Blocking the Middle and Inside Zone

Philip Jones
Offensive Coordinator
Ware County High School
Waycross, GA
philip.jones@cobbk12.org
Introduction

Walton/Ware Co. Staff:
- Ed Dudley – HC
- Tripp Allen – OC
- John Evans – OL

Many other coaches that I’ve learned from...
Offensive Line Philosophy

- Best big guys go on the OL
- Characteristics: Movement, Strength, Intelligence, Character, a little Nastiness
- They are the bedrock of our program, and we tell them all the time.
- Constant feedback, incentives, handouts
Offensive Philosophy

- Zone Focused
- Multiple Sets & Motions
- Physical Dominance/Ball Control
- Play action/high percentage passing game

- SIMPLICITY and REPETITION!!
  - “It’s not what you know, its what your kids know.”
Personnel descriptions

- We flip-flop our linemen
- QT: Great feet, best pass blocker, reach blocker
- QG: Down blocker, scooper, worst pass blocker
- C: Smart, quickness, leader
- SG: Great 1 on 1 blocker, good vision and reaction
- ST: Physical to set the edge, good pass blocker
- Always two back (although we don’t always line up that way)
- Versatile zone: It offers the possibility of getting a flank or a cut back
- We try to get the flank
- FB will block support player
Middle/Lead Zone

Rules for the linemen:

Covered-covered: man on
Covered-uncovered: combo with 1\textsuperscript{st} lineman back to 1\textsuperscript{st} LB over/back
Uncovered: combo with first lineman playside

Middle zone vs. an 8-man front, 4-3, and 50.
Teaching Progression

1) Stance
2) First Step
3) Second Step
4) Power Walk (freeze)
5) Fit-In and Drive (freeze)
6) Tight Reach (freeze)
   - sled: layouts, drive
Zone Combo Drills

1) Hip-to-Hip
2) Read Double
3) Rip-Reach Double
Developing Excellent Pass Blockers

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Stats From Last Two Years

- **2008**: 4 sacks in 11 games (215 pass attempts)
  - 6 interceptions thrown
  - Passing game 46% of offensive yards

- **2007**: 6 sacks in 14 games (238 pass attempts)
  - 2 interceptions thrown
  - Passing game 45% of offensive yards
Basic Protection Schemes

- 90 (Quick)
- 400/500 (Play-Action Max + Sprintout)
- Black (Timing 7-man)
- Gold (Timing 6-man)
- 900 (Boot/Naked)
Pass Pro Philosophies

- Start working these drills early and often
- Don’t under-prioritize: cross train with your run-blocking drills
- Work these every day
- Sell it to your kids and take pride in it!
- Blitz pickup at least twice a week
- 1 on 1 pass pro at least twice a week, make it very competitive
Drill Progression

- Ramrod
- Power Steps
- Kick Steps
- Z Cone Drill, Reaction Drill
- Punch Fundamentals
- Mirror Drill
- Mirror Punch Drill
- Punch and Press
Fundamentals of Blocking the Counter Trey

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Importance of the Counter

- Compliments the zone and creates the majority of your running game
- Slows down LB’s for your zone play
- Gap scheme creates angles on defense
Counter Rules

- BST: Pull and wrap for 1\textsuperscript{st} LB in box
- BSG: Pull and kick playside C gap player
- C: Block back backside A to B gap
- PSG: Playside A gap, Double-team B gap player to 2\textsuperscript{nd} LB in Box (3\textsuperscript{rd} LB if its 4-3)
- PST: Playside B gap to 2\textsuperscript{nd} LB in the box (3\textsuperscript{rd} LB if its 4-3)
How we block the counter

- Counter vs:
  - 4-3
  - 50
  - 4-4
  - 3-5
Counter Fundamentals

- Down block/Back block
- Playside Double-Team
- Pull and Kick/Log
- Pull and Wrap
Creating Incentives for Offensive Linemen

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Points of Emphasis:

- More than any other position, O-linemen need a little extra attention.
- Make them a point of pride in your program, not just another position.
- Be creative and sell them on sacrifice and being better/working harder at what they do than anyone else around.
Ideas

- Winter Meetings/Goal assessment
- Spring Scouting Report/Feedback
- Summer Camps & Trips
- OL Scouting Reports
- Post-game feedback
- Thorough grade sheets
- Wooden Bat award