

Herscher Inside Zone
Dan Wetzel-Head Coach
Jason Spang-Offensive Coordinator
Jim Frary-Offensive Line

- I. Why Inside Zone
 - A. Fits Our Personnel
 - 1. Skill Athletes
 - 2. Smaller/Quicker Linemen
 - B. No Negative Plays
 - C. Run Out of Multiple Formations
 - D. Offensive Line Can Apply a Set of Rules to Various Fronts
 - 1. Even Fronts
 - 2. Odd Fronts
 - E. Build Identity and Sell It
 - F. Marry It...Not Date It
 - 1. Team That Runs Zone?
 - 2. Zone Team?
 - G. Great Play-Action Passing Game
- II. What to Look for in an Offensive Linemen
 - A. Athletic
 - 1. Quick
 - 2. Good Feet
 - 3. Smaller
 - B. Disciplined-Reps, Reps, Reps
 - C. Great Work Ethic
 - D. Extrovert/Communication
 - E. Great Vision
- III. O-Line Blocking Progression
 - A. Splits-2 Foot
 - B. Stance-Great Stance = Great Take-off
 - C. Steps-One , Two Punch Team
 - D. Eyes and Hands
 - E. Backside-Leg and Arm
 - F. Finish-Unlock Hips and Drive 10 Yards
- IV. O-Line Stance
 - A. Feet Under Arm Pits
 - B. Instep/Toe Relationship
 - C. Squeeze the Knees
 - D. Toes Aligned Straight Ahead/Weight on Insteps of Feet
 - E. Flat Back
 - F. Five Finger Bridge
 - G. Off Arm outside Placed Outside of the Knee
 - H. Down Hand Placed Slightly Outside the Staggered Foot Eye and Inside the Staggered Foot Knee
 - I. Look Through Eyebrows
 - J. Balanced Stance
 - 1. Weight Should be Evenly Distributed on All Three Points
- V. Teaching Methodologies
 - A. Walk-Throughs
 - B. White Board
 - C. Video Cut-Ups

- D. Written Test
- VI. O-Line Drills
 - A. Staggered Lines-Work Steps, Stance, and Hands
 - B. Punch Drill
 - C. Boards
 - D. 1 on 1's
 - E. 2 on 2's
- VII. O-Line Zone Blocking Calls
 - A. Slip
 - B. Gap
 - C. Gang
 - D. Smash
 - E. Backside-A, B, or C Call
- VIII. Under Center
 - A. Quarterback
 - 1. Stance
 - 2. Steps (6 O'Clock), Get Depth
 - 3. Carry Out Bootleg
 - B. Running Back
 - 1. Stance/Alignment
 - 2. Aiming Point/Pre-Snap Calls
 - 3. Steps (Timing Step)
 - 4. Slow To, Fast Through
 - 5. Bang, Bend, or Bounce
 - 6. If Bend, Then Ride Wave
- IX. Shotgun
 - A. Quarterback
 - 1. Stance
 - 2. Steps/Read
 - 3. If Pull, Attack Outside...Keep or Throw Bubble
 - B. Running Back
 - 1. Stance/Alignment
 - 2. Aiming Point/Pre-Snap Calls
 - 3. Steps (Timing Step)
 - 4. Slow To, Fast Through
 - 5. Bang, Bend, or Bounce
 - 6. If Bend Then Ride Wave
- X. Drills/Frames
 - A. Offensive Line Hose
 - B. Reads/Pulls
 - C. Live Defenders
 - D. Open Window Bag Drill
- XI. Show Clips

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