



# **LAKES HIGH SCHOOL EAGLE FOOTBALL**

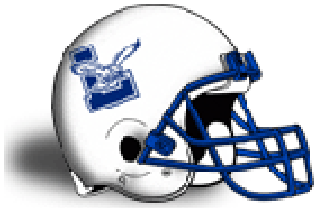
“Running the Zone from the Pistol”

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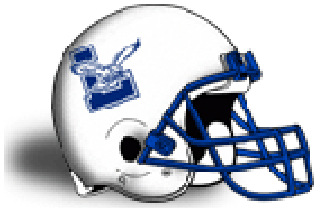
## LAKES HIGH SCHOOL ABOUT US...

- Lake Villa, IL (10 min. south of WI)
- North Suburban – Prairie Division
- 2005 – 1<sup>st</sup> season (no seniors)
- Only played 6 seasons w/full varsity team
- Offense: Pistol
  - Have run “I” and Off-Set Gun
- Defense: Odd Stack
  - Have run 4-4



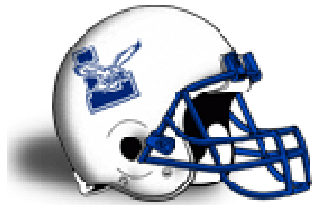
# OFFENSIVE PHILOSOPHY

- Objectives:
  - Get the ball to playmakers in open space.
  - Keep things simple and allow offense a taste of success early and often.
  - Keep the game fun!
- Although spread, running the football is the key to our success.
- Spread sets to force the defense to defend the whole field both vertically and horizontally.
- The most critical element to success is the QB, and the spread allows him to make his reads because:
  - being able to see the field better, and
  - more time to make reads in both the run and pass game.
- Run a few things but out of many formations and build off base plays
- Running Game: 2 base run plays (Inside and Outside Zone)
- Passing Game:
  - Quicks, Drop back, Screens, Boot/Naked, Sprint out
- Pass efficiency is more important than passing deep.
- Protections are more important than routes.



# WHY PISTOL?

- Staff from Chicago catholic schools – “I” formation pedigree
- With only juniors/sophs we weren’t big or strong enough so we had to run more spread-gun, and QB’s loved it so we never went back.
- Off-set gun – teams were taking our RB out of the game (and he’s usually one of our best players).
- Pistol alignment eliminated some of our tendencies we had with the off-set gun.
- We can now balance up, forcing the defense to do the same.
- We can flip plays without flipping our RB.
- Pistol alignment allows us to run 2-back and “I” run game but with the instant separation the shotgun provides for the QB (keeping the QB happy).



# BASE FORMATION

Y

W



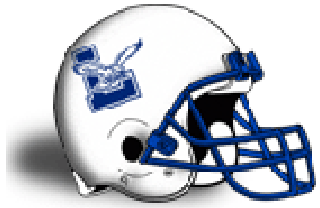
Z

Q

R

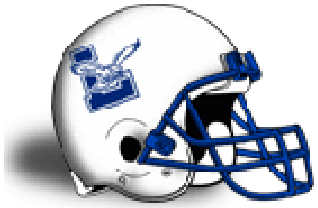
**Q** – heels at 3 1/2 yards

**R** – 2-3 yards directly behind QB (Pistol)



# PERSONNEL

- **T** – more OL than WR
- **Y** – true wide-out
- **Z and W** – “super” backs – must be combination RB & WR
  - Great athletes who can run, catch, & block



## INSIDE ZONE

- **PUSH THE FRONT** - This is a physical run play; we need vertical movement to create run lanes. We'll create as many double teams as possible to **PUSH THE FRONT** to the 2nd level.
- **PRESS THE MOVEMENT & FIND THE WALL** - Make the defense guess where the ball is going to be run, while forcing them to be wrong.
- **DENY PENETRATION** - Any penetration will kill IZ because the running back won't be able to press the movement and find the wall.



# INSIDE ZONE OFFENSIVE LINE

## FOOTWORK

- 1st Step (Position Step) - 6" (width) x 2" (upfield) with playside foot for positioning.
- Toes control shoulders, so keep toes up the field, covering defender's outside shoe.
- Get backside shoulder down. Load hands and land on balls of feet, shifting power to play side foot.
- *(Cheat Step) - used when DL head up/inside. "Pound the ground" - pick up/put down playside foot.*
- 2nd Step (Attack Step) - attack and get vertical through crotch of defender.
- Strike blow on 2nd step keeping head and eyes up. Punch w/thumbs to sky (so elbows won't fly)
- Attack foot shoulder has to be down, under defender & on a lift track - want to lift (roll the hips) not push defender.
- 3rd Step - keep shoulders square and stay on cylinder.

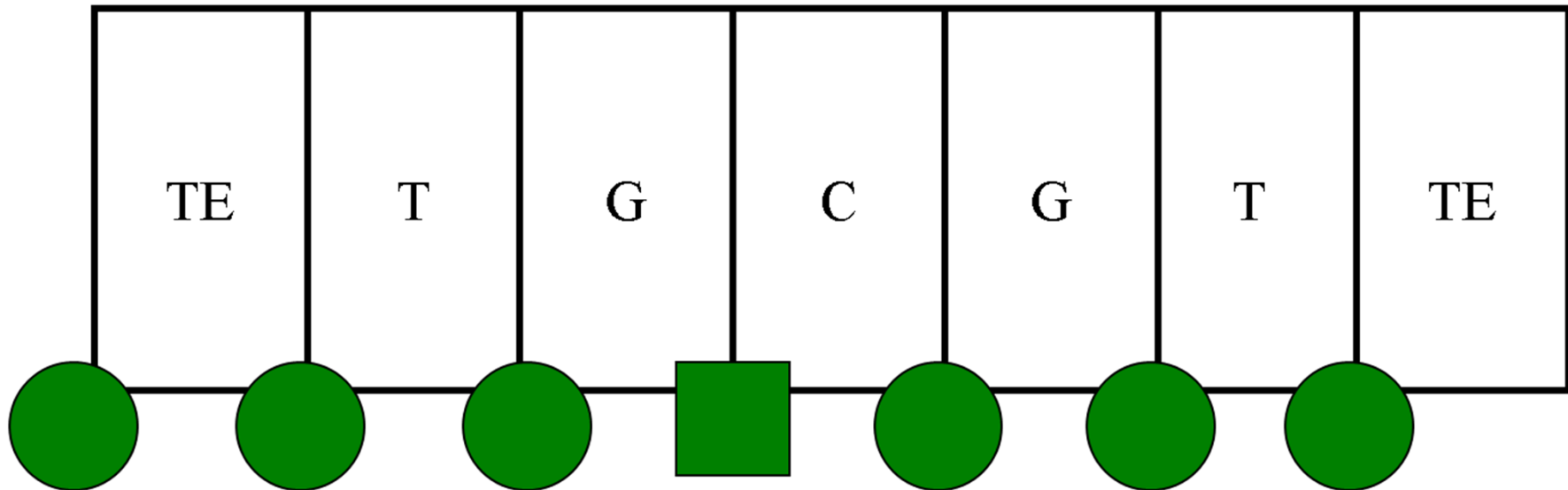


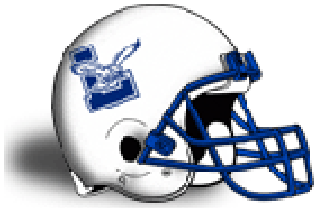


# INSIDE ZONE OFFENSIVE LINE

## ASSIGNMENTS

- Each OL is responsible for a cylinder, which 1 man over, and they should finish "north".
- Want vertical movement (double teams); horizontal is ok; can't have any penetration
- Golden Rules: #1 Never block a blocked man; #2 Never run by color; #3 Never chase movement; #4 When in doubt, be physical.





# INSIDE ZONE BACKFIELD

## Quarterback

- Open to call (5:00/7:00), look the ball into R's stomach, wave goodbye, and boot away to control the back side defender.
- Get the ball to the R deep as possible.

## Running Back

- Aiming point is outside hip of the play side guard (B-gap).
- Open playside, crossover, and press B-gap.
- Read the first DL past the center to the playside.
- 2- back "Lead" Zone- can't cut until the FB makes his block.



# INSIDE ZONE VS. DEF FRONTS

## **EVEN SPLIT**

- Tells TE he's working out of box.
- PST works 1st down lineman outside of him.
- Center and BSG combo to play side ILB

## **EVEN STACK**

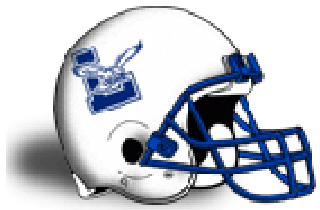
- Tells "Trey" to stay inside the box.
- "Ace" to stack ILB.
- Back side "Deuce" to back side LB.

## **ODD SPLIT**

- Tells TE he's solo.
- Play side "Deuce" to play side ILB.
- "Ace" to back side ILB.

## **ODD STACK**

- Tells TE he's working out of box.
- Play side "Deuce" to play side backer.
- "Ace" to stack LB.
- BST/TE works to back side LB/Will Backer.



# INSIDE ZONE ADJUSTMENTS

- "Zone" - 1 man game (ball carrier).
  - Automatic give by QB
- "Read" - 2 man game (QB and R).
  - QB reads BS DE
- "Option" - 3 man game (QB, R, and pitch back)
  - Pitch back could be a 2<sup>nd</sup> RB or a "Super" back (W or Z)
  - Bubble screener can also be the pitch back