

How Fishers HS Teaches the Zone Running Game



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Fishers HS Football Staff

Offensive Staff

Michael Kelly – OL
Adam Stevenson – Head JV / RBs
Scott Rhodes – QBs
Matt Leber – TEs
Ryan Wimmer / Donovan Pitts - WRs

Defensive Staff

John Jud – DC / DEs
Patrick Schooley – STC / LBs
Tony Farrell – DBs
Matt Leber – DTs
Jayvis Mason – Asst. DBs

John Brooks – Asst. HC / Video

Freshmen Staff

Curt Trout – HC
Jeff Harkin – Line
Brad Kroft – Receivers / DBs
Chuck Shroyer – Offensive Asst.



Why the Zone Running Game?

- **Hard-nosed, physical football**
- **2 bodies (3 hands) on down defender**
- **Block all fronts, stunts, blitzes**
- **Strong and weak-side running game**
- **Use of multiple personnel groups / formations**
- **Option-running by ball carrier**
- **Few negative plays**
- **Use of different kinds of backs**
- **Great play-action**



What Is Important?

- **Study and commitment**

Inside zone since 1985.

Outside zone since 1989.

Percentage of total running game

- **Takeoff and leverage**

Footwork

Demeanor and pad level

- **Set the angle and stay on track**

RB and OL work on same angle to move (displace) the defense

OL - Don't chase down defenders

RB – Press LOS before cutting back IZ; Stretch, don't belly, the OZ.

- **Tempo**

Patience of OL; 2nd level must come to you.

Patience and speed of RB



24/25 Key Statistics

2010

Freq. – 155 (27%)
Yards – 846 (29%)
Avg. – 5.5
+4 – 82
+20 – 6
Loss – 8
Eff. – 57%

3 year avg.

Freq. – 125 (28%)
Yards – 673 (31%)
Avg. – 5.4
+4 – 66
+20 – 5
Loss – 12
Eff. – 56%



28/29 Key Statistics

2010

Freq.	–	59 (11%)
Yards	–	305 (11%)
Avg.	–	5.2
+4	–	33
+20	–	1
Loss	–	10
Eff.	–	52%

3 year avg.

Freq.	–	70 (15%)
Yards	–	425 (20%)
Avg.	–	6.1
+4	–	36
+20	–	4
Loss	–	10
Eff.	–	53%



Zone Blocking Rules

Playside Rules

C - #0, Playside A gap
PSG - #1, Playside B gap
PST - #2, Playside C gap
Y / R - #3, Playside D gap

Backside Rules

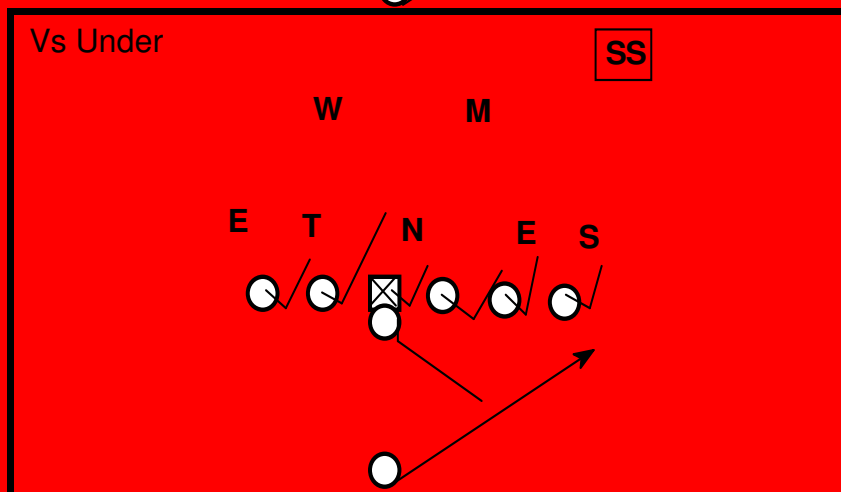
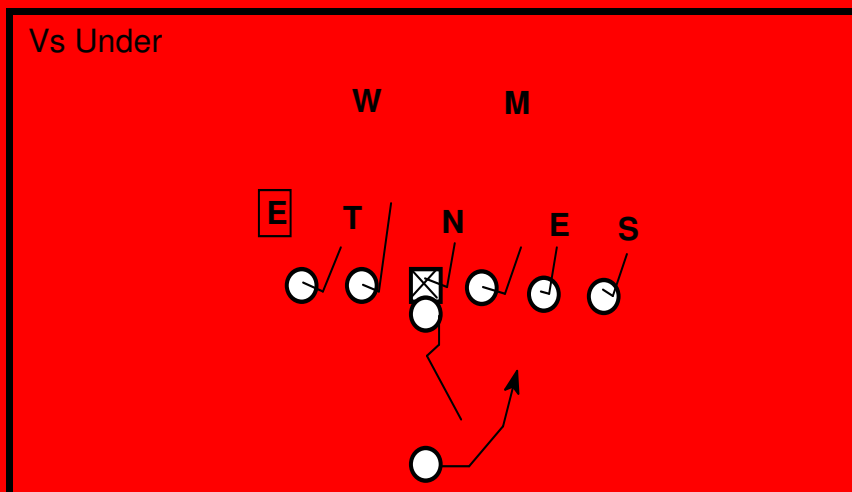
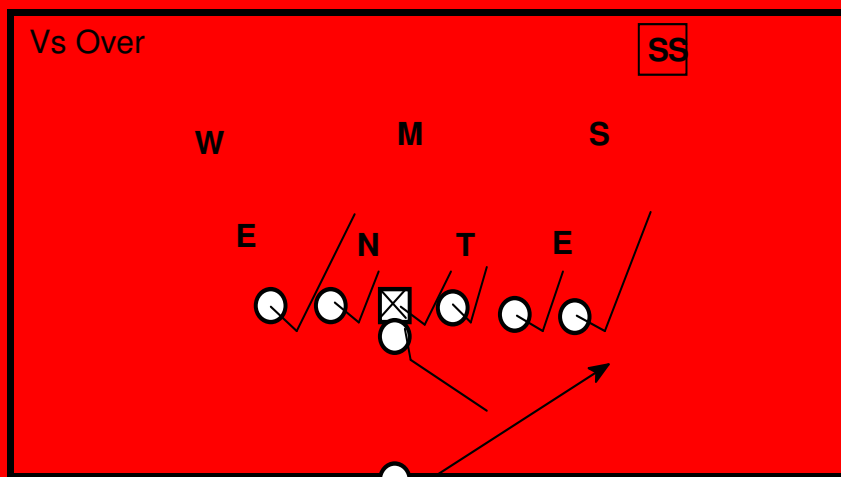
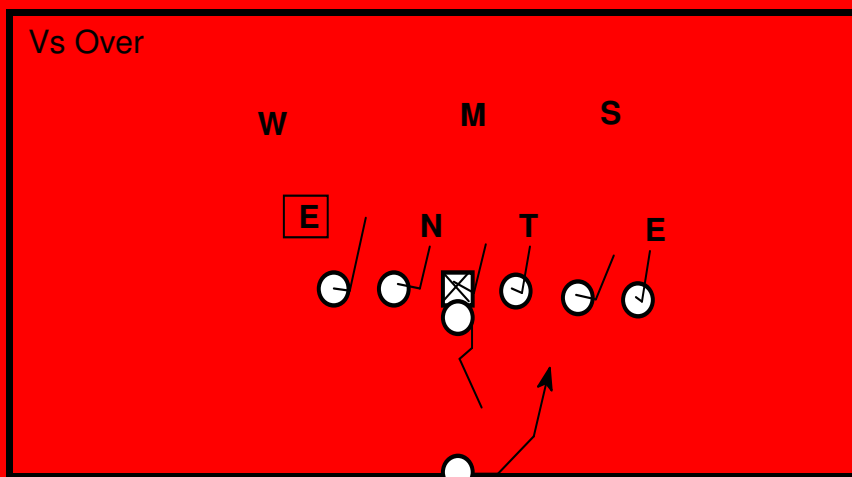
BSG - #1, Backside A gap
BST - #2, Backside B gap
Y / R - #3, Backside C gap

- Covered lineman makes combination call to backside uncovered lineman (2-on-2 zone blocks)
- “Gang” call for covered adjacent linemen (3-on-3 or 4-on-4).
- Lineman w/ defender on backside shoulder is considered uncovered.



Zone Scheme

Inside Zone



Zone Blocking Fundamentals

- **Stance**

- Feet outside hips; not wider than shoulders
- Whole foot in the ground
- Balance

- **Alignment**

- Horizontal
- Vertical

- **Identify / Communicate**

- C identify + communicate 0
- Communication of combinations



Zone Blocking Fundamentals

- **Rubs (IZ)**

POA – Outside # (covered)
Near armpit (uncovered)

1st step – Set departure angle
Set step to POA
Draw guns; wrists to hips
Pick it up; put it down

2nd step – gain ground upfield
Hands in phase w/ 2nd step
Maintain base; no x-over

- **Scoops (OZ)**

POA – Outside armpit (covered)
Sternum (uncovered)

1st step – Set departure angle
Bucket step to POA
Draw guns; wrists to hips
Width and depth

2nd step – Gain ground thru crotch
Hands in phase w/ 2nd step
Maintain base; no x-over



Zone Blocking Fundamentals

- **3 hands on Down L-man**
2-hand punch by covered blocker
1-hand punch by uncovered blocker
1-hand punch to pass defender
- **Stay on track**
Do not chase down defenders.
Don't turn shoulders.
Do not use off-hand or arm involved
in 1-hand (near hand) punch.

- **Blocking Levels**
Be patient.
Blocker will come to you.
Duck walk (waddle) to defender.
Keep hips down.
Gather and strike.
- **Piggy-back (OZ)**
- **Cover up defender**



Zone Blocking Drill Progression

- **Step Drill**
 - Set step
 - Bucket step
- **Duck Walk Board Drill**
 - Set step
 - Bucket step
- **1-hand Fit Drill**
- **1-hand Exchange Drill**
- **2-on-1 Punch Drill**
- **2-on-2 Zone Drill**
- **3-on-3 Gang Drill**



Zone Blocking Drill Progression

Step Drill

1. Set step
 - Pick it up; put it down
 - Set angle; draw guns
2. Bucket step
 - Width and depth
 - Set angle; draw guns



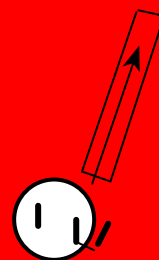
Set Step



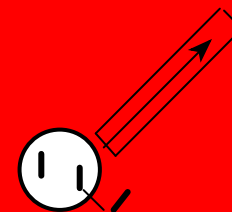
Bucket Step

Duck Walk Board Drill

1. w/ Set step
 - Slight board angle
2. w/ Bucket step
 - 45 degree board angle



Set Step
+ Walk (IZ)

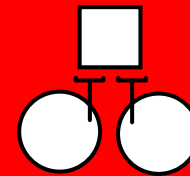


Bucket Step
+ Walk (OZ)

Zone Blocking Drill Progression

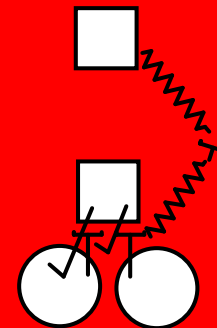
1-Hand Fit Drill

- Fit position
- Defender in gap
- Blockers in 1-hand punch position
- Drive defender off ball w/ leg drive
- Maintain demeanor and leverage



1-Hand Exchange Drill

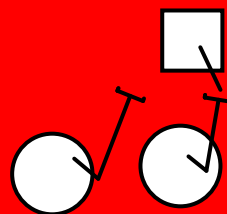
- Same Fit position; 2nd def. stacked
- Drive defender off ball w/ leg drive
- 4 eyes on 2nd level defender
- Push off to LB flow + waddle up
- Work 2-hand punch away from flow



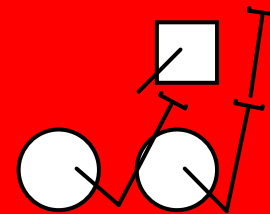
Zone Blocking Drill Progression

2-on-1 Punch Drill

- Defender aligns blocker to playside.
- Signal expand or veer to defender.
- Coach stance + steps (IZ / OZ).
- Coach POA, demeanor, leverage.
- Stay on tracks. Don't chase.



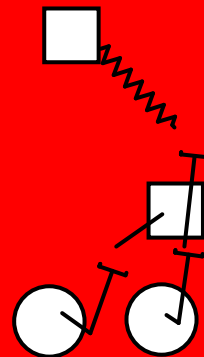
Rub vs Expand



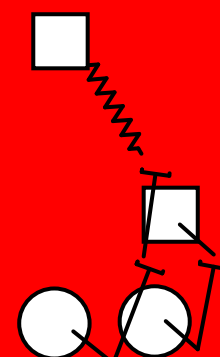
Scoop vs Veer

2-on-2 Zone Drill

- Add LB
- Signal defenders for desired course.
- Coach stance + steps (IZ, OZ).
- Coach POA, demeanor, leverage.
- Stay on tracks. Don't chase.



Rub vs Veer

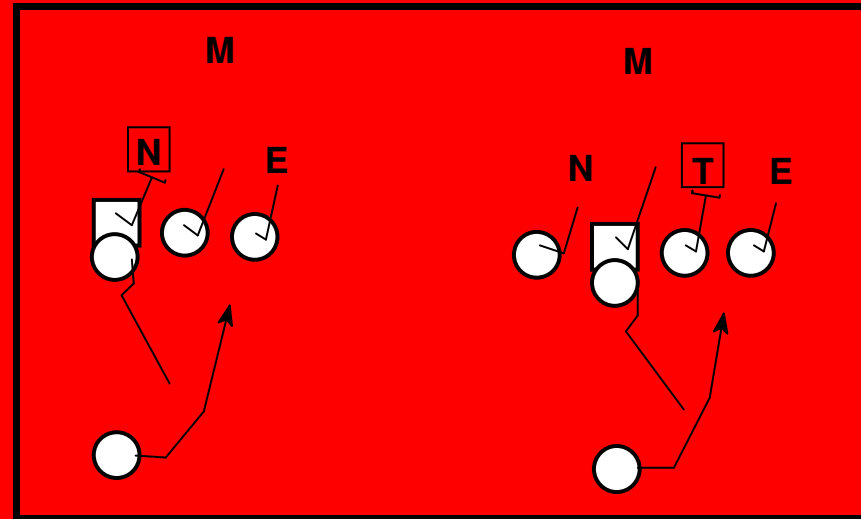


Scoop vs Expand

RB Zone Footwork

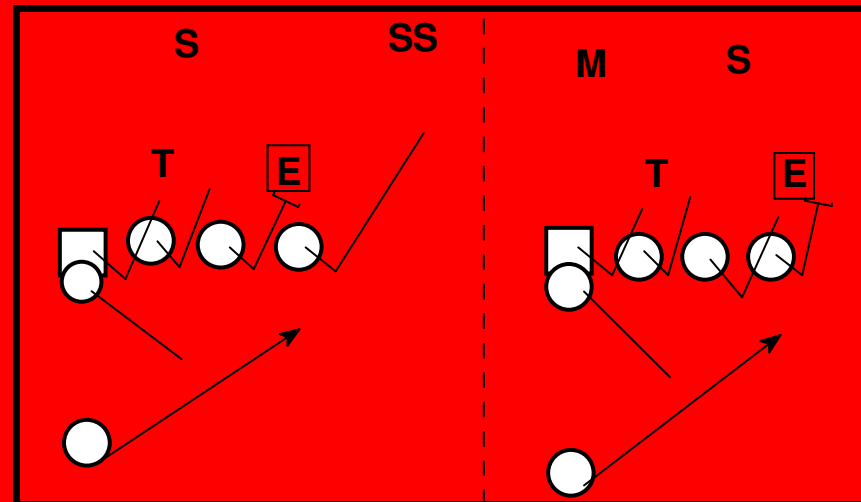
Inside Zone

- Lateral slide; shoulder turn
- Point toe to inside leg of PST
- Crossover downhill chasing PST
- Rollover inside leg getting downhill
- Press LOS; key 1st DL from C
- Tempo: slow to, fast thru
- Gun: POA is inside leg of PSG



Outside Zone

- POA is 1 yard outside and 1 yard behind TE position.
- Angle step directly at POA.
- Sprint full speed
- Do not bow track
- Key block on EMOL
- Stretch; look for 4 yards



Video Presentation

