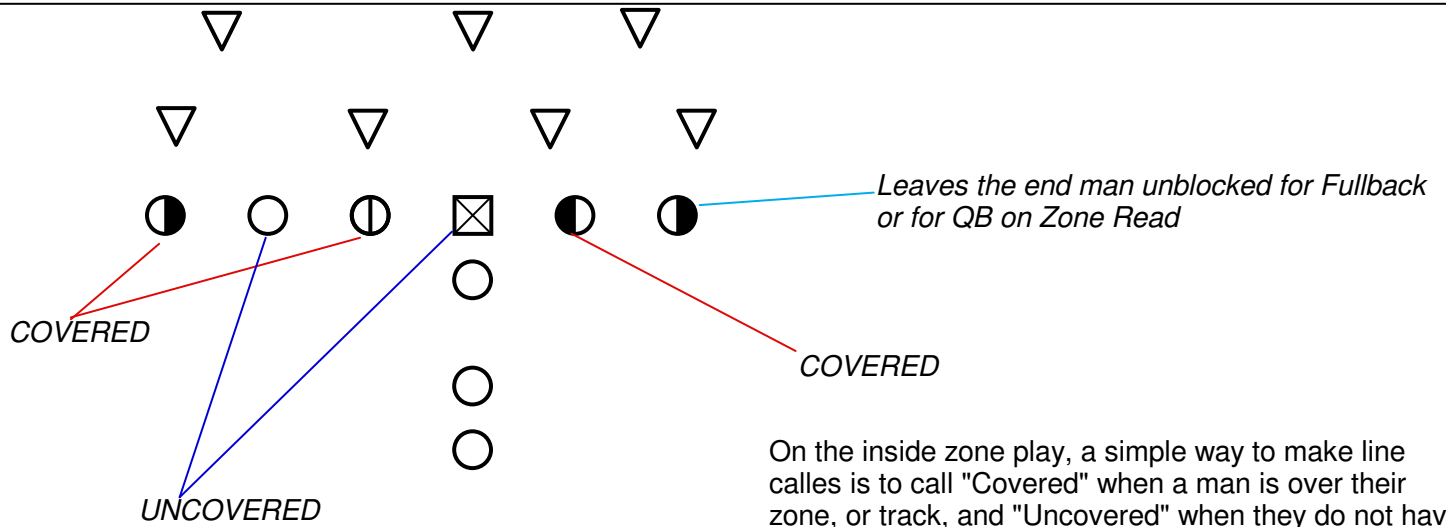
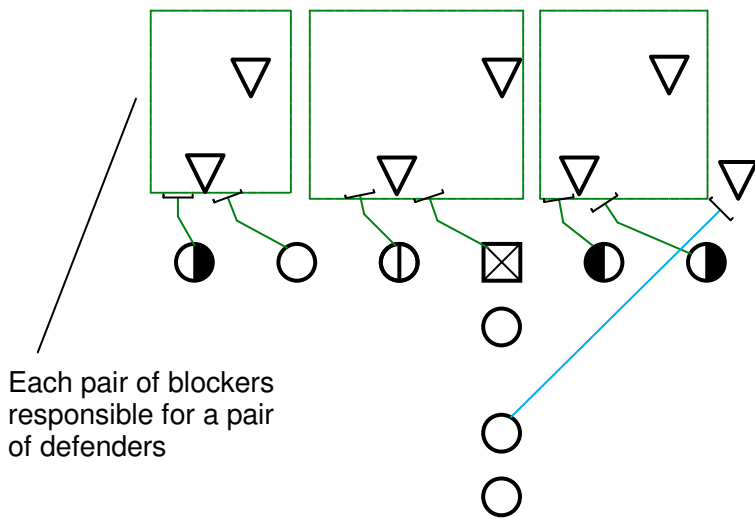


GridironChat Podcast #5: Inside Zone

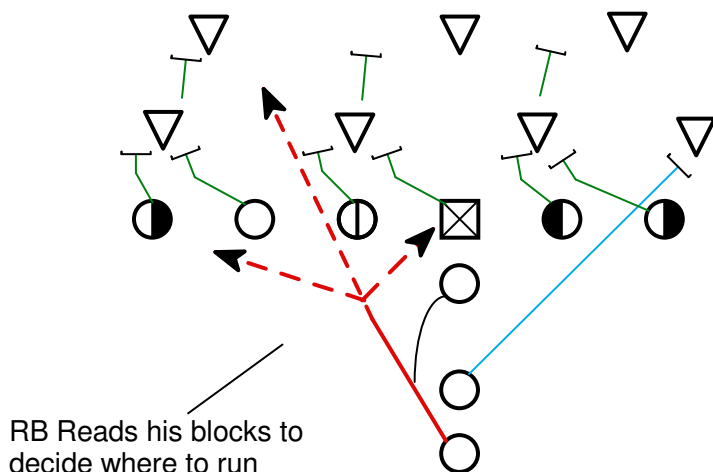


On the inside zone play, a simple way to make line calls is to call "Covered" when a man is over their zone, or track, and "Uncovered" when they do not have a lineman there. Linemen want to identify their primary and secondary threats in the time before the ball is snapped.



Each player steps to their zone side (Inside Zone Left in this case). They are responsible for their zone side gap. With the double teams at the LOS the linemen want to drive the downlinemen all the way back to the linebackers, where one blocker will slide off to take the backer.

The Fullback will take care of the backside Defensive End, who is not in a gap responsible for the zone. There is still a possibility that the Right Tackle would have to block the Defensive End to his side - if that End were to run through the next gap over on the snap. Then he would be in the 'zone' of the Right tackle.



The Tailback attacks the line of scrimmage and reads for the open gap. Some coaches will teach him to read a defender to figure out where to go. Others just rely on the instincts of the back. As the play develops and the linebackers attack the line to try to stop the run, Offensive Linemen come off their double teams. They continue to drive any defenders that come into their zone.

It is very important that offensive linemen *feel* the player they are currently blocking, while *using their eyes* to see the next level of defenders (linebackers).