

Rule Blocking G.O.T.

We use a two-stage system for blocking our plays that is very simple, logical and very effective. Our single system complies with all of our running plays except our *Draw* play, which is designed to mimic our pass blocking. Our running plays are based on a point of attack (Attacking weak spots in the defense). The fact that our rule progression works for all running plays our linemen basically repeats the same progression every day in practice. We feel that this repeated work allows our blockers to become very comfortable and very aggressive. Our system also demands communication and teamwork among the blockers and the running backs. This promotes our theory of a team-oriented offense.

(Stage 1)

Our running plays being based on a point of attack and not the gaps, we know we are running the football at a particular lineman. We call this lineman the “@ MAN” the lineman we are running at.

G.O.T. All blocker on the play side, especially the “@ MAN”, will block using the use G.O.T progression. Which is:

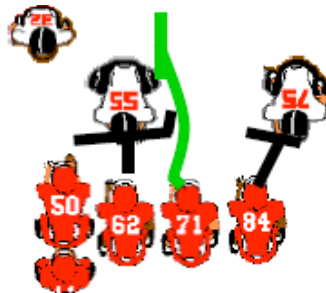
– G = Gap, the first step in the progression is to look to your inside gap, if there is a threat you stop looking and block him.



– O = ON, If there is no threat to your inside gap you then look to see if there is a defender on you, (between your inside foot and your outside partners inside foot), if there is a threat you stop looking and block him.



– T. = Track, If no one is threatening your inside gap nor is there anyone on you, you step inside with your first step and check for new threats if not then you track to the linebacker level.

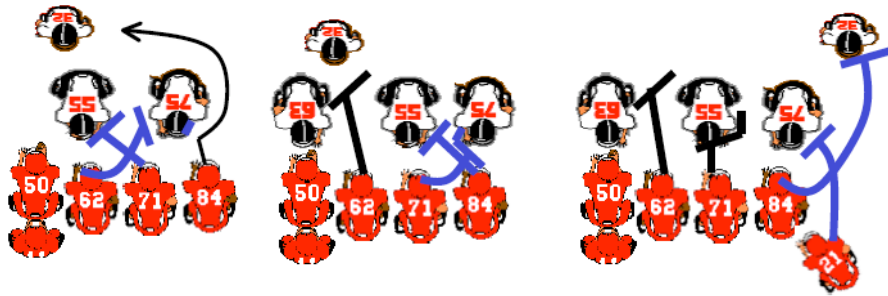


(Stage 2)

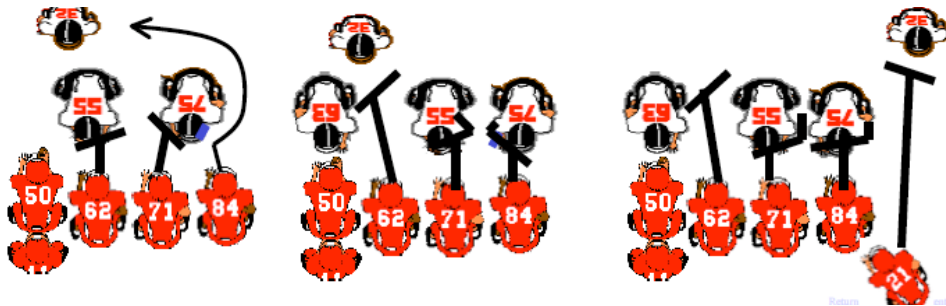
As we progress through the season the confidence and knowledge our blockers gain in practice will allow us to give a large amount of freedom to our linemen. Our linemen are then permitted to choose the technique they wish to use at the line of scrimmage per play based on their personal involvement in the game and their knowledge in the proper use of angles and leverage in blocking. This stage will demand more communication and teamwork among the blockers, coaches and the running backs.

Our line calls now are directly related to the “@ MAN” and his immediate outside offensive partner. The “@ MAN” is now responsible for telling the partnership between himself and his buddy what particular technique they will use to block the running lane. The “@ MAN” has only three choices, they are:

X = A cross block between the partnership consisting of a *Down* block by the outside partner and a *Pull and Destroy* block by the “@ man”



SPLIT = this call effectively “splits” up the partnership and tells the two blockers to revert back to the base G.O.T. progression



COMBO = A combination block between the two partners. **THIS WHAT WE WANT IF WE CAN GET IT.**

