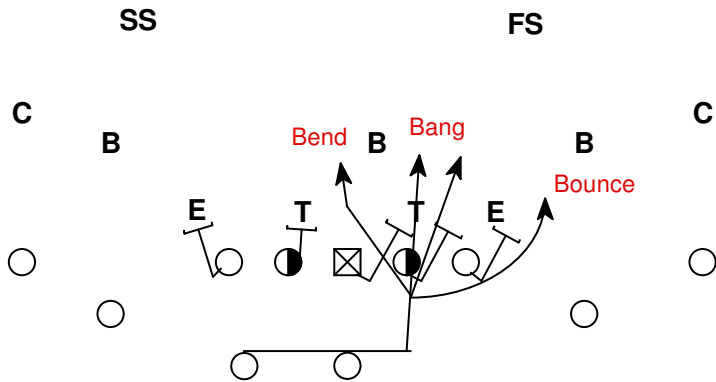


Dave Christensen - Zone Runs in the Spread Offense

Zone Read vs. 5 in the Box



Zone Read

Minimum 3ft split, bigger the split the greater the opportunity to create running lanes. Make seams against gap control player by making his gap bigger.

3-5ft split, TB lined up at 5 yds behind inside leg of Tackle, QB at same depth

Want to get the passing game to get 5 guys in the box

All linemen take a set step and block to their area

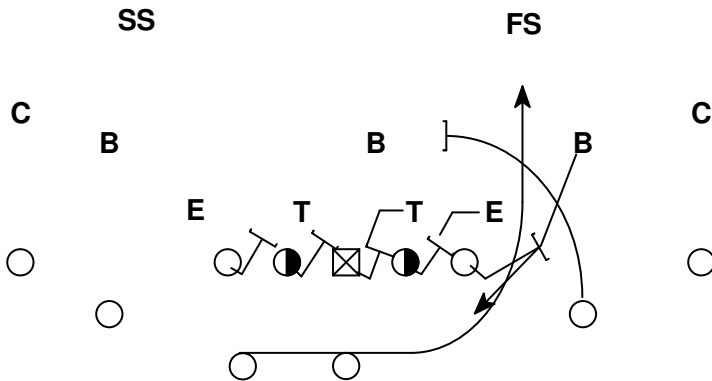
Wide splits actually create more man blocking than zone blocking. 5 in the box, make a 'man' call backside. Backside G and T will block their man on.

Read: If the Tackle touches the DE, its a give read no matter what.

TB: Comes straight across, 3 steps past mesh, to get defense fast flowing. He has three choices: *Bang, Bounce, or Bend.*

Movement on 3-tech, bang it. If 3-tech sparks inside, bang it to B gap. If 3-tech comes inside and DE comes inside, bounce it outside. If 3-tech and 5-tech are flowing, bend it back.

Versus the Blitz



If there is a blitz look, must adjust up front.

They show bringing a 6th guy on a blitz

Make alert call to get OL on most dangerous.

'Super Zone' call, everyone block one zone out

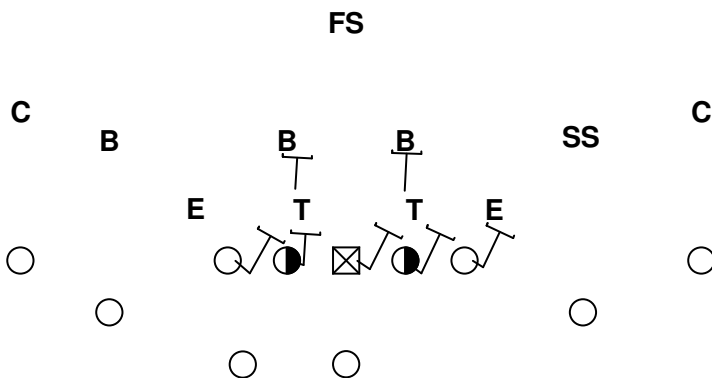
Want the receiver to get the call and crack on the ILB flowing.

Backside OL block their zones. If ILB isn't flowing hard, BSG may get to him.

Often against this, they pick up the OLB and it 'Bends' inside of him.

We're running these plays no matter what, must get the 5 linemen on the most dangerous 5. Don't have to check it, get to the line and run it.

Versus 4-2-5 Defense



6 men in the box

Must make zone calls, 5 on 5 most dangerous, read the DE.

Rarely get hip-to-hip combo because of the splits.

With a 3-tech, we can pull the T inside to get him, BSG can just take off to backer (end unblocked).

Read: QB reads DE, if he is hesitating or coming up field, give it.

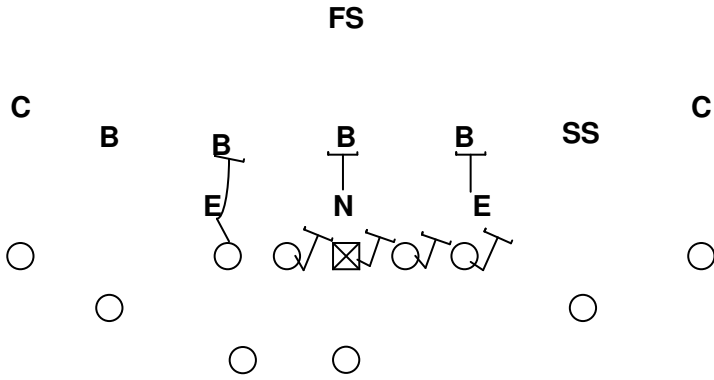
If DE shuffles, hand it off. If he comes off the butt of the tackle, chasing the TB, pull it and QB keeps the ball coming off the backside.

Any time we can cut a player on the back side of the zone, cut him.

If BST can't cut the 3, lock call locks the BSG on the 3-tech, BST loops around him up to the ILB.

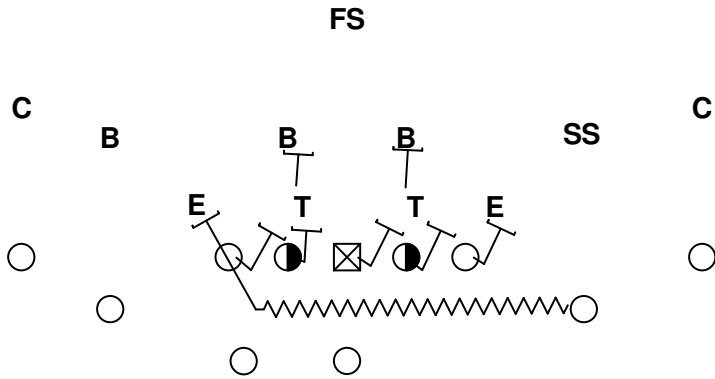
Versus 3-3-5 Defense

Not concerned about what the Defense aligns in, like it against anything. Get to the line and run it in a hurry. Backside, put a hand on the DE to force QB handoff, then bounce up to LB. Get the ball handed off, he's the better athlete. Likely to bang it, could bend it if Nose is really working hard over, could bend it if End comes inside hard. If the BSE is real wide, we may not get a hand on him, so the QB may still be reading it.

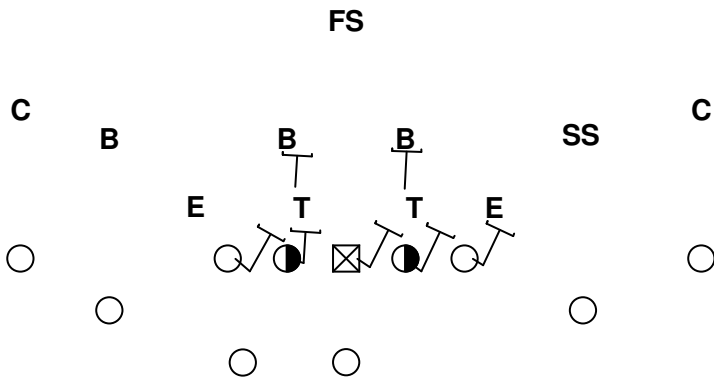


Force the Handoff (Goal Line)

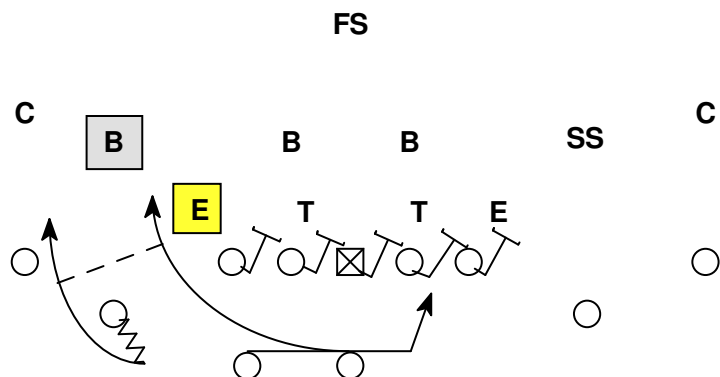
In goal line and short yardage, force the hand-off by bringing the Y-receiver in motion and blocking the BSE with him. Keeps a spread formation, but guarantees a hand-off on the play.



Versus 4-2-5 Defense



Zone Option Play

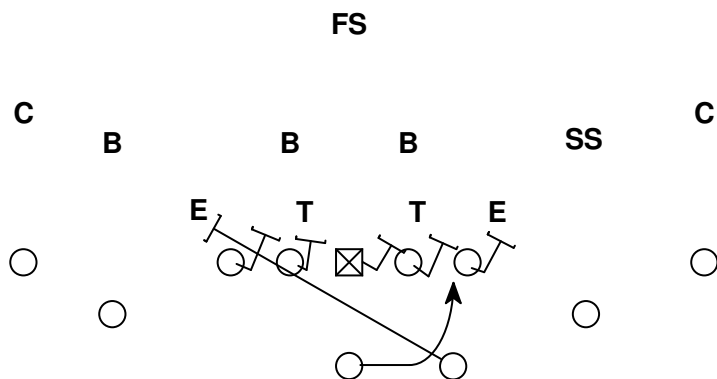


Need a man in pitch relationship.
 From a 2x2 or 3x1, ability to get someone into pitch phase.
 Base zone scheme, everyone blocks like zone read.
 For RB and OL, its the Zone Read.
Read: Same as ever, if DE chases the Back, we back the slot receiver into pitch phase, option the next player to show.

Can also make this happen through motioning a player into the backfield.

vs. 5 in the box, make a man call up front, lock on backside to DE, QB is forced to hand the ball off, carries out the option fake. But we want to give to the TB vs. 5 in the box (same against Base 30 look).

QB Zone Play out of 1-Back



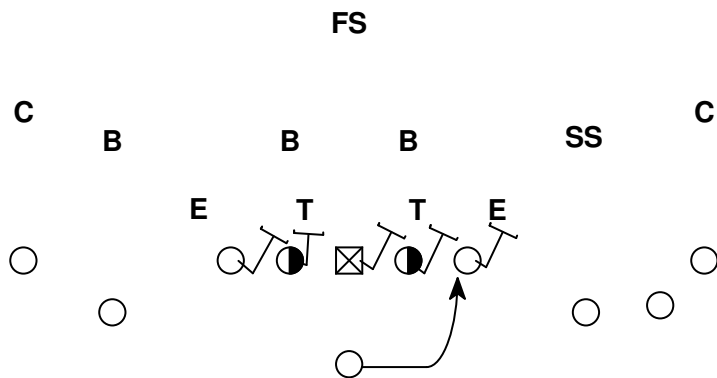
Formation is not that important, other than using Formation to dictate how the Defense will align to the formation.
 QB Zone Read to the right, block like any other zone read play.
 TB comes across straight to backside DE to block him, but it creates a mixed read for the LBs. QB delays for 2-3 steps and then attacks LOS.

Could do this out of 3x2 set and motion him in to block the DE.

Backside must combo block the 3-tech because they know the End is taken care of.

Blitz off of back side, make 'Alert' call, Tackle slow plays waiting for End to spark inside, TB takes outside blitz.

QB Zone Play out of No Backs



Throwing the football against Empty will spread out the defense.
 This lets you run versus 5 (or less!) guys in the box from Empty. Zone principles don't change for OL.

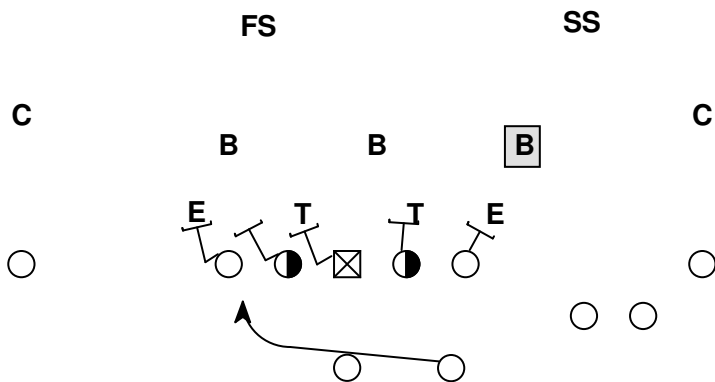
Lock up on backside because you have 5 in the box. If OLB is aligned in a position to make a play backside, stay on the End until he shows.

QB takes a few steps to stretch the play, if he attacks immediately the safeties and LBs will recognize it.

Can run this from the line making a Right or Left code call.

You can utilize these blocking schemes to do a million different things.

Versus a cheating defense



Two backers aligned to the Trips side. If one is in position to help on the run, not respecting the pass, they are outmanned on the perimeter.

Backside guys are going to man-up blocking.

Read: QB reads the backer. If he is attacking to play the Zone Read, throw the bubble. If he plays outside, run the zone play.

You can also run it to teh backer.