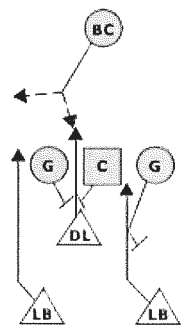


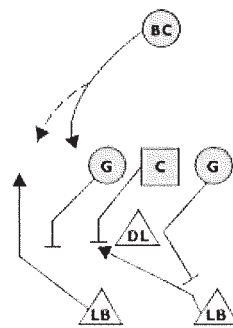
Zone Run Drill

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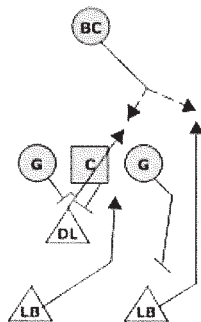
Purpose:	To teach linebackers and defensive ends to work together against inside runs
Number of Players:	All Linebackers and Defensive Ends
Equipment:	Full Pads
Time:	2 minutes/everyday



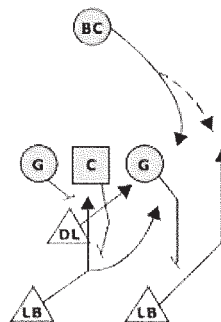
Inside Zone to Shade



Outside Zone to Shade



Inside Zone Away from Shade



Outside Zone away from Shade

Drill Execution:

- 1) Rotate your players thru the four scenarios diagrammed above.
- 2) Start by walking them thru them and point out the difference in how the linemen will block each type of play, this will help players recognize the plays on game day and react quickly.
- 3) Then increase the speed.

Coaching Points:

- 1) It's a good idea to have these 4 scenario diagrams during practice to show the scout offense EXACTLY what to do so they give your defensive unit a good look.