



# Minnesota (Left) / Viking (Right)



PLAY NAME: MID ZONE RUN

FORMATION: 10 or 11 Personnel



CONCEPT: Zone Blocking – Mid Zone Read

KEY POINTS:

- Everyone blocks his “zone” or gap.
  - **IT IS LIKE A DANCE WE MUST BE IN UNISON TOGETHER**
- Use your **backside hand on the play-side gap defender’s breastplate.**
- Block square and **run through** the defender.
- If the defender spikes inside, adjust and redirect your block inside. **(This is why we stay square)**
- Combo blocks happen when you are uncovered playside but covered backside
  - **Goal should be to turn the defenders shoulders so your teammate can overtake.**
- The running back’s aiming point (from pistol): the outside leg of the play-side tackle.

## FIND THE **BUBBLE** IN THE DEFENSE

- RB should make his cut within the first 3 steps.

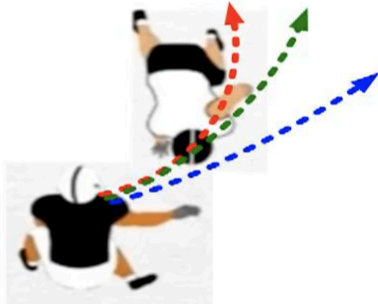
 **AOD (ANGLE OF DEPARTURE)** 



Your angle of departure is predicated on front and Line Backer alignment. The more plused, stack or minused the Line Backer is predicated your angle of departure on your combo blocks.

MINUSED  
**W**

STACKED  
**M**

PLUSED  
**N**



 **“AIMING POINTS”** 

**“AIMING POINT”**  
WHERE YOU PUT YOUR EYES ON THE DEFENDER WHEN YOU BLOCK HIM

NOTE: These Aiming Points apply when blocking defenders at all levels (D-Line men, Linebackers, Defensive Backs)

**RUN**  
**Title Zone (Inside Zone)**  
Playside aiming point with help= Playside Collarbone of Defender  
Playside aiming point without help= Under the Chin of Defender  
Backside aiming point= Playside Collarbone



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## Diagram A: vs EVEN FRONT (4-2-5 or 4-3)

- The offensive line flows laterally to cover each gap.
- The play-side Tackle (PST) blocks squares in his play-side gap using his backside hand.
  - **You are not expected to reach a player outside of you. Backside hand on breast plate and run through. The kickout will happen naturally.**
- The play-side Guard (PSG) and Center work together on the interior defender in that gap.
  - **1 technique becomes a combo play side.**
- Backside linemen use a “turn and run” to stop any defender coming from behind.
  - **Backside 1 is a combo, backside tackle cut off end and climb to set up cut back.**
- All blocks are directed toward the “point LB” – the first linebacker in the play-side gap.

- There may be more movement; assignments adjust based on where the defense goes.
- PST stays in his play-side gap **4i Slanting inside becomes the guard's responsibility. Work towards overhang or make a combo.**
- Backside linemen take a full “turn and run” to **seal off play side gaps.**
- Eyes always on the “point LB” in your play-side gap.

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## RUNNING BACK (RB) RULES



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- Target is the outside leg of the play-side tackle.
  - Cut is within the first 3 steps.
  - Watch the block: if the defender is driven outside, cut inside; if the block holds tight, bounce outside.
    - In an even front read the block of the play side 1 or 3 tech if you bang inside the tackle.  
A natural cutback is possible with the backside tackle creating the lane.
  - Trust the O-line to create your running lane.

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### NOTES

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1. Remember: Block your assigned gap. In your play-side gap, use your backside hand on the defender's breastplate.
2. Stay square—keep your body in front of the defender and do not overreach.
3. When the defender spikes inside, be square and run and continue to drive with his momentum.
4. Communicate with your teammates at the line—make sure every gap is covered.
5. **BUBBLE** - The area where a defense has nobody on the line of scrimmage play side. EX-the B gap if we were running towards a 1 technique in an **even front**.
6. . **BE DECISIVE**