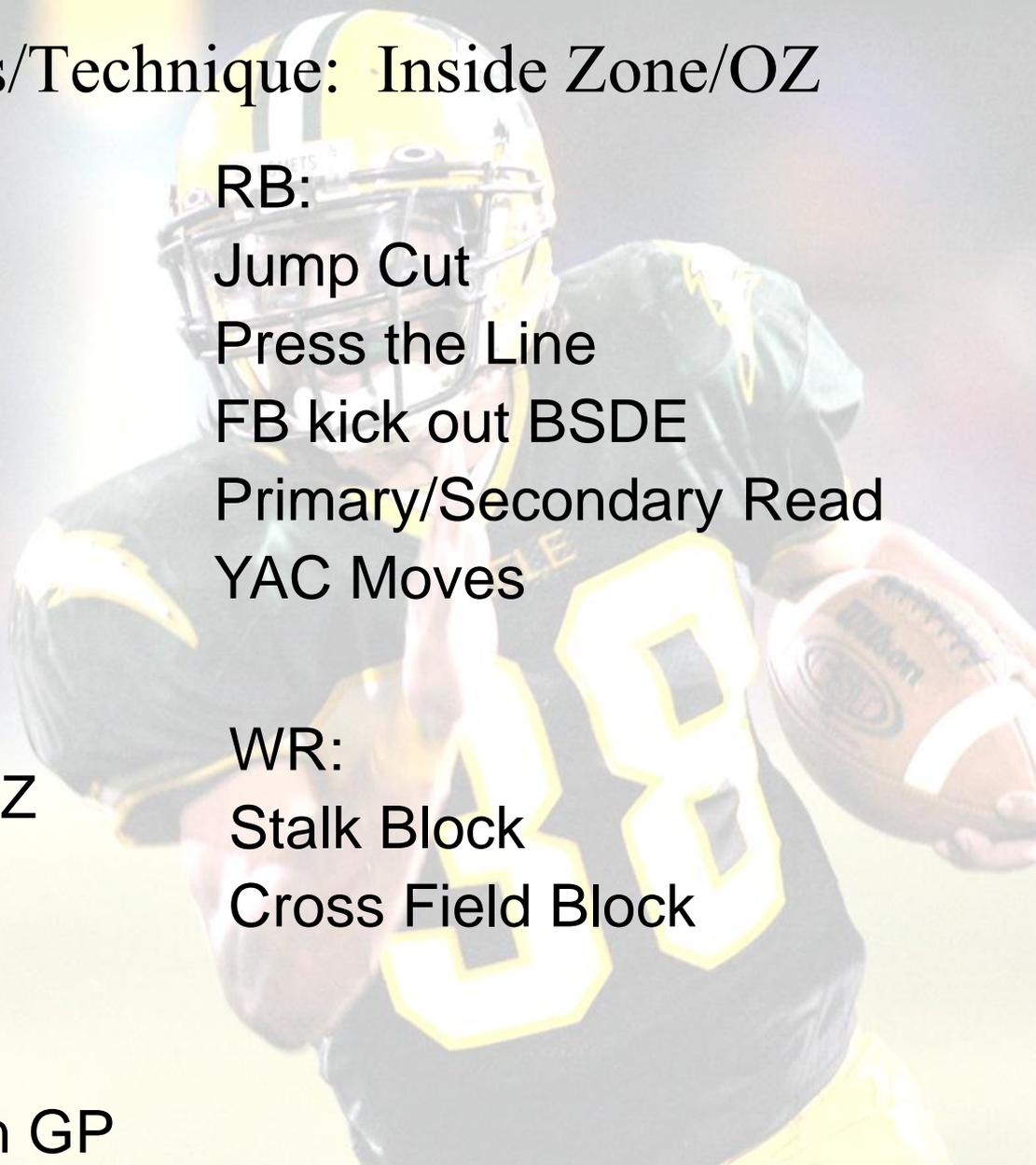
## Practice Philosophy:

1. Practice in individual should simulate different scenarios that we will face in the game. All drills should have game application!
2. Group is uptempo. We will practice our runs in five minute segments. We will get multiple reps for all of our plays we will use in the game against all of the defenses we expect.

Film study--> game planning-->practice planning

3. Team is situational application of our offense. Be smart football players and understand how, why & when we do things.

# Overview of Drills/Technique: Inside Zone/OZ



OL:

Sled

Boards/Chutes

1-2 Punch

1-2 Punch & drive

2 Man Combos

BST Sift

Pry/Combo on board

Backside Cut block on OZ

QB:

Hand-off

Read Drill(gun)

RB Drills if QB zone is in GP

RB:

Jump Cut

Press the Line

FB kick out BSDE

Primary/Secondary Read

YAC Moves

WR:

Stalk Block

Cross Field Block

**WE MUST GET BETTER AT THE FUNDAMENTALS EVERY DAY!  
RELENTLESS PURSUIT OF EXCELLENCE**

# Overview of Drills/Technique: Stretch

OL:

Tracks on Board

Step and Punch(Outside DLTech)-  
vary width

2 Man Combos

3 Man Combos

RB:

Climb Levels

Reads on Track

Sideline YAC

FB Force Drills

FB/TB Force Drills

WR:

Stalk Block

Crack Block

Blocking Force

QB:

Hand-off

RB Drills if QB Stretch is in GP

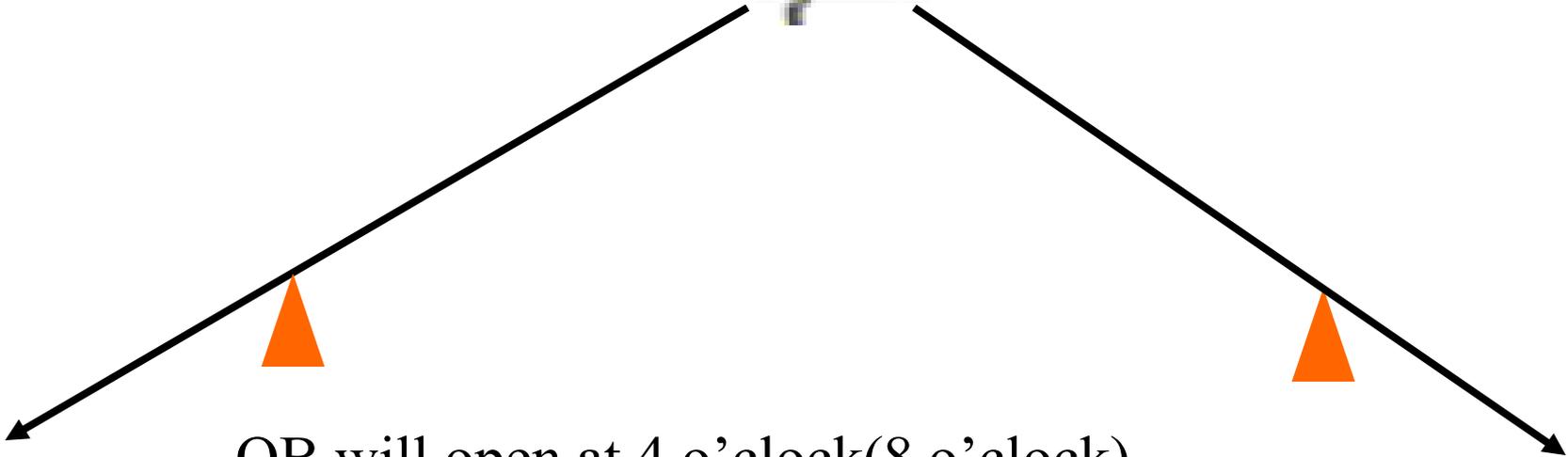
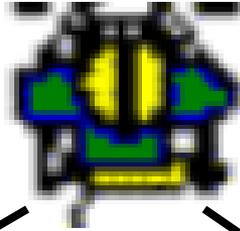
**WE MUST GET BETTER AT THE FUNDAMENTALS EVERY DAY!  
RELENTLESS PURSUIT OF EXCELLENCE**



# The Stretch Play: Techniques & Drills

## Quarterbacks

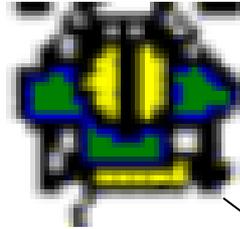
## Sprint to Mesh Point- Phase 1



QB will open at 4 o'clock(8 o'clock)  
Fully extend ball and reach to the cone.  
He will sprint through the mesh point.

Emphasis is opening correctly and sprinting the ball back.

## Sprint to Mesh Point- Phase 2



QB will open at 4 o'clock(8 o'clock)

Fully extend ball and reach to the cone.

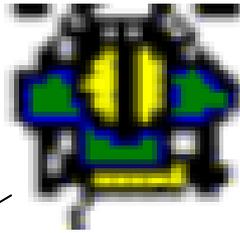
He will sprint to the mesh point(4 quick steps).

Gather his feet and ball himself up.

Emphasis on getting his feet gathered and balling up.

C.P. Balling up makes him look the same whether he has ball or not.

## Sprint to Mesh Point- Phase 3



QB will open at 4 o'clock (8 o'clock)  
Fully extend ball and reach to the cone.  
He will sprint to the mesh point.  
Gather his feet and ball himself up.  
Fake Hand-off and get depth step, natural arc  
to bootleg.

C.P. Snap head and shoulders after depth step  
Arc should be deep enough to escape end,  
but not waste energy by getting too much  
depth.



# The Stretch Play: Techniques & Drills

## Tailbacks

## Stretch: Climb the Levels Drill

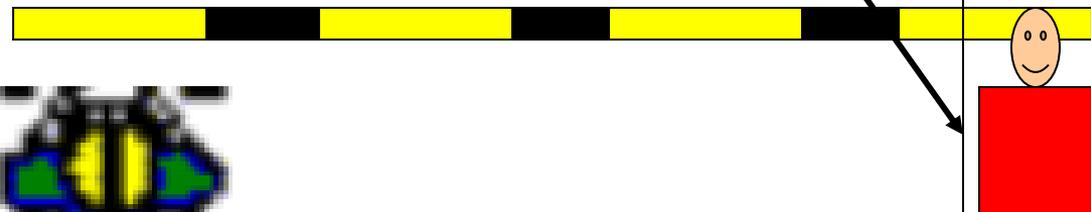
Open Crossover at land mark 3x1 off TE  
As TB approaches 1st defender (cone or bag) he should dip his inside shoulder to simulate a cut up & accelerate. Continue dipping and climbing the levels at each cone or bag. Cut up after last cone.



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# Stretch: Climb the Levels Drill with color flash added

Open Crossover at land mark 3x1 off TE  
Start like climbing the levels, if coach flashes  
in your path with shield, cut off his weak  
shoulder and head straight up field.  
When in space, get back outside

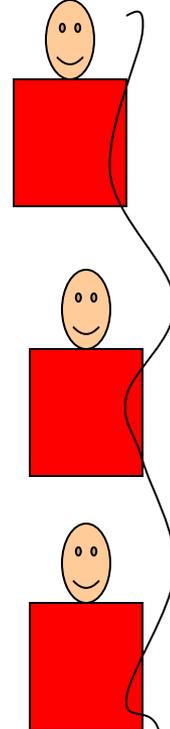


Variation-blocker with color  
showing on his outside half



## Stretch: Sideline YAC Drill

Open Crossover at land mark 3x1 off TE  
As TB approaches 1st defender(player w/bag)  
he should dip his inside shoulder rip up thru the  
bag bringing the hips through the hit &  
accelerate. Reload and rip thru each bag

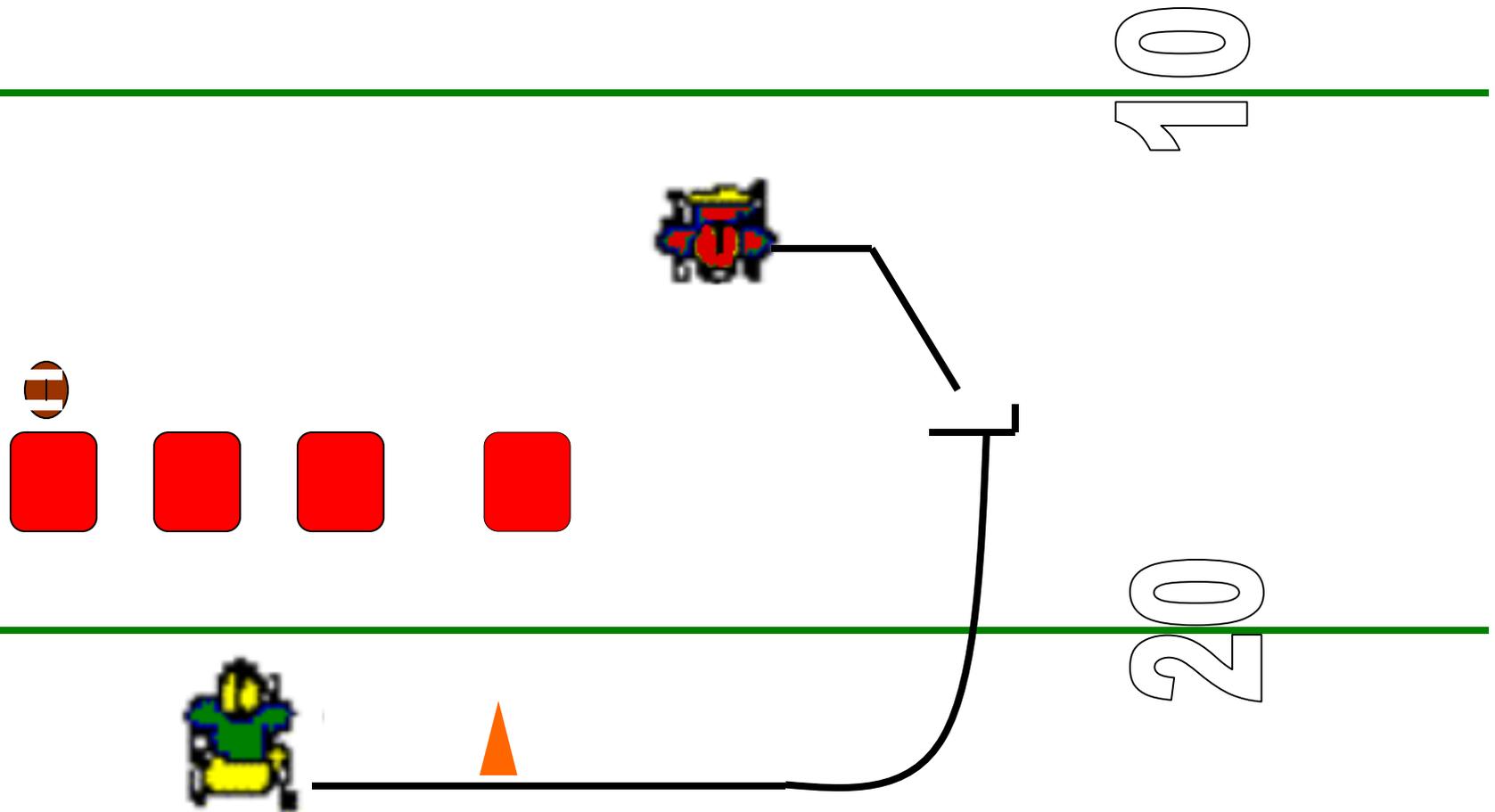




# The Stretch Play: Techniques & Drills

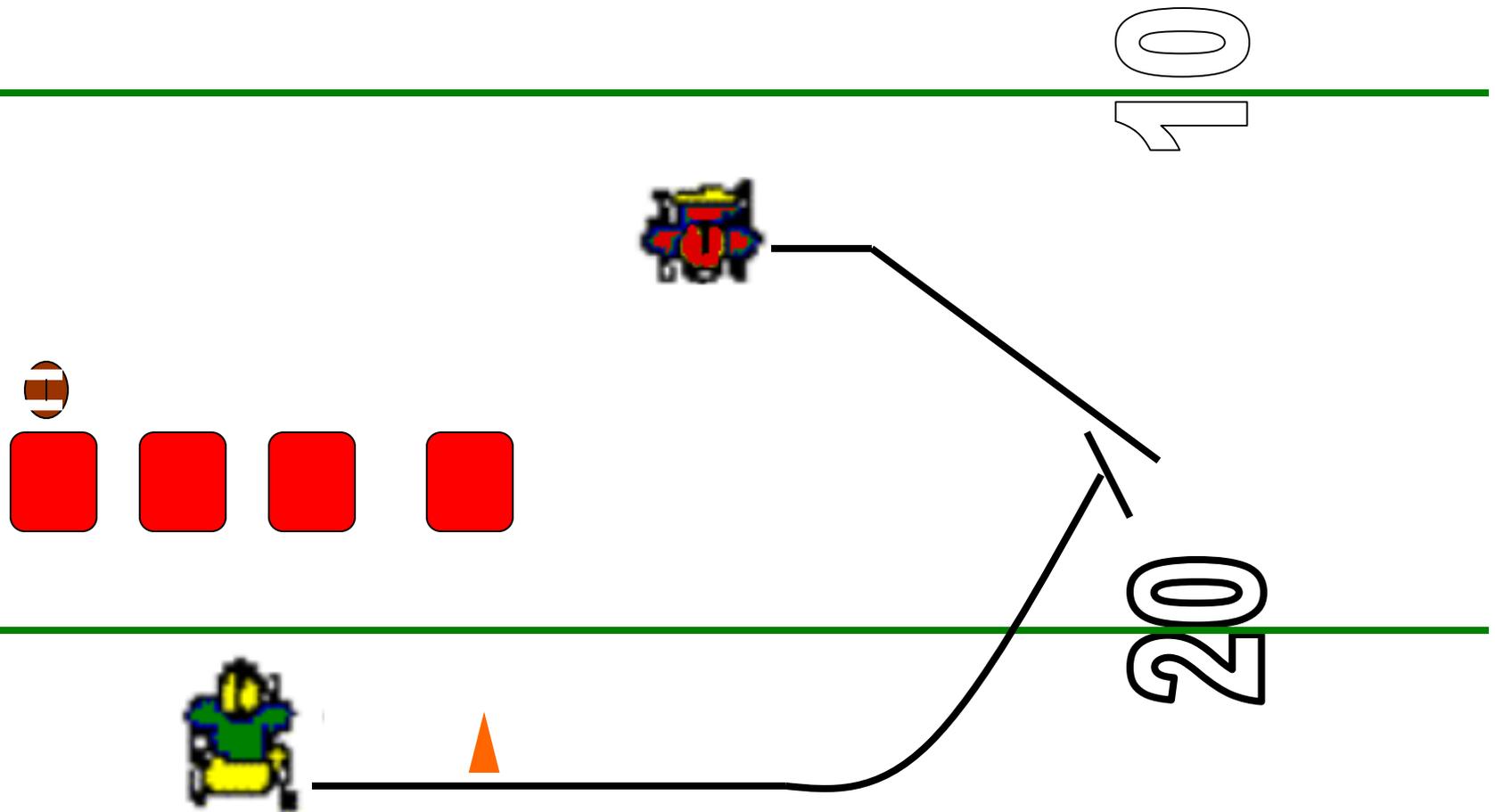
## Fullbacks

# FB Blocking TE Side - Phase 1 Drill



Stretch to the perimeter for 7 yards. Maintain outside leverage.  
When he attacks, block his outside half.

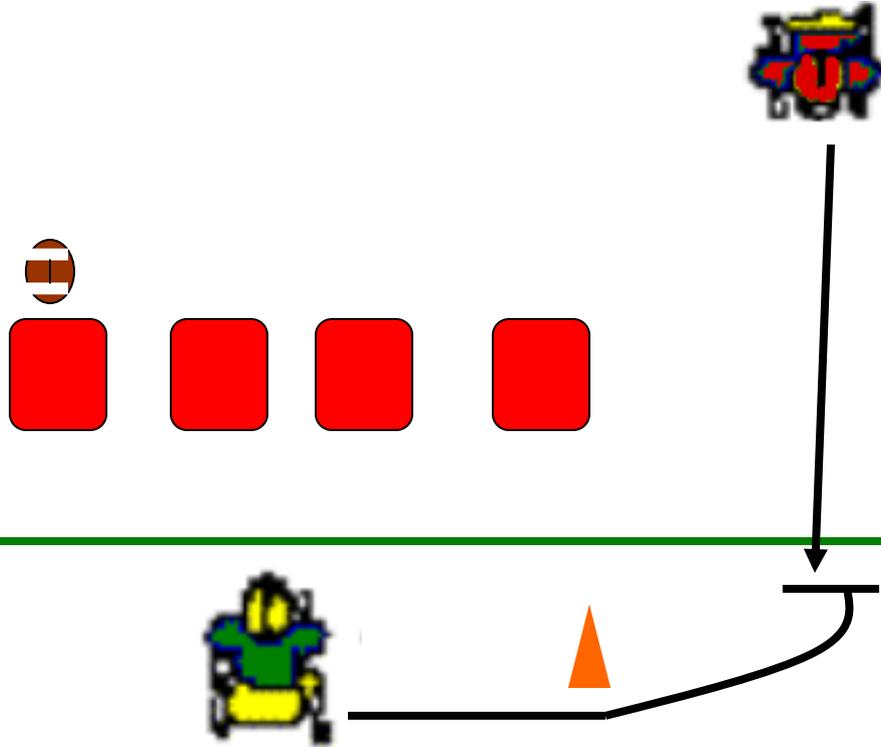
# FB Blocking TE Side - Phase 2 Drill



Stretch to the perimeter for 7 yards. Fight for outside leverage.  
Continue stretching until you get to the numbers, then kick out.

# FB Blocking TE Side - Force shows immediately. Phase 3 Drill

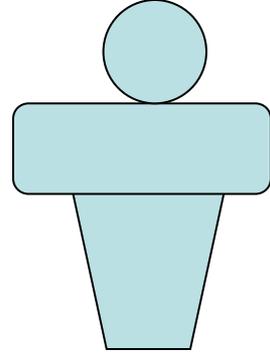
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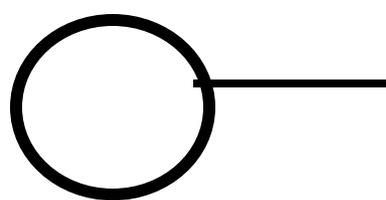
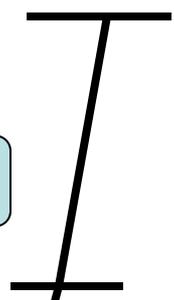
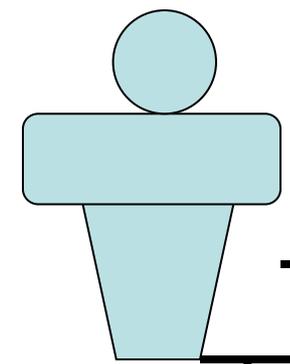
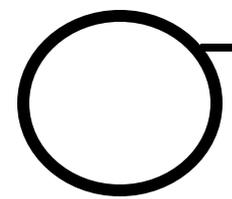
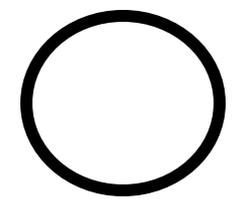
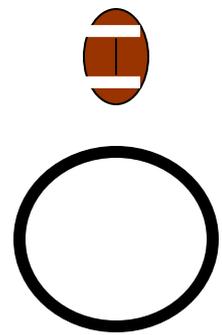
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Arc to begin stretch to perimeter. Attempt to pin him in, but kick out if you must.

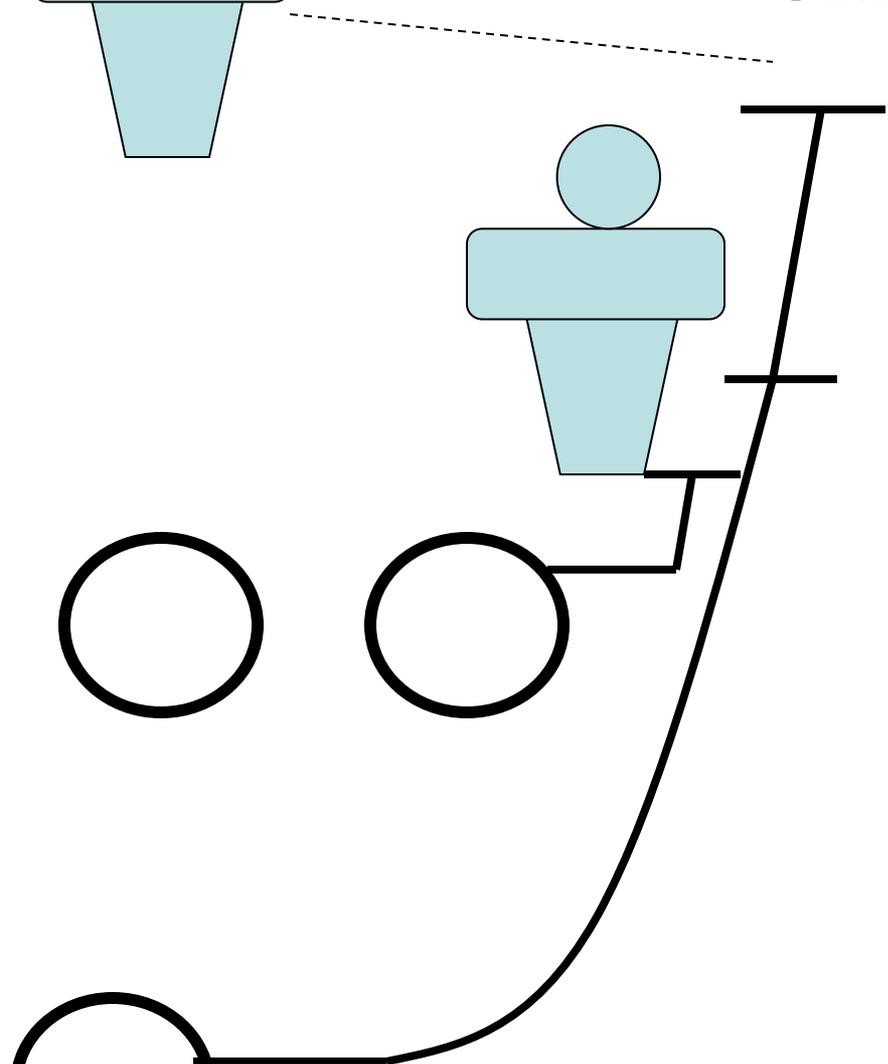
**FB TECHNIQUE  
SE STRETCH**



No force in alley-FB can chip the edge  
Until force shows.



Split End Stretch





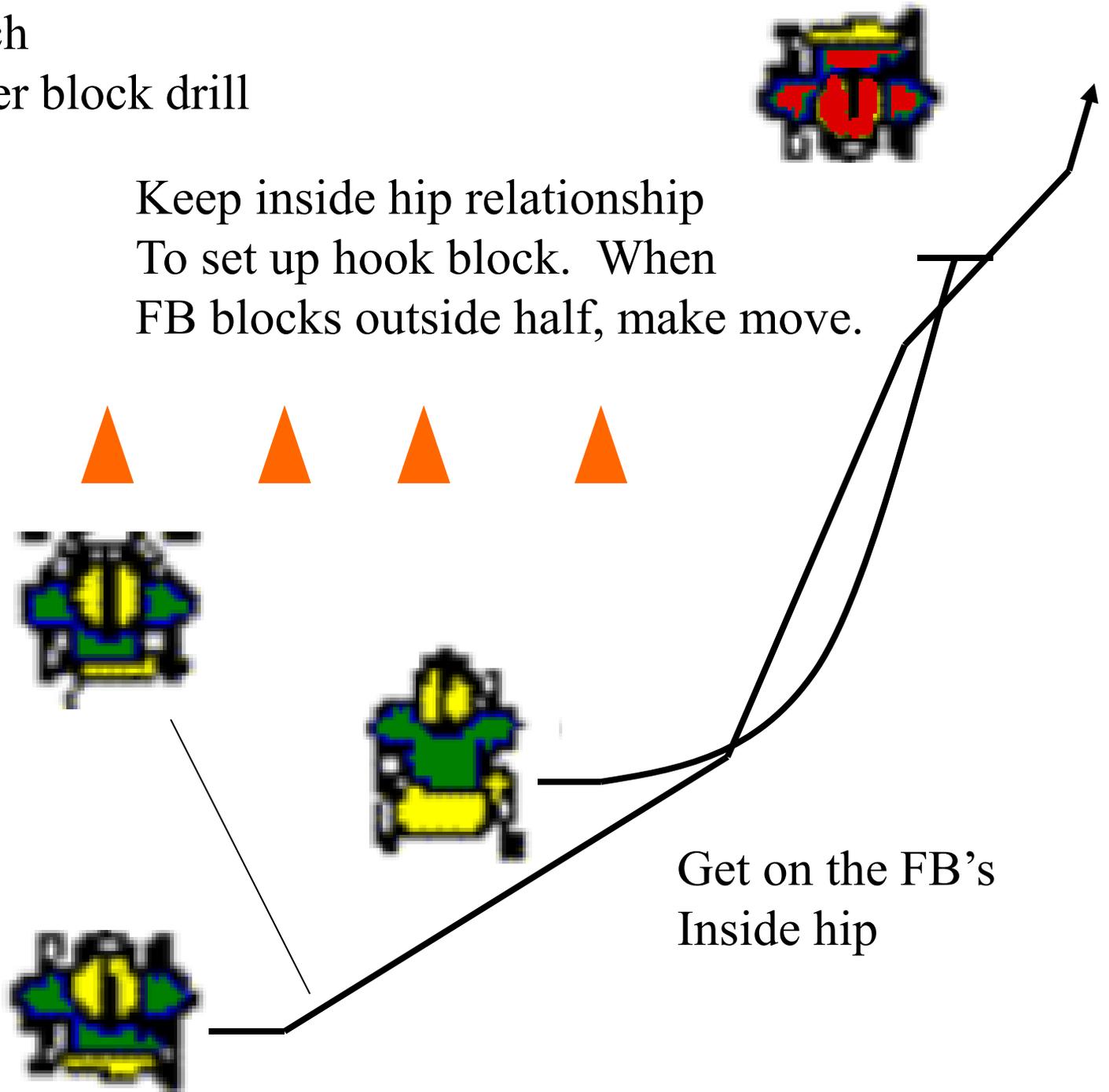
# The Stretch Play: Techniques & Drills

## Fullbacks & Tailbacks

# Phase 4: Stretch

## Set-up perimeter block drill

Keep inside hip relationship  
To set up hook block. When  
FB blocks outside half, make move.



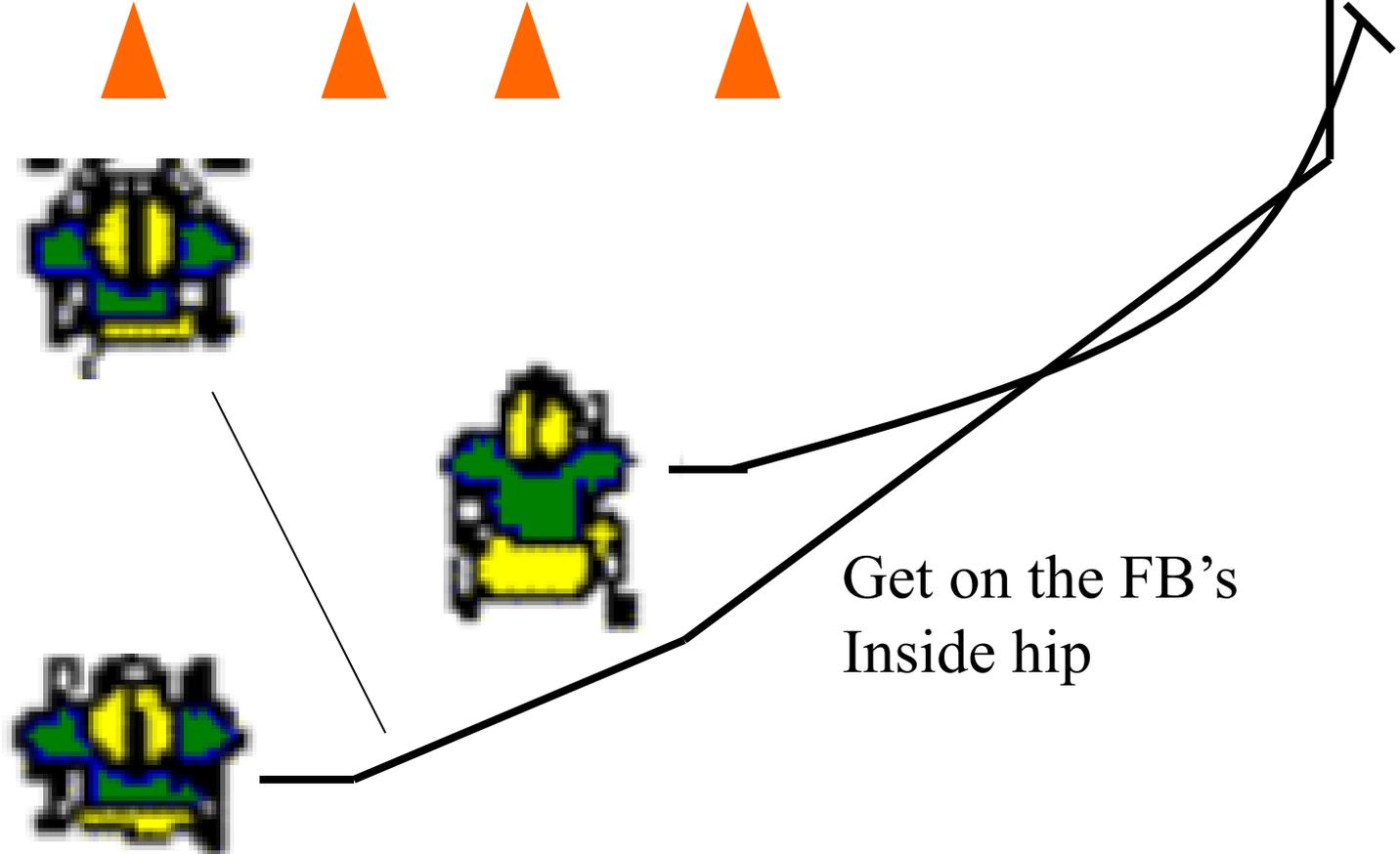
Get on the FB's  
Inside hip

# Phase 4: Stretch

## Set-up perimeter block drill

Keep inside hip relationship

To set up hook block. If defender comes across hard  
Let FB kick out, make move N/S and get  
back outside.





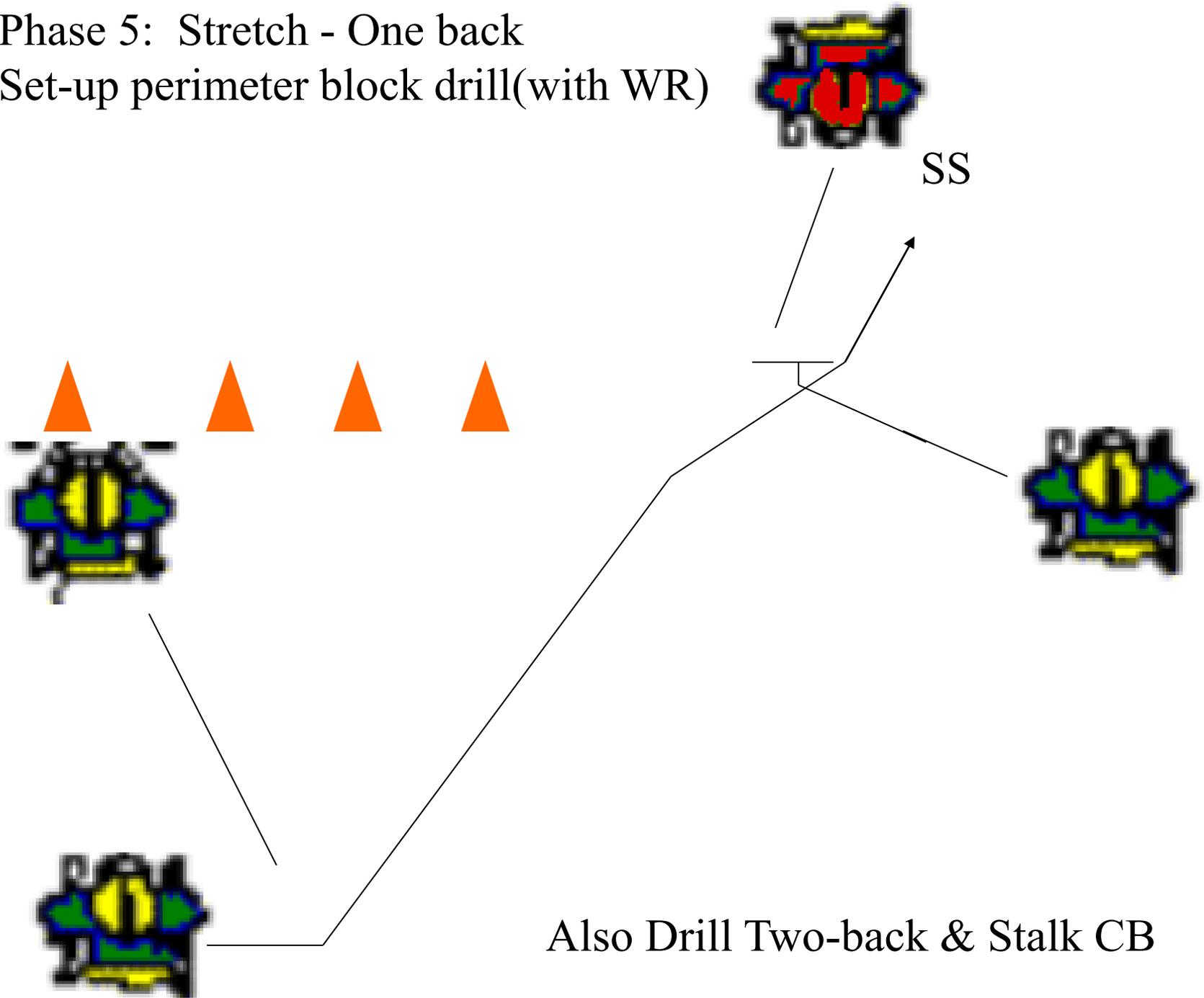
# The Stretch Play: Techniques & Drills

## Receivers(FB) & Tailbacks



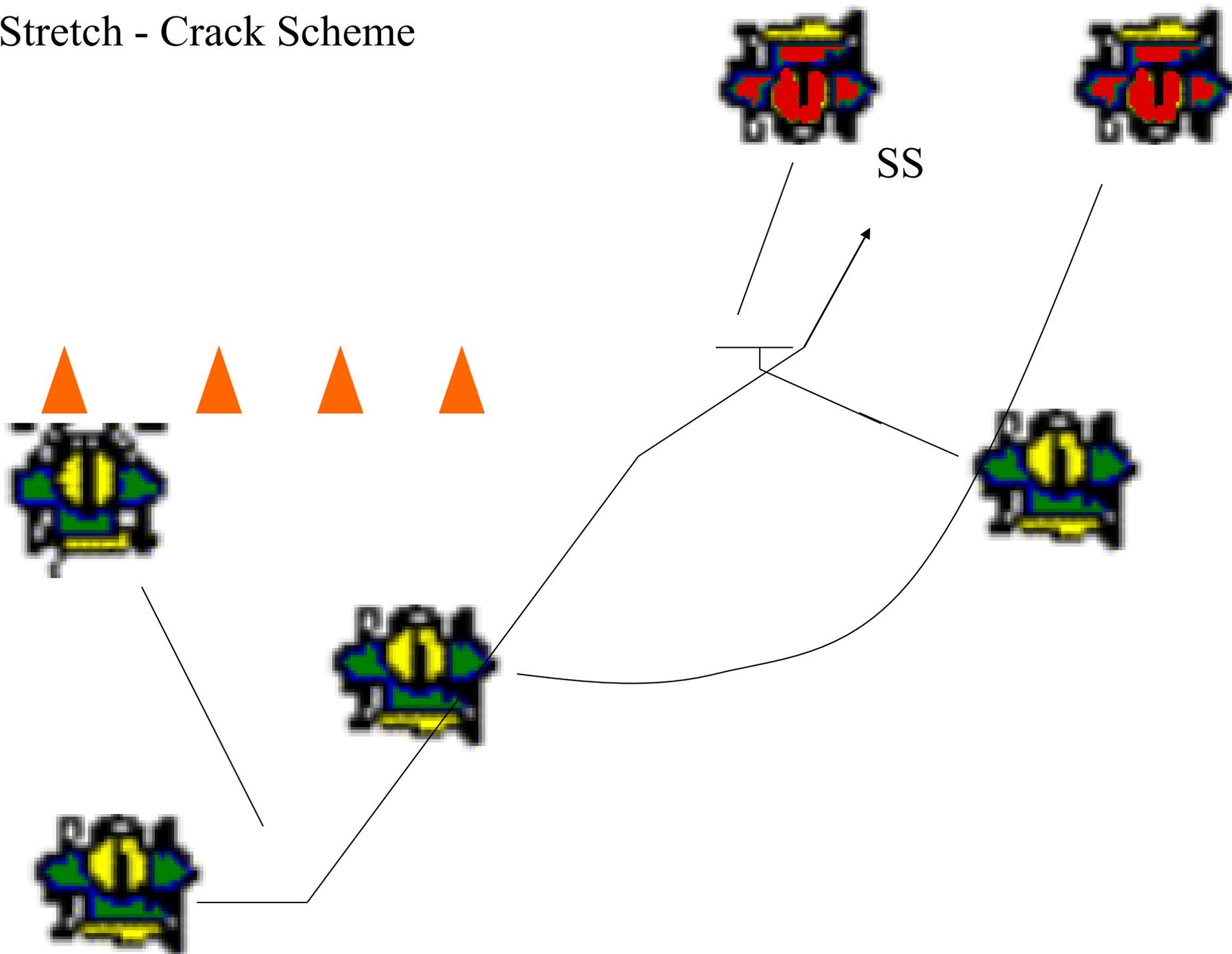
# Phase 5: Stretch - One back

Set-up perimeter block drill (with WR)



Also Drill Two-back & Stalk CB

# Stretch - Crack Scheme





# The Stretch Play: Techniques & Drills

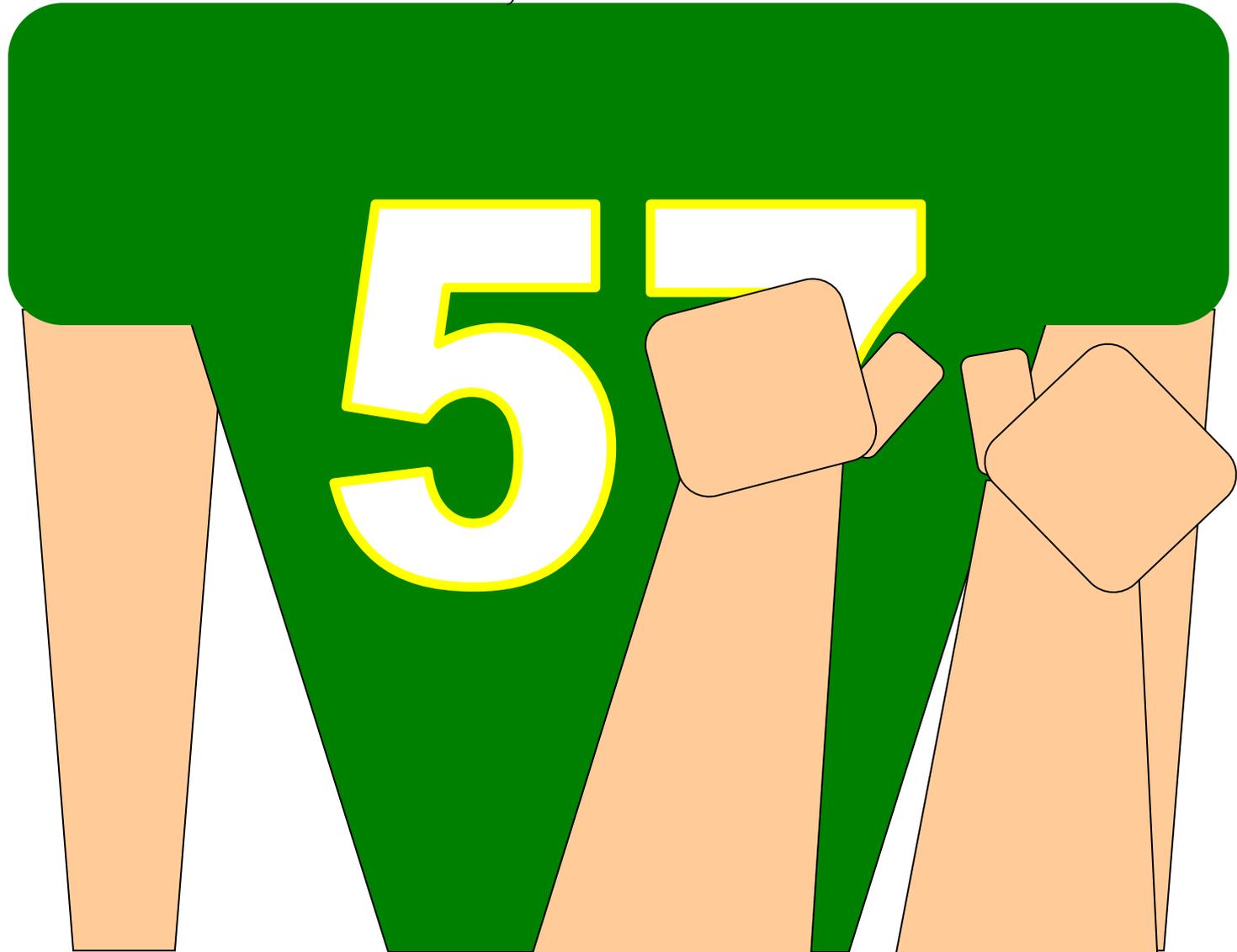
## Offensive Line

# TARGETS FOR PUNCH ON STRETCH

Outside Hand to Outside Bicep

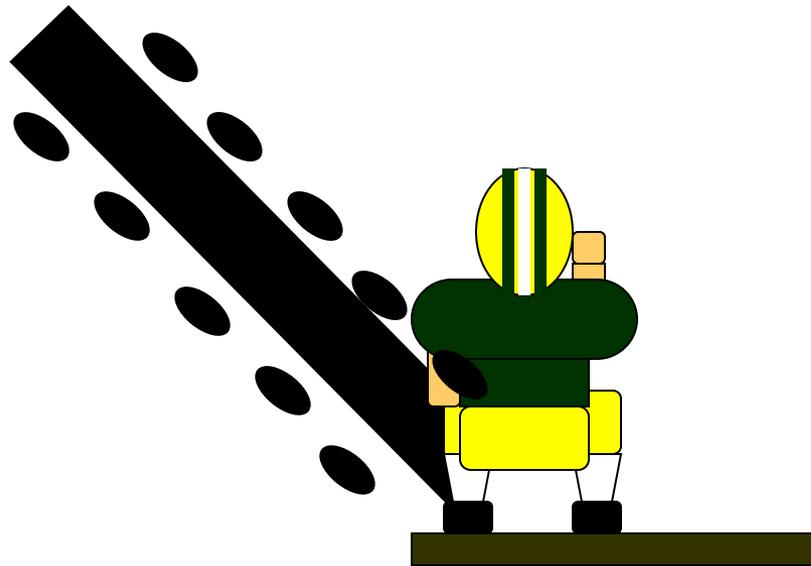
Inside Hand past Sternum

THUMBS UP, ELBOWS IN!

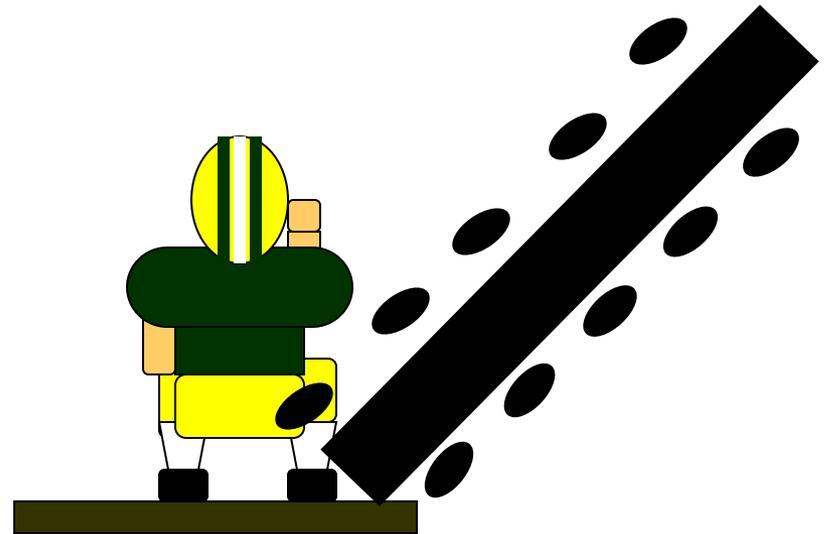


T Board Right & Left: Learn the track for Stretch  
speed of second step-get it down quick  
foot on second graze the board  
gain width and depth downfield

T-Board Left

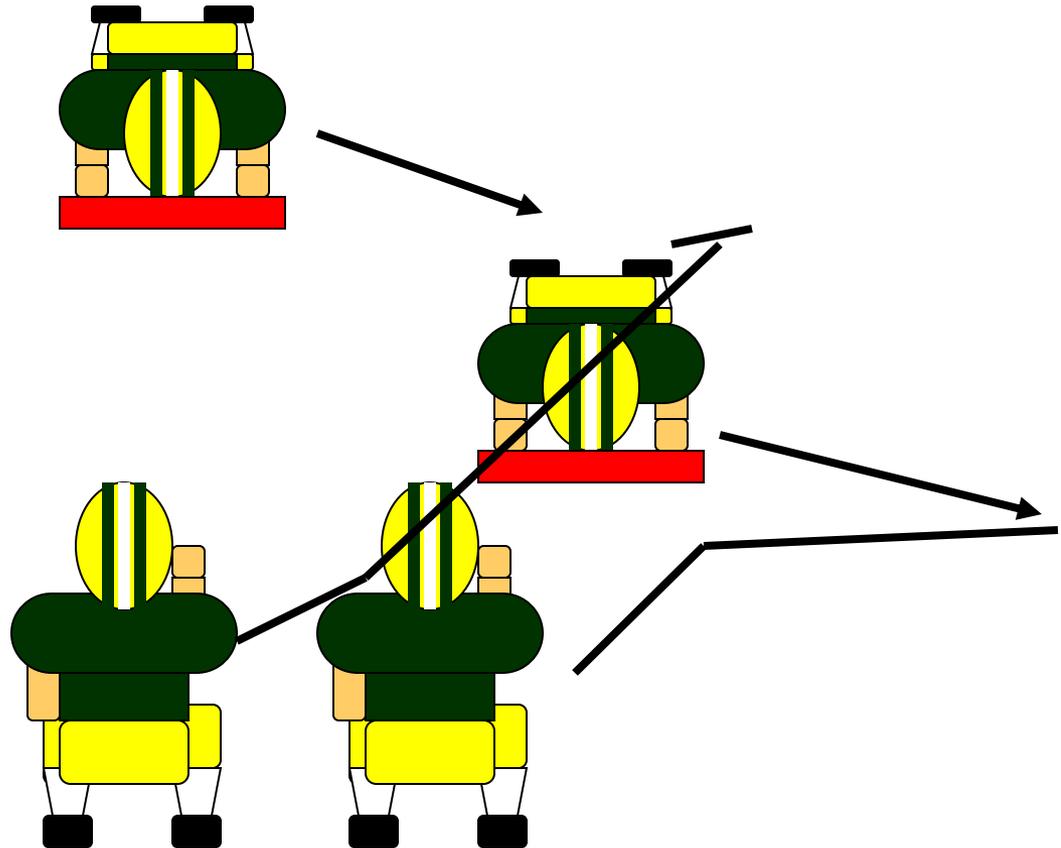


T-Board Right



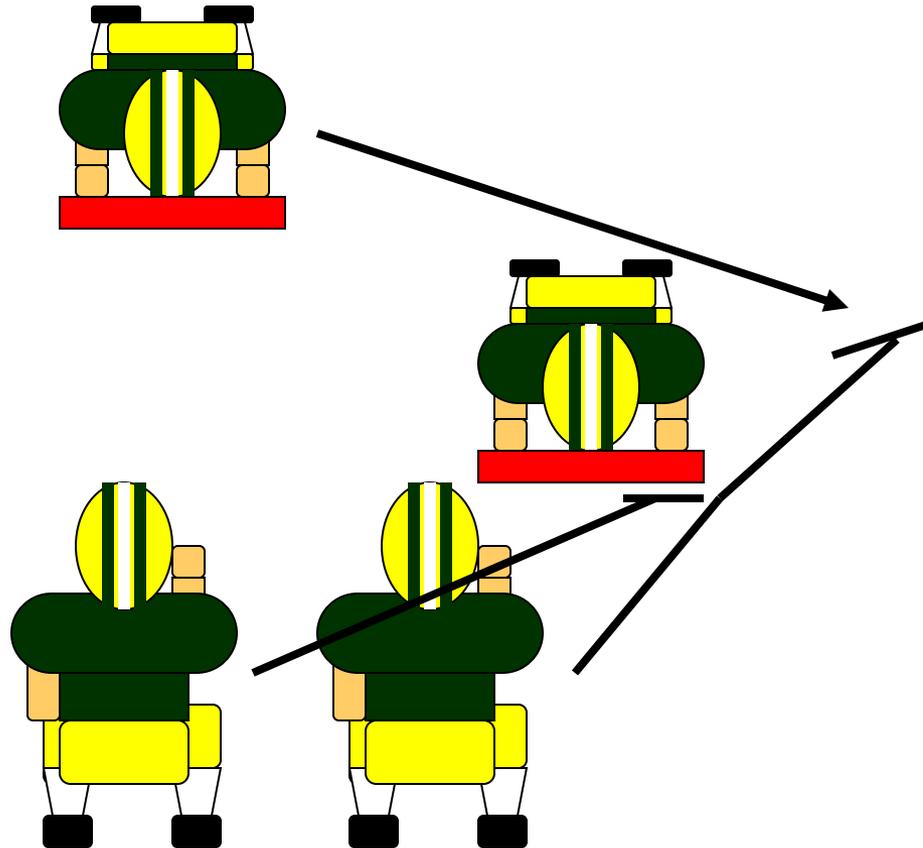
Variation(focus on get 2nd down quick)-put a piece of PVC Pipe  
On the ground where the first step will be placed. Give 1st-step,  
2nd step commands

## Two-Man Combos



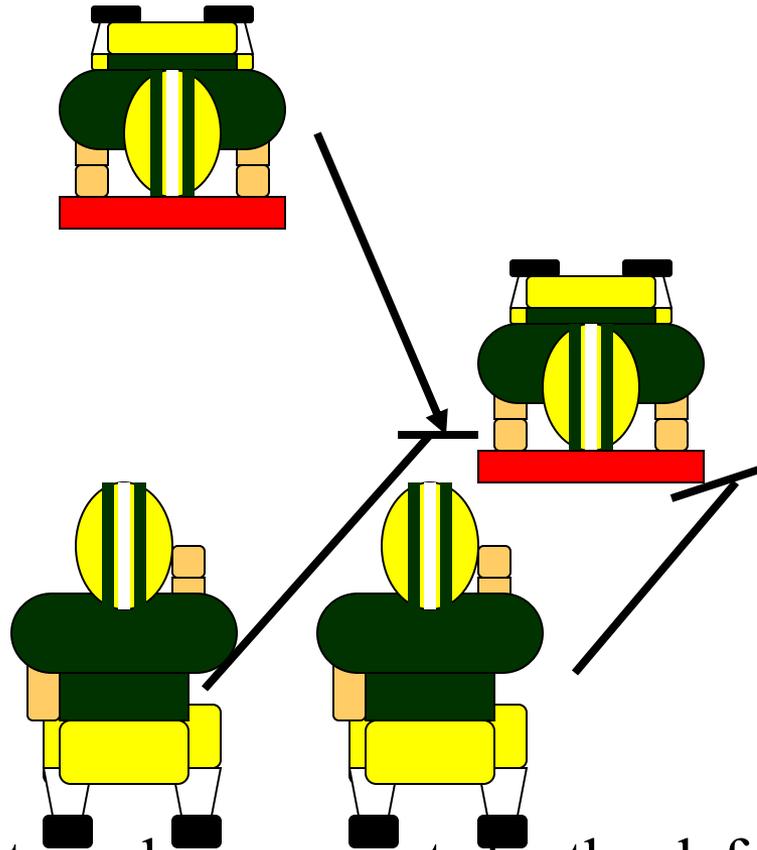
Work various alignments and movements by the defender.  
Emphasize correct track, eyes for the run through, running of feet, and proper hand placement.

## Two Man Combos



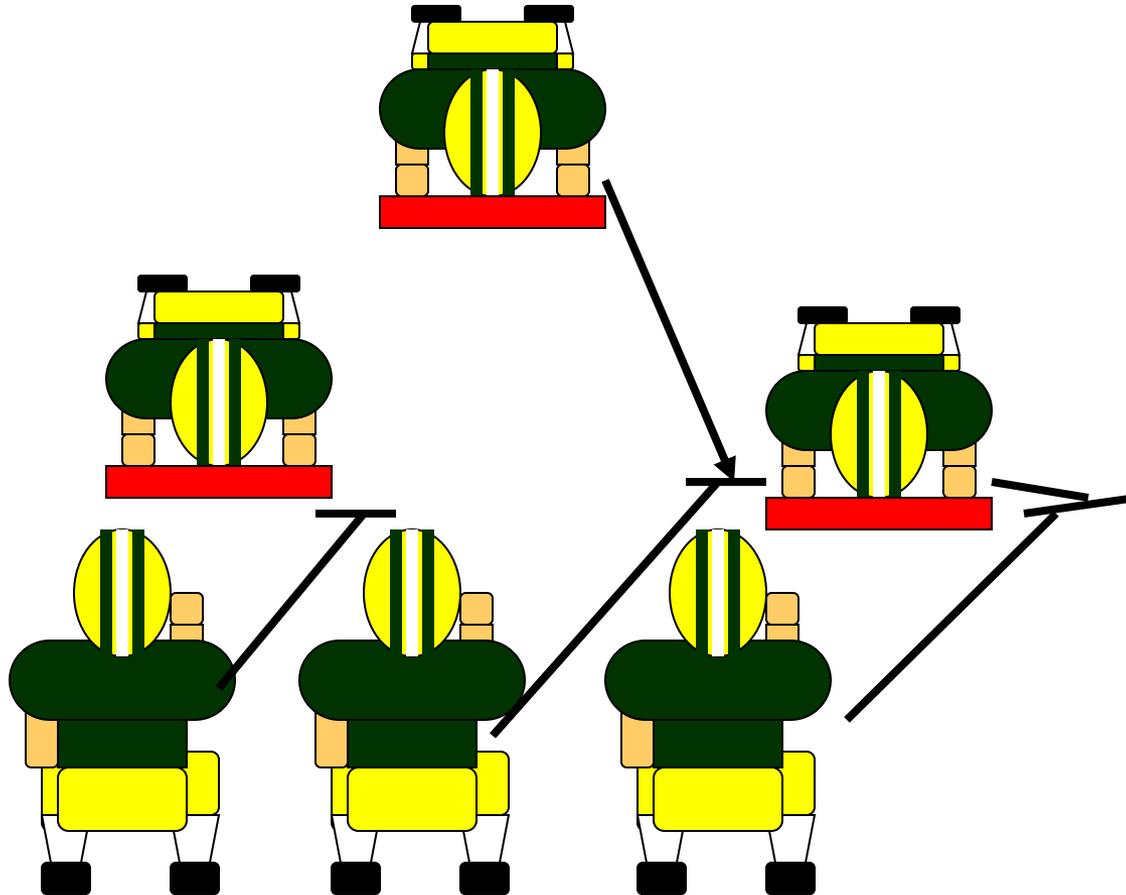
Work various alignments and movements by the defender. Emphasize correct track, eyes for the run through, running of feet, and proper hand placement.

## Two Man Combos



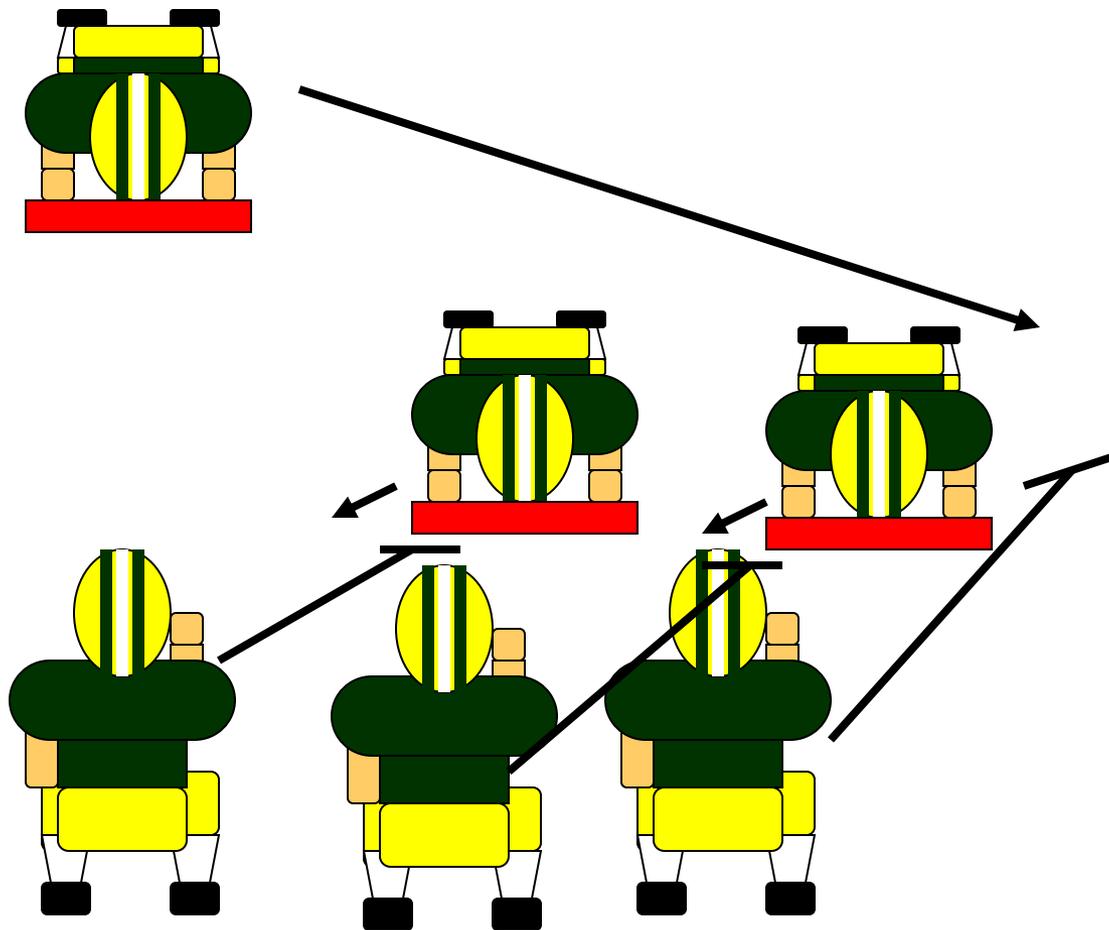
Work various alignments and movements by the defender.  
Emphasize correct track, eyes for the run through, running of feet, and proper hand placement.

## Frontside Three Man Combos



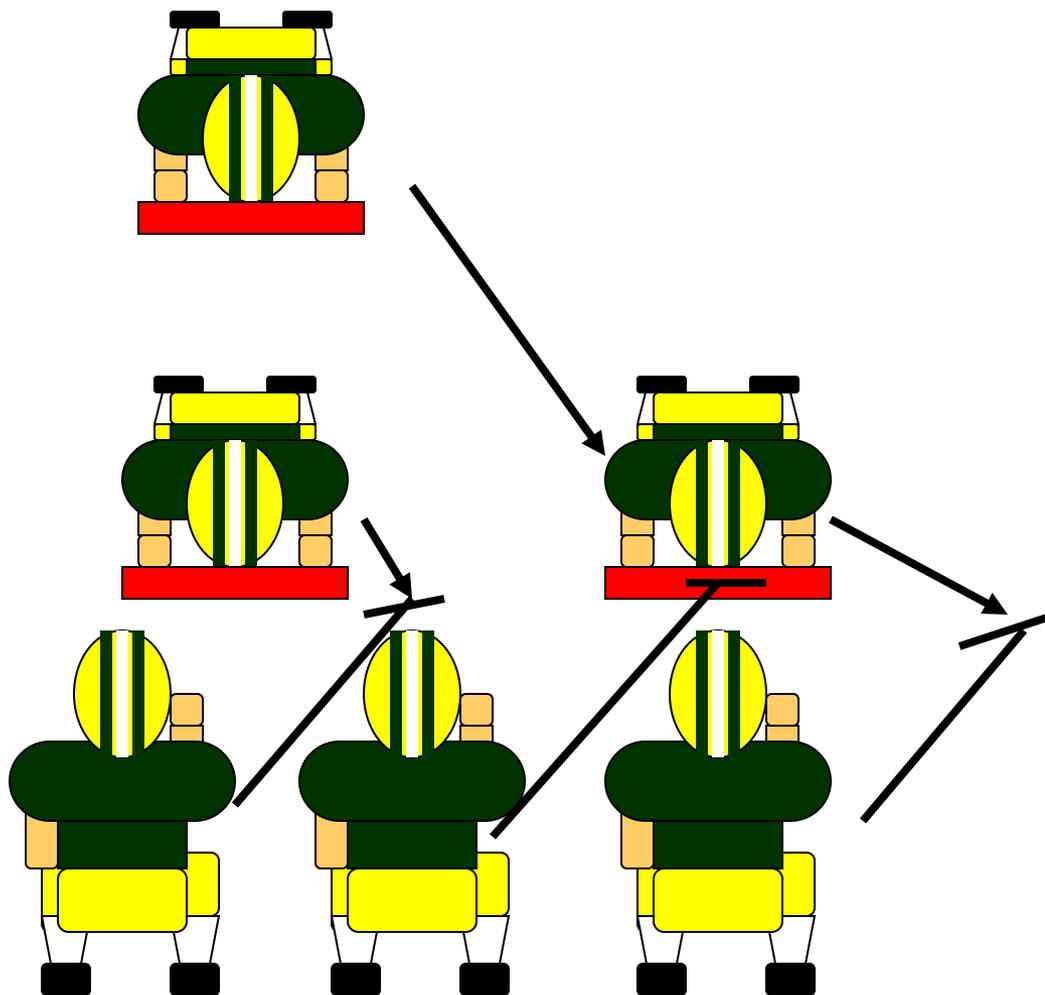
Vary the direction of each defensive lineman. Emphasize correct Track, eyes for the run through, running of feet, and proper hand placement.

## Frontside Three Man Combos



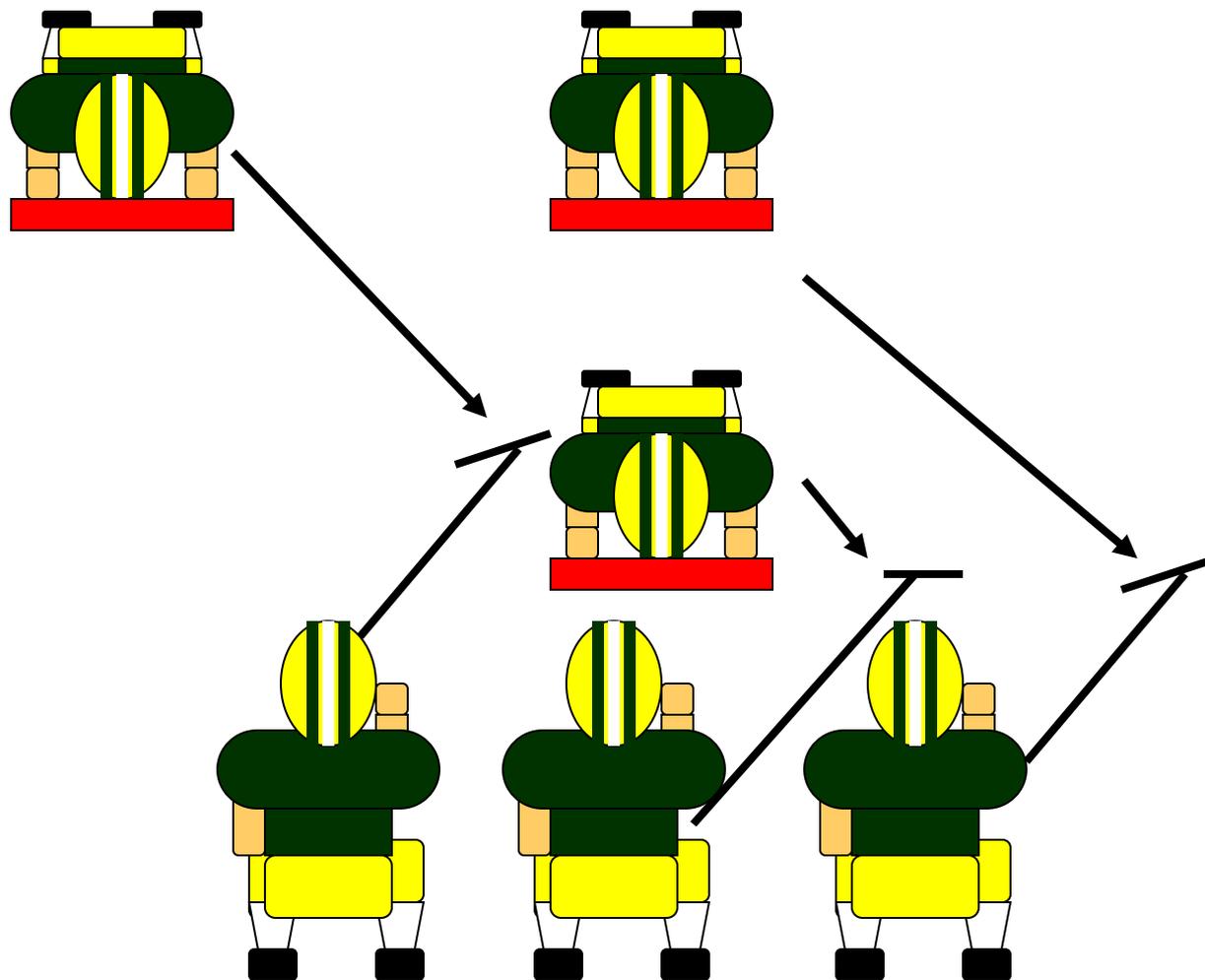
Vary the direction of each defensive lineman. Emphasize correct Track, eyes for the run through, running of feet, and proper hand placement.

## Frontside Three Man Combos



Vary the direction of each defensive lineman. Emphasize correct Track, eyes for the run through, running of feet, and proper hand placement.

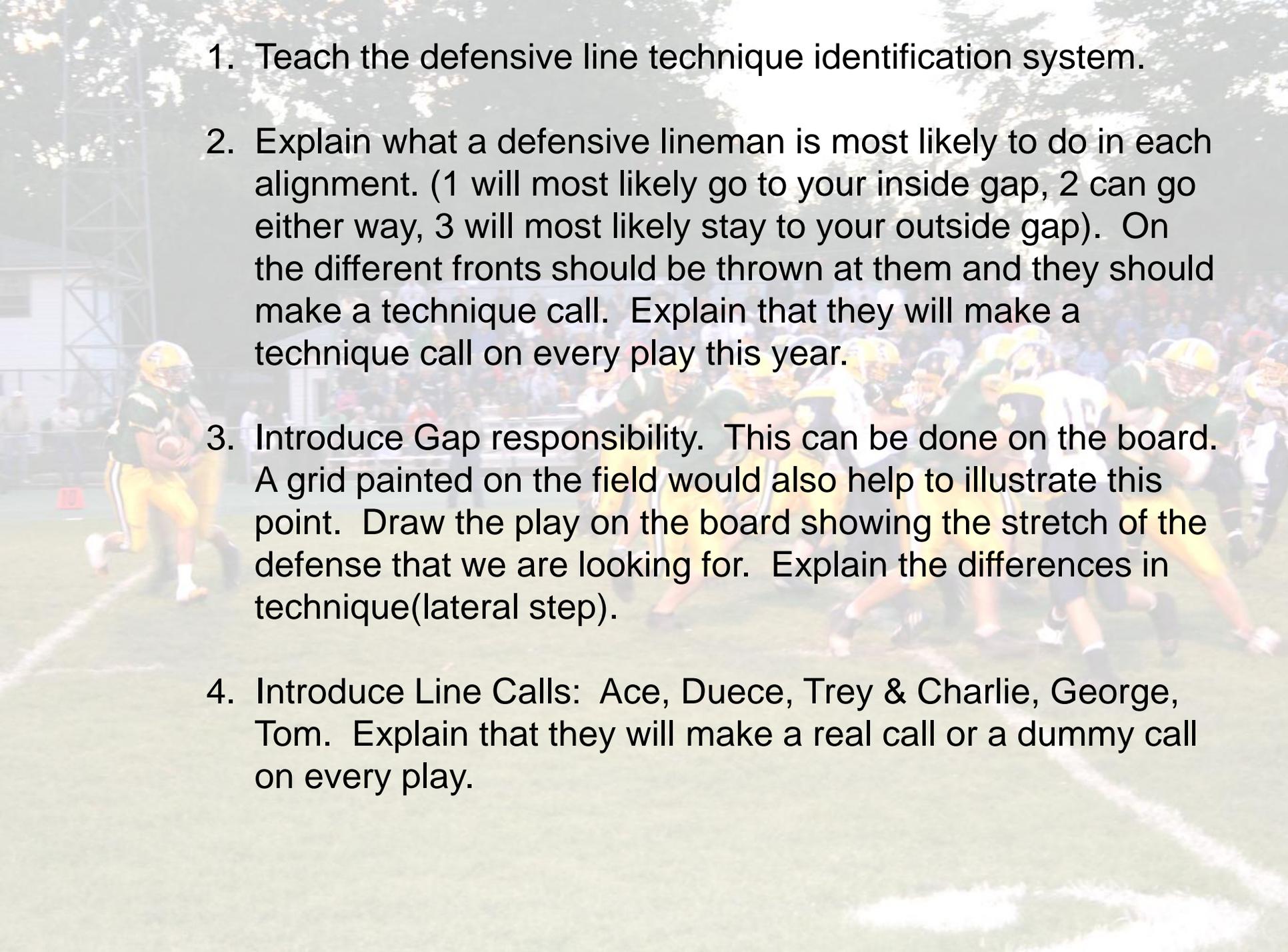
## Frontside Three Man Combos

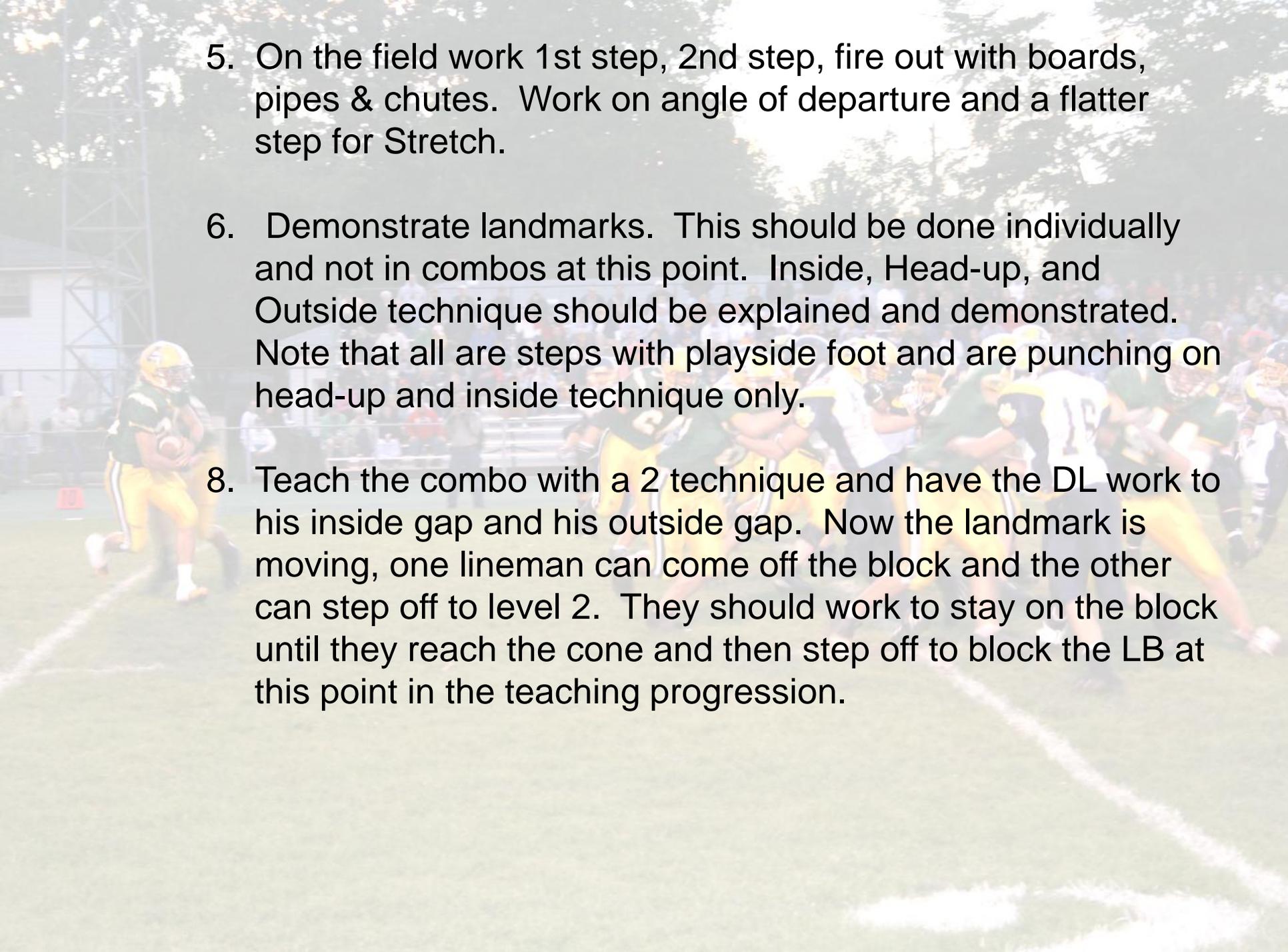


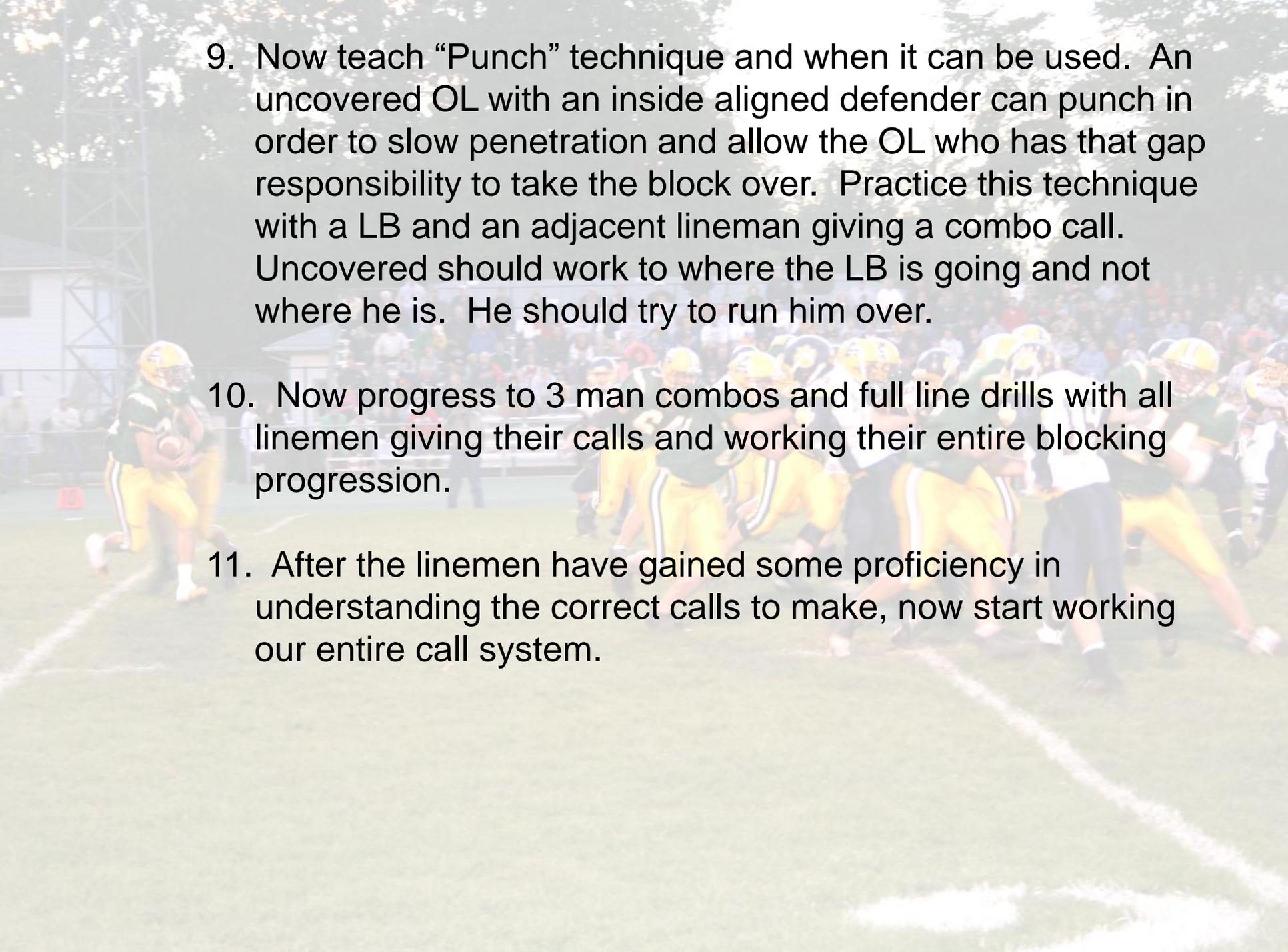
Vary the direction of each defensive lineman. Emphasize correct Track, eyes for the run through, running of feet, and proper hand placement.

# Installation of the Stretch Play



- 
1. Teach the defensive line technique identification system.
  2. Explain what a defensive lineman is most likely to do in each alignment. (1 will most likely go to your inside gap, 2 can go either way, 3 will most likely stay to your outside gap). On the different fronts should be thrown at them and they should make a technique call. Explain that they will make a technique call on every play this year.
  3. Introduce Gap responsibility. This can be done on the board. A grid painted on the field would also help to illustrate this point. Draw the play on the board showing the stretch of the defense that we are looking for. Explain the differences in technique(lateral step).
  4. Introduce Line Calls: Ace, Duece, Trey & Charlie, George, Tom. Explain that they will make a real call or a dummy call on every play.

- 
5. On the field work 1st step, 2nd step, fire out with boards, pipes & chutes. Work on angle of departure and a flatter step for Stretch.
  6. Demonstrate landmarks. This should be done individually and not in combos at this point. Inside, Head-up, and Outside technique should be explained and demonstrated. Note that all are steps with playside foot and are punching on head-up and inside technique only.
  8. Teach the combo with a 2 technique and have the DL work to his inside gap and his outside gap. Now the landmark is moving, one lineman can come off the block and the other can step off to level 2. They should work to stay on the block until they reach the cone and then step off to block the LB at this point in the teaching progression.

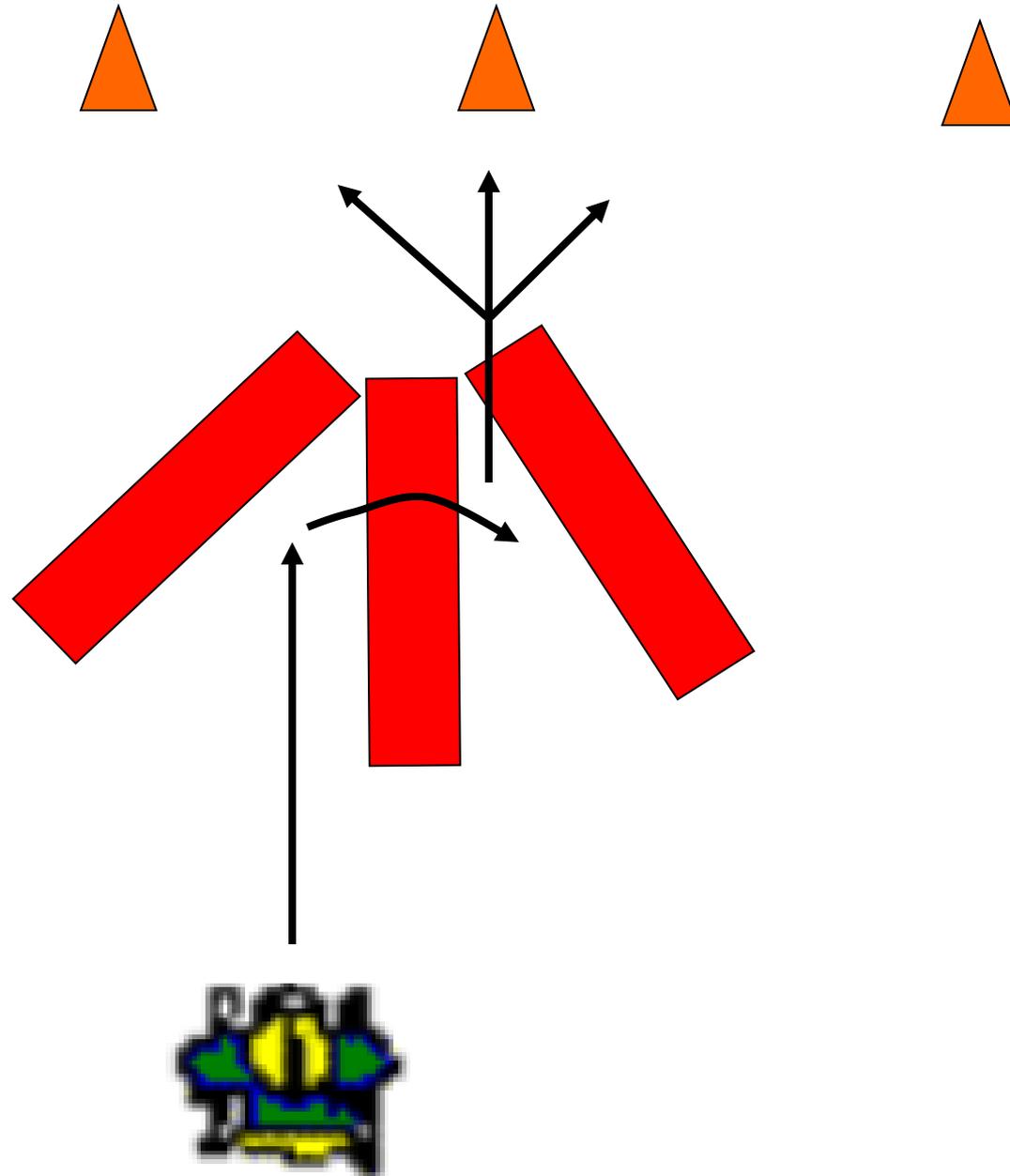
- 
9. Now teach “Punch” technique and when it can be used. An uncovered OL with an inside aligned defender can punch in order to slow penetration and allow the OL who has that gap responsibility to take the block over. Practice this technique with a LB and an adjacent lineman giving a combo call. Uncovered should work to where the LB is going and not where he is. He should try to run him over.
  10. Now progress to 3 man combos and full line drills with all linemen giving their calls and working their entire blocking progression.
  11. After the linemen have gained some proficiency in understanding the correct calls to make, now start working our entire call system.



# The Zone Play: Techniques & Drills

## Tailbacks

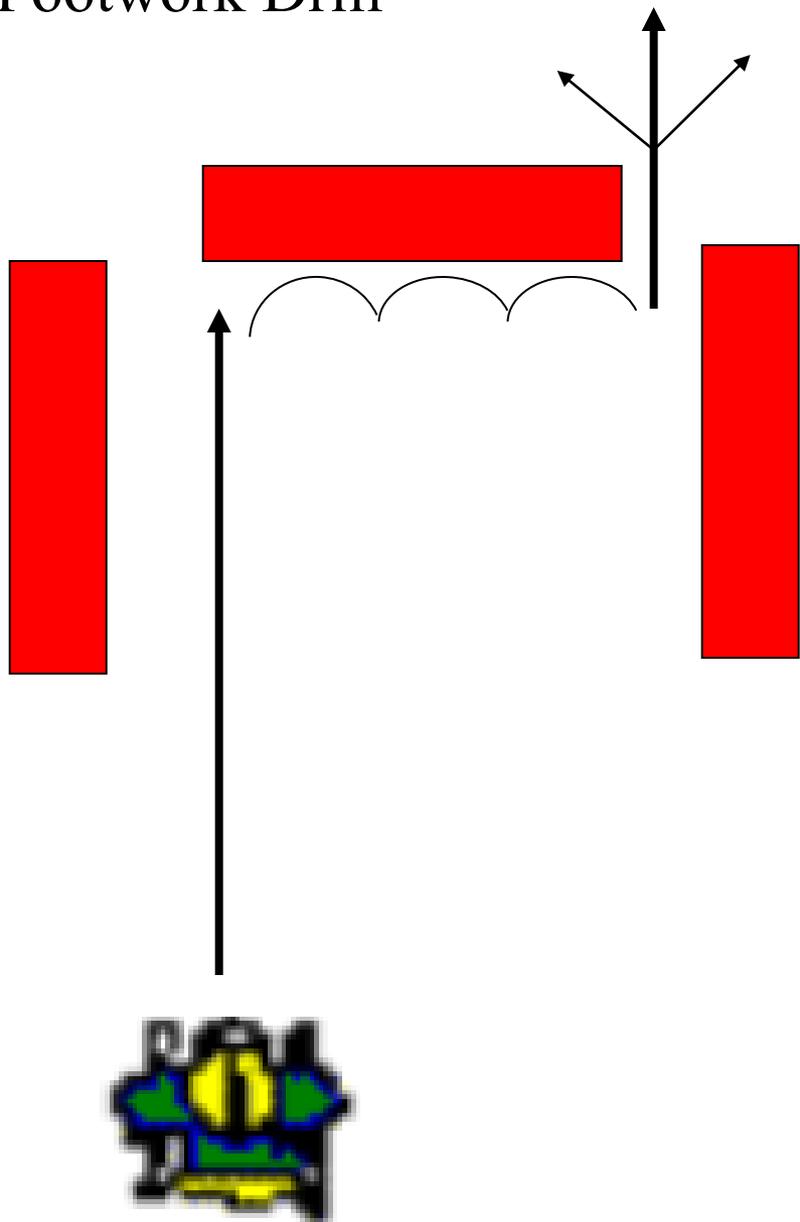
# Jump Cut Drill



TB Tech. Menu

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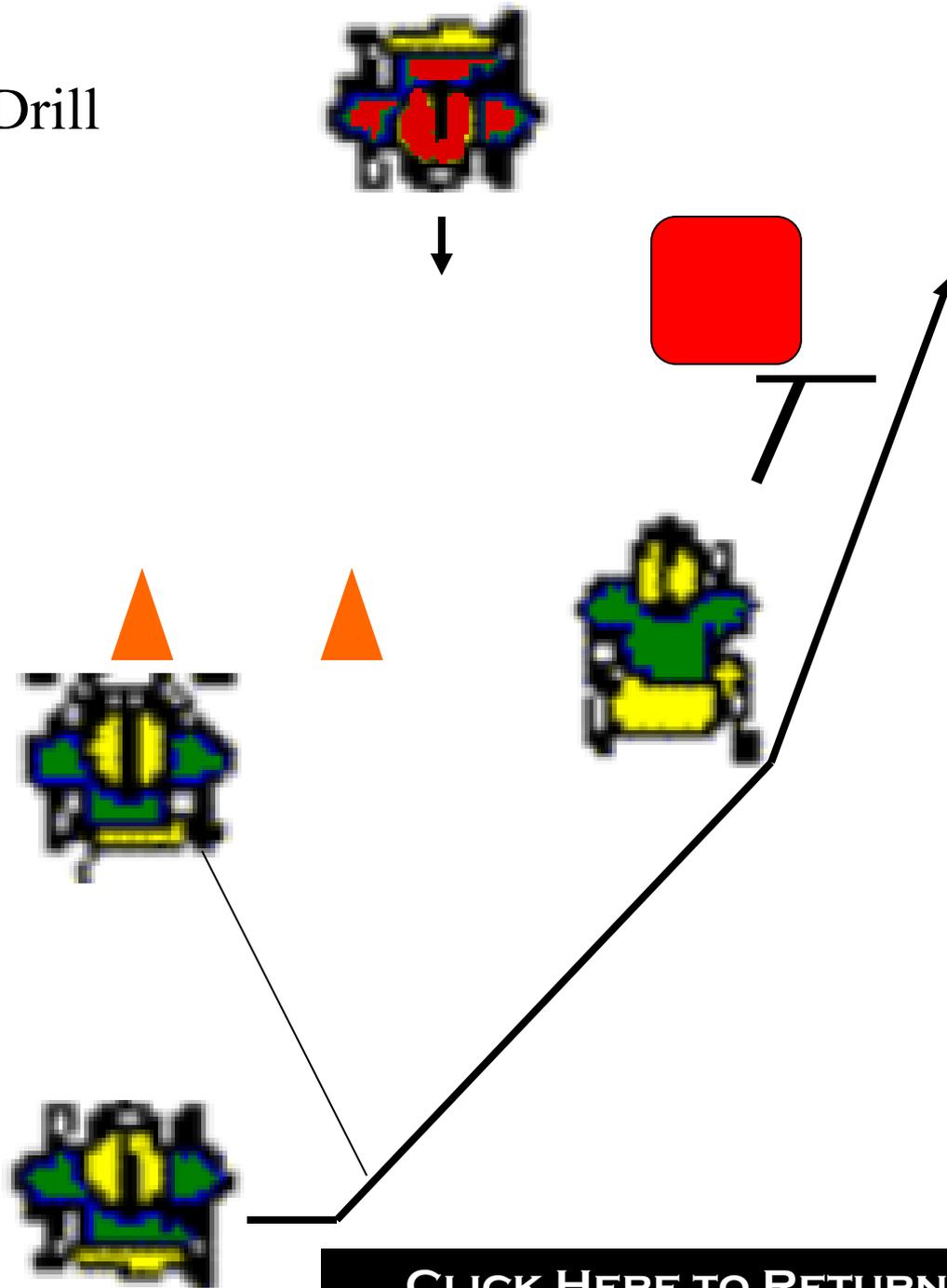
## TB Footwork Drill



Purpose: Teach the back to  
Make a quick lateral move  
(simulate cut behind OL) and  
Then burst.

Can vary direction after lateral  
Move. Coach can stand at top  
Of drill and point, or have a  
Player simulate an LB. Other  
Variations are to add yards after  
Contact moves.

Inside Zone  
Press the Line Drill

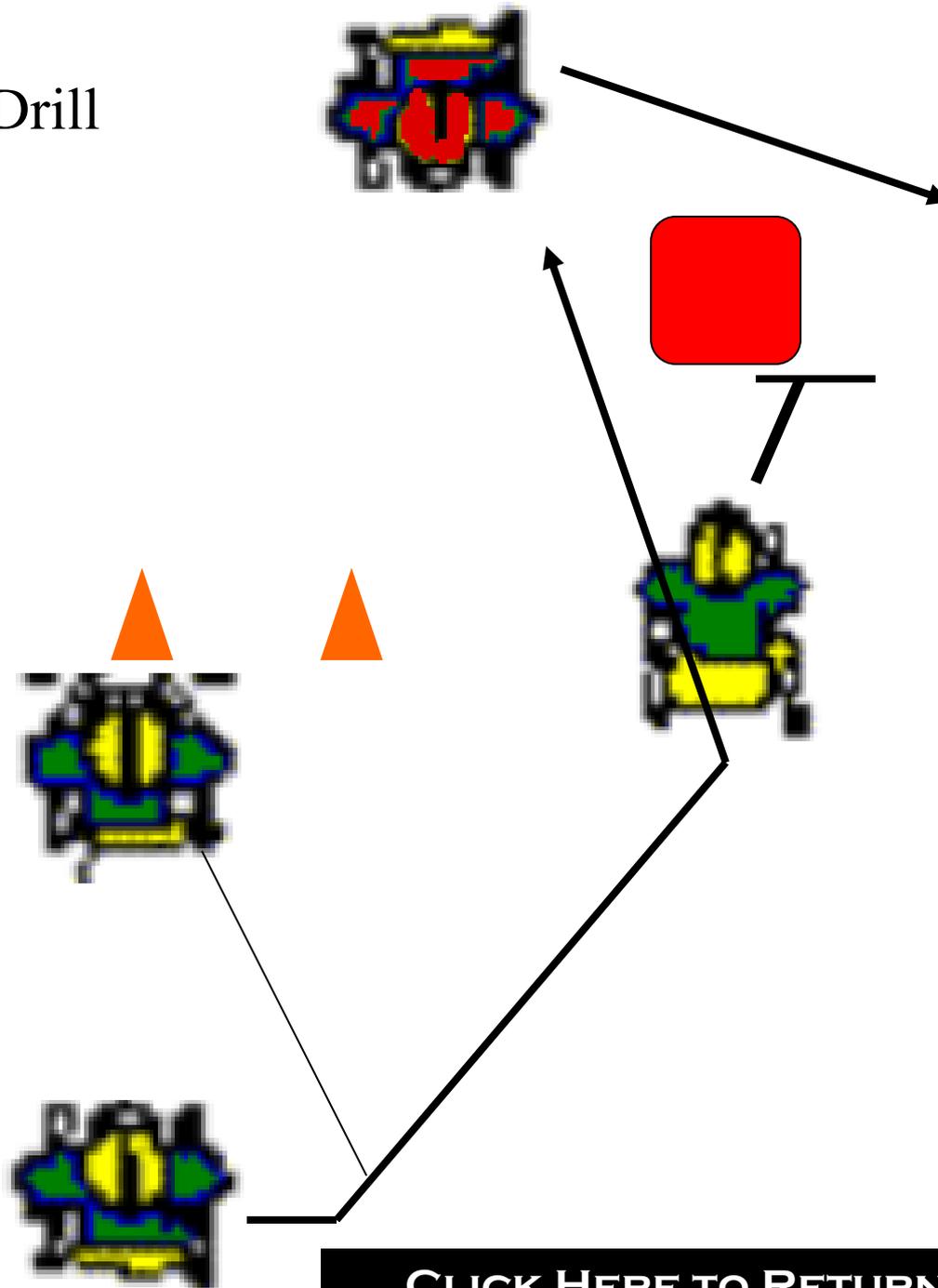


Slide 1 of 2



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Inside Zone  
Press the Line Drill



Slide 2 of 2

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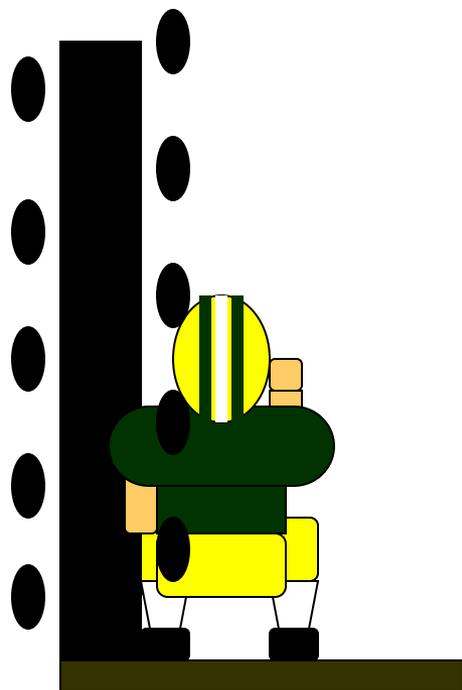


# The Zone Play: Techniques & Drills

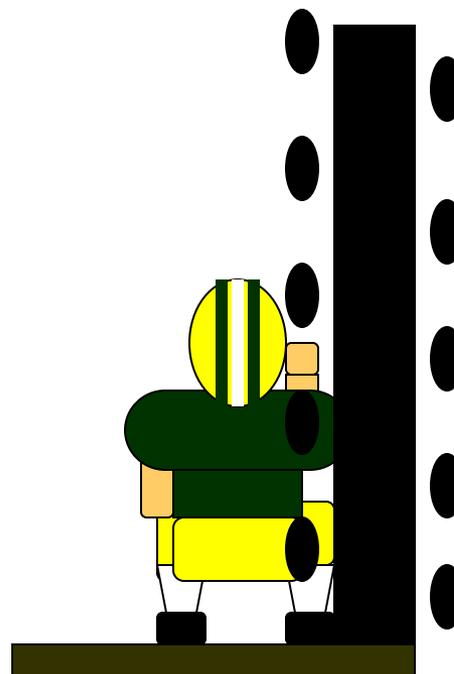
## Offensive Line

T Board Right & Left: Learn how to reach a tight defender  
gain ground and violently bring the second step  
1st step over  
speed of second step-get it down quick  
foot on second graze the board  
gain width and depth downfield

T-Board Left



T-Board Right



Variation(focus on get 2nd down quick)-put a piece of PVC Pipe  
On the ground where the first step will be placed. Give 1st-step,  
2nd step commands

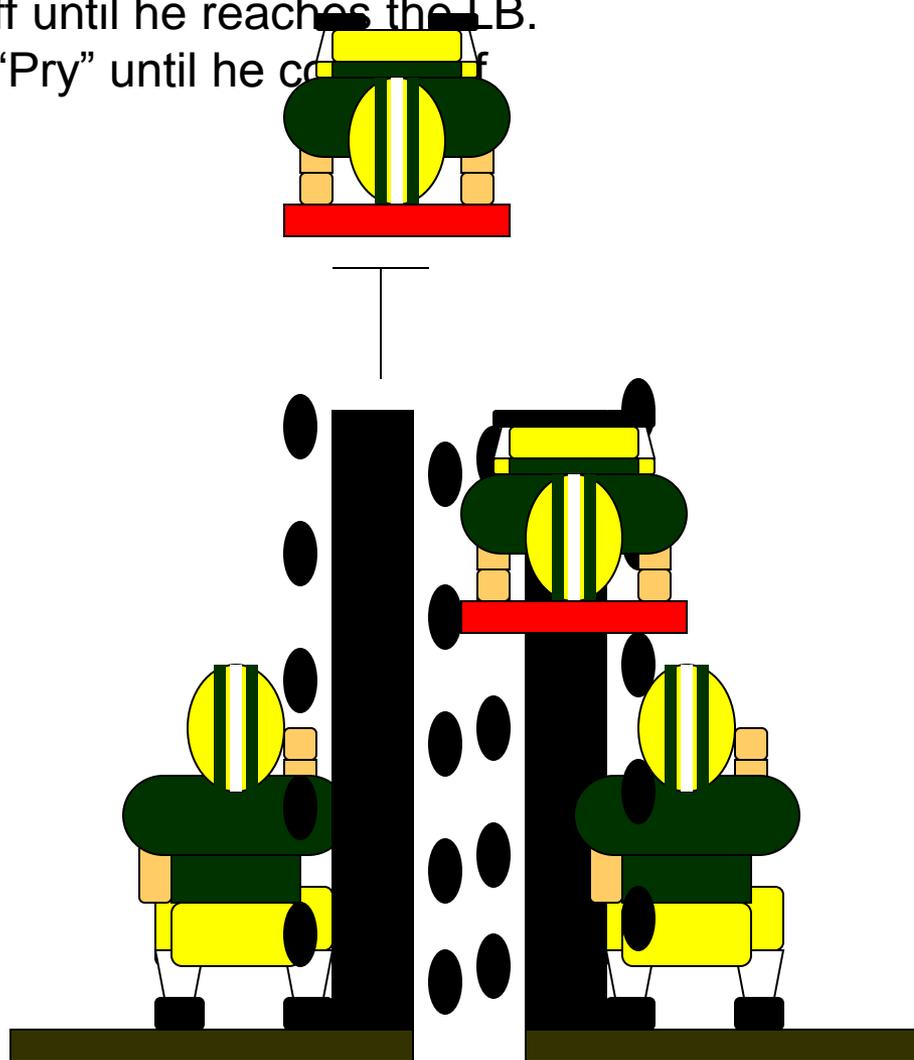
## T Board Right & Left Combo:

Learn how to “Pry” and come off at the right time.

LB with shield will remain stationary.

Uncovered OL will not come off until he reaches the LB.

He should work the one hand “Pry” until he can

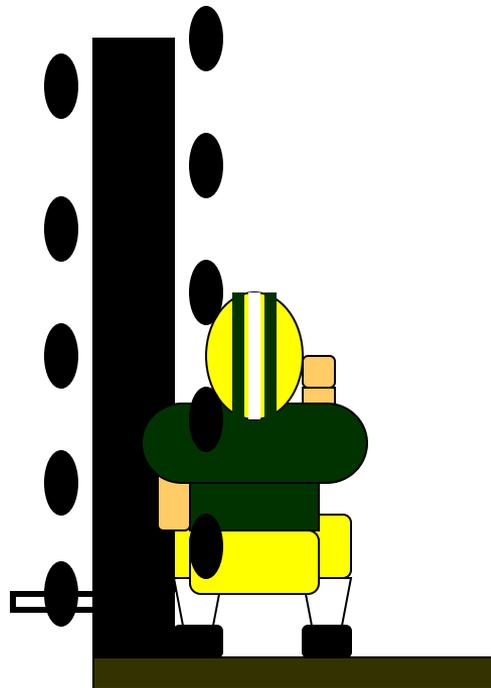


## T Board Right & Left Variation:

Focus on getting 2nd step down quick

put a piece of PVC Pipe on the ground where the first step will be placed. Give 1st-step, 2nd step commands.

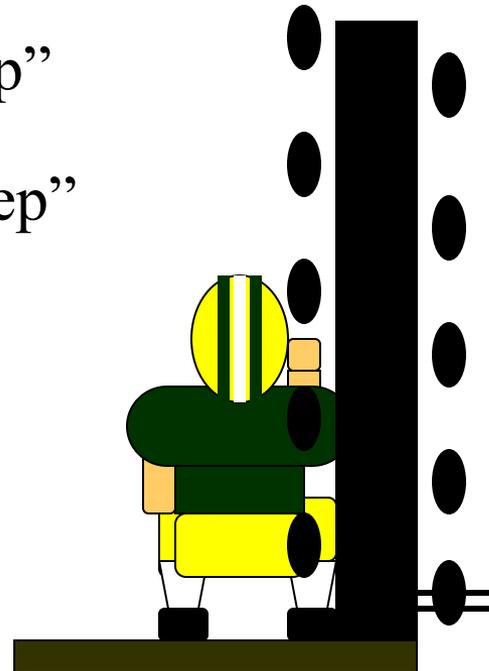
T-Board Left



“1st Step”

“2nd Step”

T-Board Right



The PVS Pipe puts the first step off balance and forces the second step down quickly.

## Reach 1-2 Punch Right & Left

In chutes vs. shields

stick on ground

slight offset of DL

quick 1-2 punch

shaded OL vs DL(create outside aligned defender)

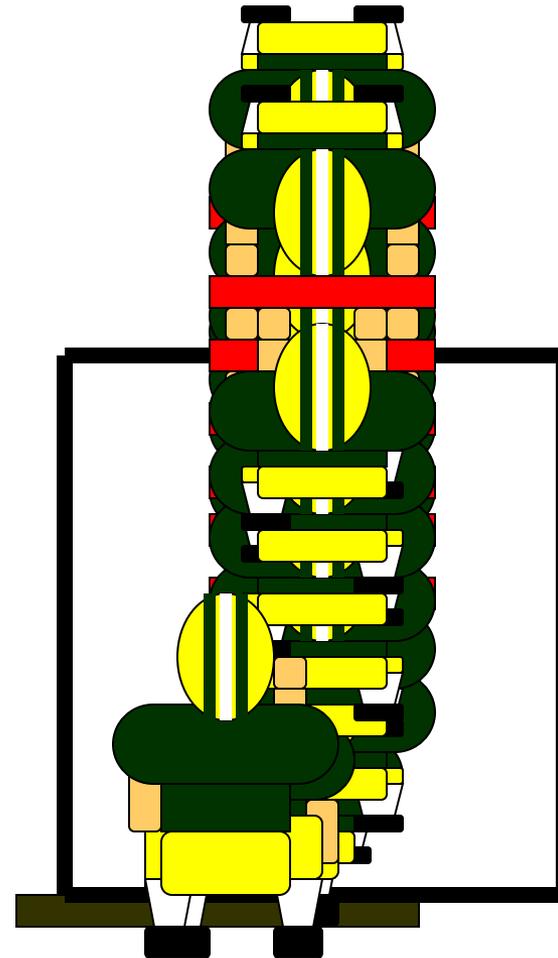
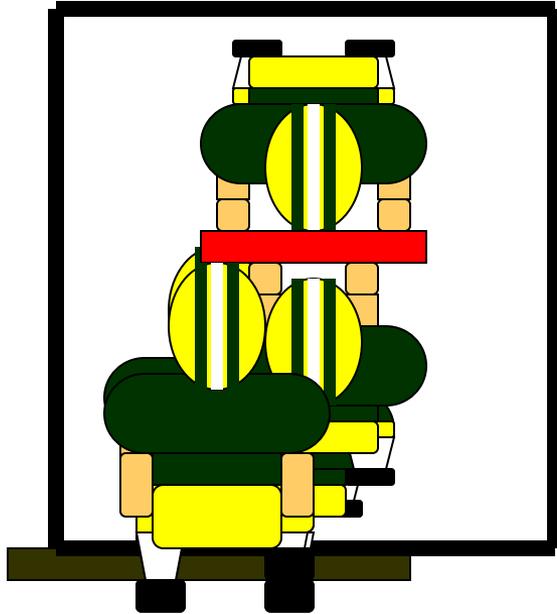
low pad level

then immediately 1-2 punch and drive

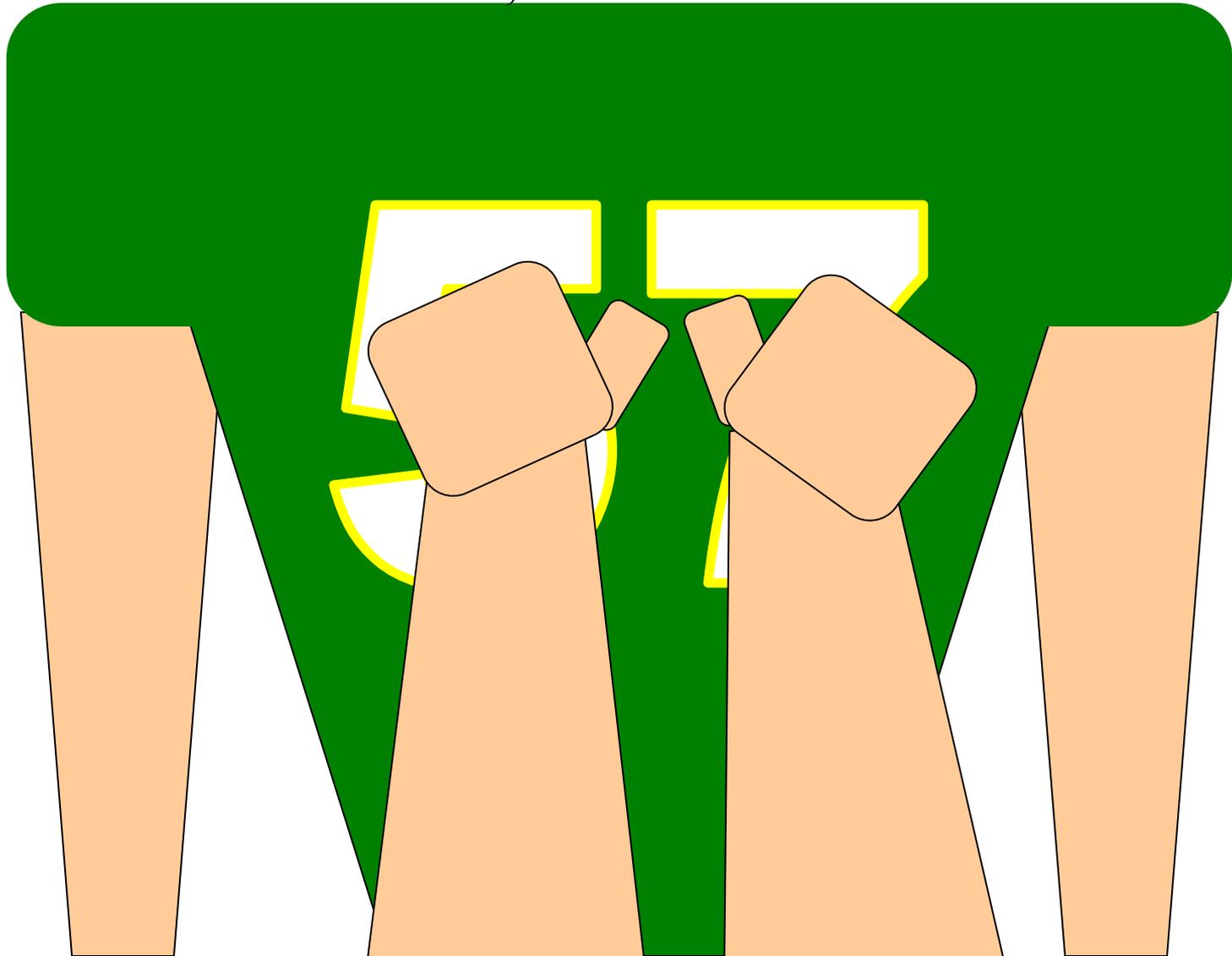
1st step square-2nd step with punch

Continue and drive him out of the chute

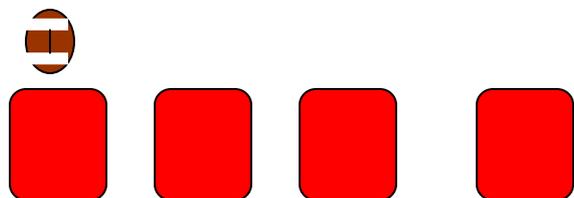
**SORRY THIS SLIDE WAS CREATED ON MAC  
& I CAN'T GET IT TO ANIMATE SMOOTHLY**



TARGETS FOR PUNCH ON ZONE  
Outside Hand to Outside Number  
Inside Hand to Inside Number  
THUMBS UP, ELBOWS IN!



# FB Blocking - OZ



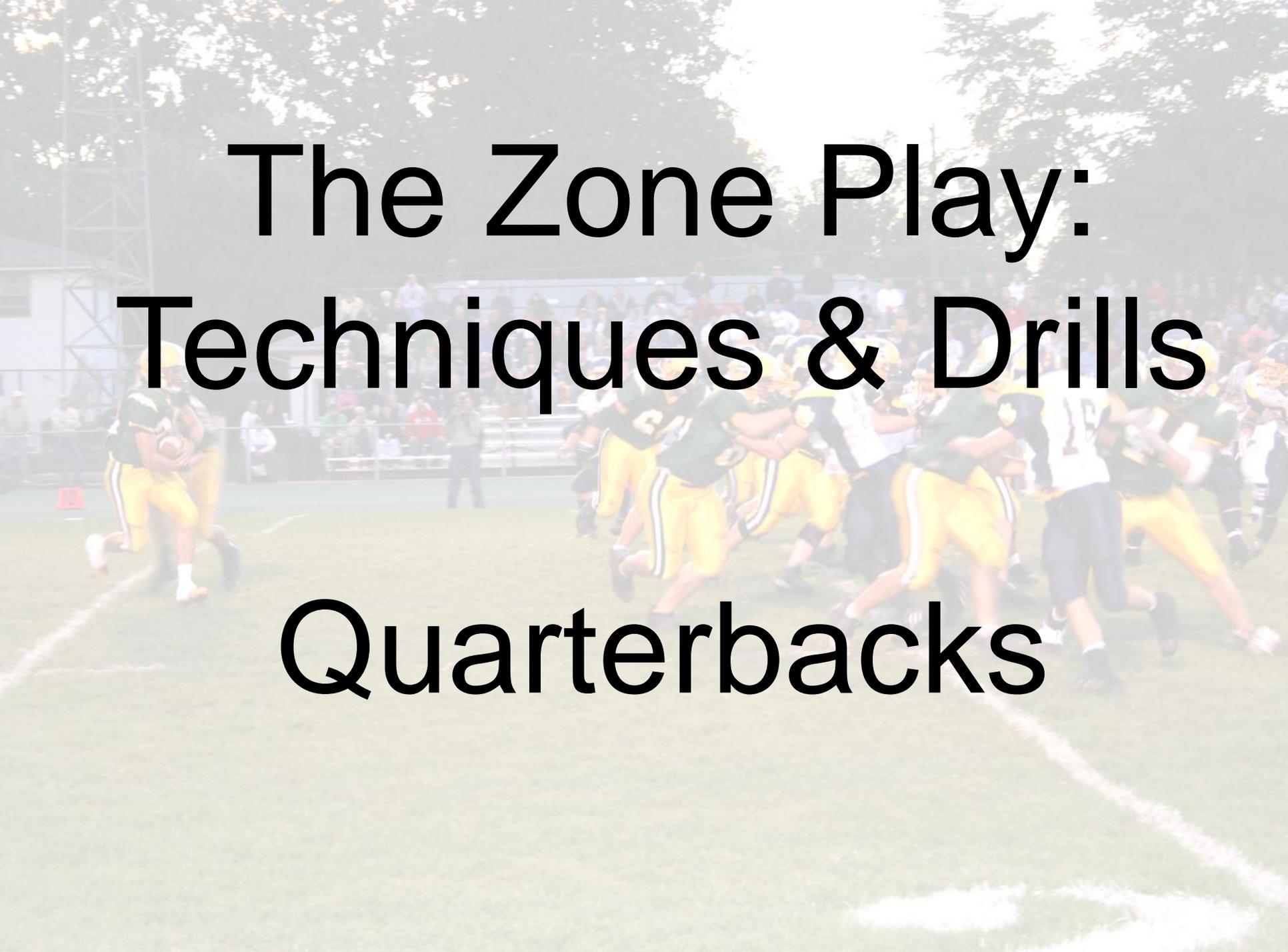
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Stretch to the perimeter for 7 yards. Kick Force Out!



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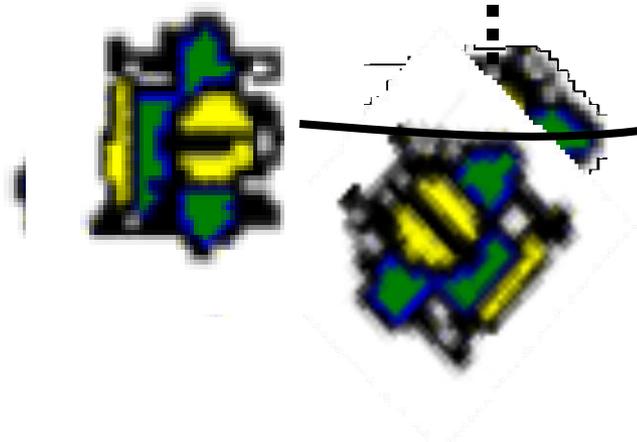
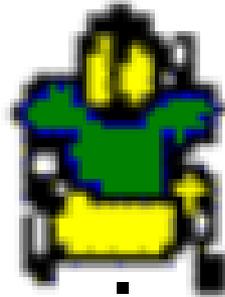
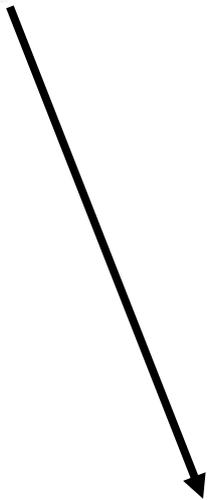
# The Zone Play: Techniques & Drills

## Quarterbacks

# Gun QB Read Drill

QB reads shoulders of DE

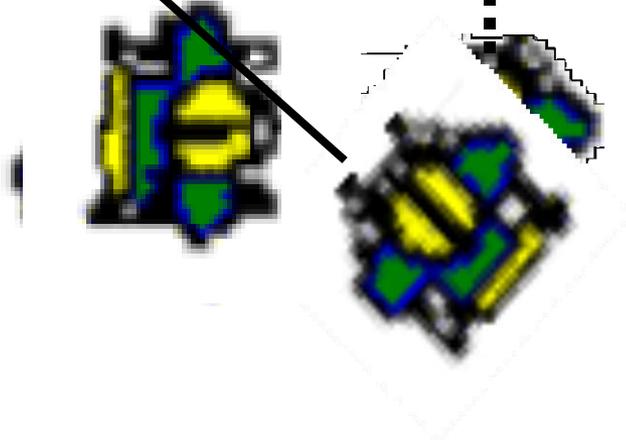
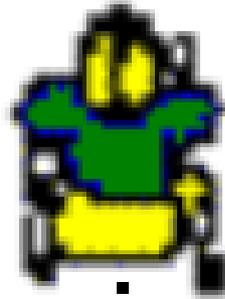
Shoulders upfield, end across-give to TB



# Gun QB Read Drill

QB reads shoulders of DE

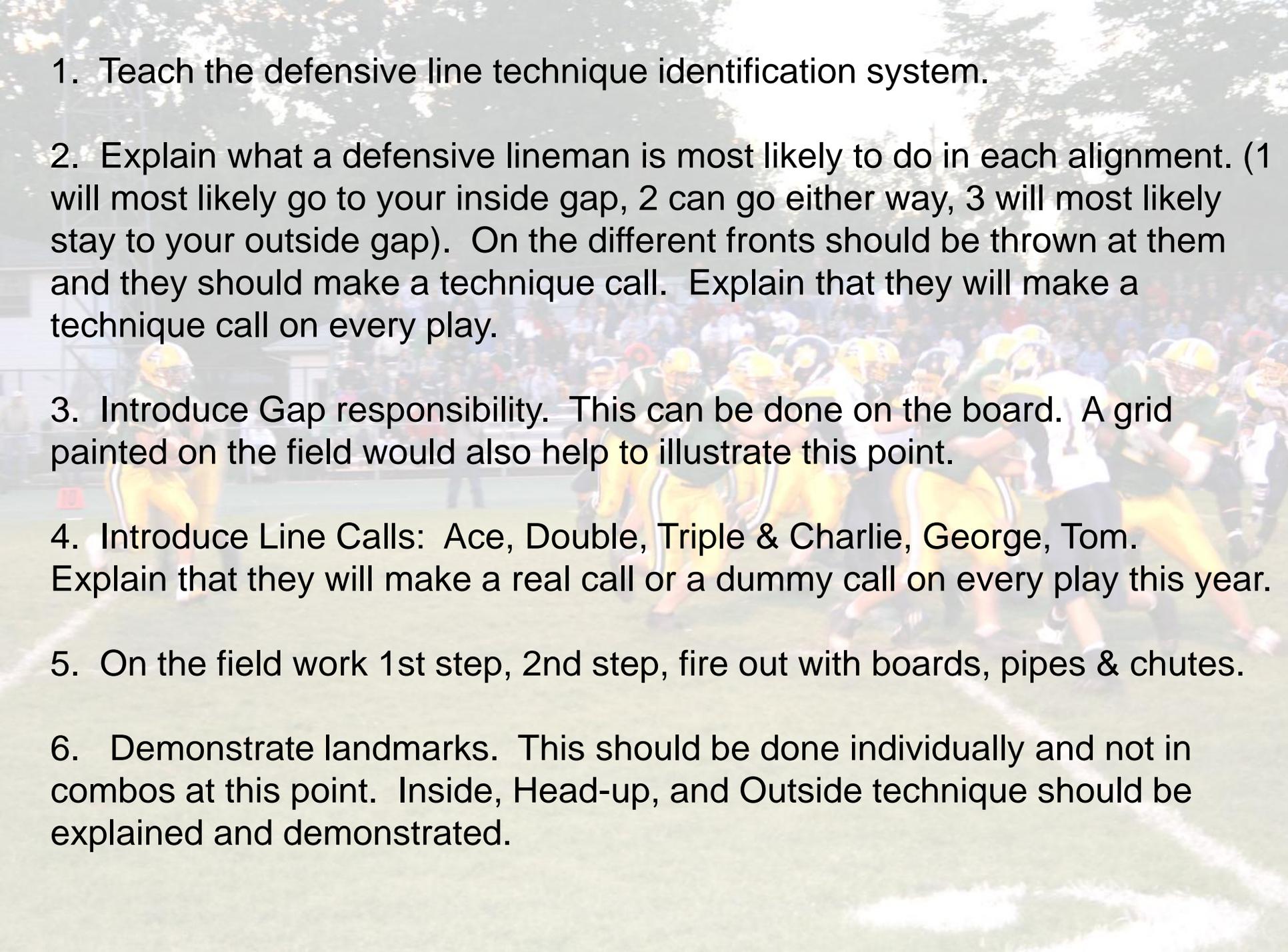
Shoulders turn, end down line-pull and keep



# Installation of the Inside Zone Play



Prior to teaching the Zone Progression, we teach an individual Drive Block. We use the sled, chutes and boards to teach the proper technique. When blocking the sled we set our linemen in different positions so that they may take all the various steps they will use when blocking our Inside Zone Play.

1. Teach the defensive line technique identification system.
  2. Explain what a defensive lineman is most likely to do in each alignment. (1 will most likely go to your inside gap, 2 can go either way, 3 will most likely stay to your outside gap). On the different fronts should be thrown at them and they should make a technique call. Explain that they will make a technique call on every play.
  3. Introduce Gap responsibility. This can be done on the board. A grid painted on the field would also help to illustrate this point.
  4. Introduce Line Calls: Ace, Double, Triple & Charlie, George, Tom. Explain that they will make a real call or a dummy call on every play this year.
  5. On the field work 1st step, 2nd step, fire out with boards, pipes & chutes.
  6. Demonstrate landmarks. This should be done individually and not in combos at this point. Inside, Head-up, and Outside technique should be explained and demonstrated.
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7. Teach a combo double team versus a 2 technique that is trying to get straight up field. At this point both linemen are getting upfield and staying square. Both will stay on the block. They should drive to level 2 (mark it with a cone). This can be done on boards and in chutes. We will work it team and group this way.

8. Teach the combo with a 2 technique and have the DL work to his inside gap and his outside gap. Now the landmark is moving, one lineman can come off the block and the other can step off to level 2. They should work to stay on the block until they reach the cone and then step off to block the LB at this point in the teaching progression.

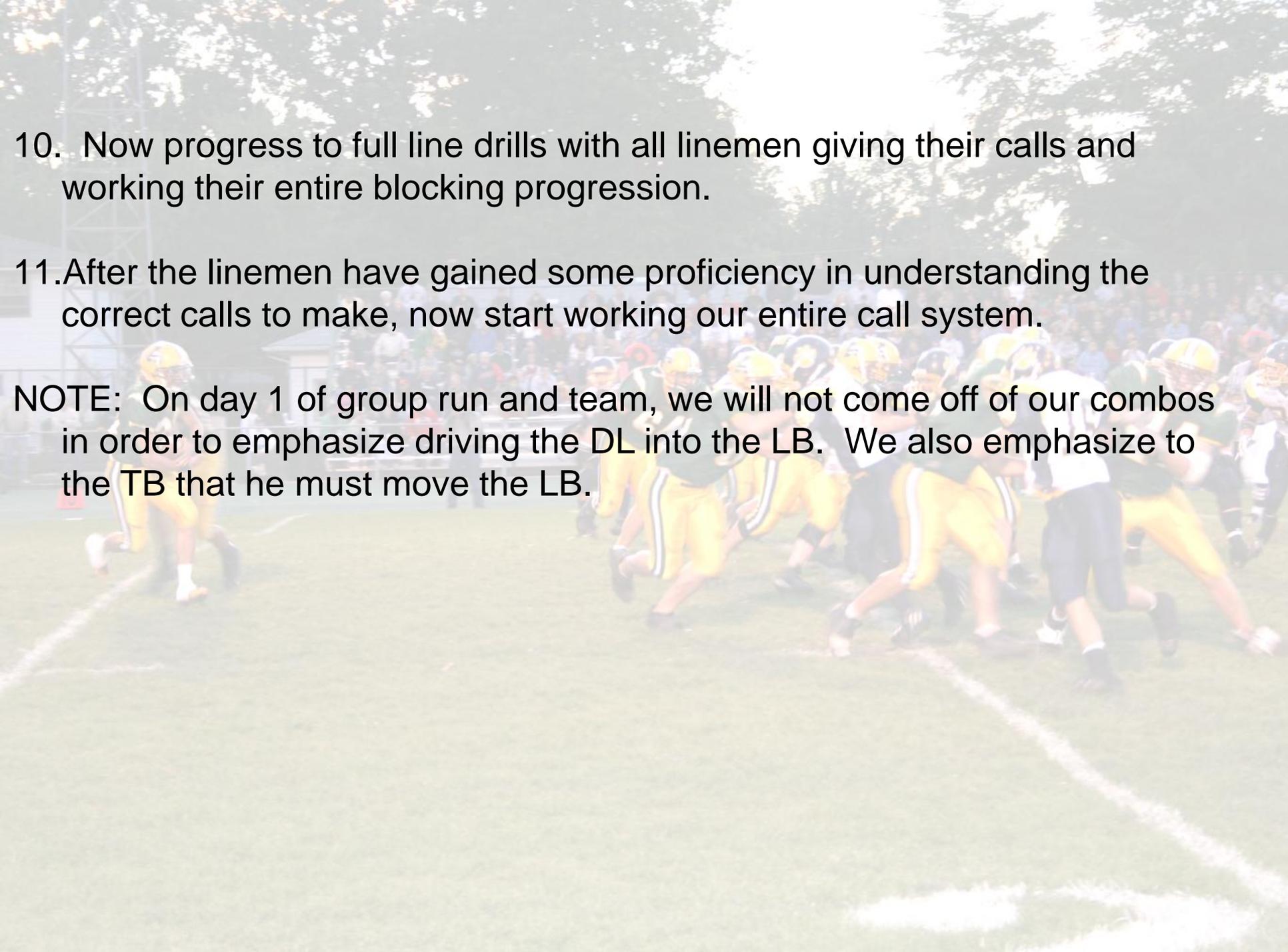
9. Now teach “Pry” technique and when it can be used. An uncovered OL with an inside aligned defender can step with inside foot and punch in order to slow penetration and allow the OL who has that gap responsibility to take the block over. Practice this technique with an LB and an adjacent lineman giving a combo call.

- a. sift technique
- b. scoop/cut technique

10. Now progress to full line drills with all linemen giving their calls and working their entire blocking progression.

11. After the linemen have gained some proficiency in understanding the correct calls to make, now start working our entire call system.

NOTE: On day 1 of group run and team, we will not come off of our combos in order to emphasize driving the DL into the LB. We also emphasize to the TB that he must move the LB.



# Practice Plan

15-25 minute meeting - review game plan, scouting report, film

10-15 minutes W.A.L.T. (Work at Little Things)-slow tempo fundamental or walk-thru period by position.

20-25 Minutes Individual Offense - Each position works drills specifically related to our offense.

20 Group Run Drills: 8 Drill, 9 Drill, 4 Drill, 5 Drill.

Purpose-get as many reps as we can for 1st and 2nd group. Show our offense all the looks we will see and use all of our personnel groupings against the opponent's defense.

25 Minutes Pass Related Drills, 7 on 7, PUP, Screen, Draw (Screen and Draw also review with OL during Special Teams)

25 Minutes Team - Situational: Monday-Introduce Formations for week and practice base offense vs. their base defense. Tues- 3rd Down Emphasis, Wed. Red Zone/GL Emphasis, Thu-Review & 2 minute offense.