

G.O.D. Blocking

FIRST UNDERSTAND THIS!!!! G.O.D BLOCKING is not a universal rule good for every type of play; rather it's a blocking rule for SPECIFIC PLAYSIDE linemen on powers, counters and traps only. that's it. god blocking will not be used for g scheme, blasts or sweeps, dive, or wedge plays. NOR WILL THE GOD RULE BE USED ON THE BACKSIDE OF CENTER.

WHAT IS IT?

g.o.d is simply short for the PLAYSIDE offensive lineman's blocking rule progression. A progression is simply what a lineman must do to figure out quickly who he blocks.

the G stands for "inside GAP" that is, the gap closest to the ball. It is imperative that all of the playside linemen first and foremost deny penetration thru their inside gap, thus, it's the first part of the progression and will remain important even after the snap. this is true of sab or god blocking and all other down or angle schemes. the inside gap can be blitzed or run thru later by lbers or safeties thus the linemen must be aware of protecting his inside gap even after the snap. Now, you as a coach must determine hat placement to best fit your kids. we teach head in front and to far knee when linemen are very aggressive and charging very very hard. but in general we do very well with head to the playside. anyhow, pretty simple, IF THERE IS A MAN IN YOUR INSIDE GAP, HES YOURS, END OF PROGRESSION....

...IF THERES NOT....

PROCEED TO "O"

"O" MEANS "ON" AND on means different things to different coaches...but a Calande style dw coach will tell you that "on" means the defender is aligned "on" the line of scrimmage (los) and "on" means that he's aligned in such a way that his helmet is between the shoulder pads of the blocker. a simple method to teach this is to have your linemen extend their arms straight out from their shoulders toward the other end zone, anyone between their hands is "on". IF THERE IS A MAN ON, HES YOURS, END OF PROGRESSION. this means that this blocker will "post" block or stand up this "on" defender while knocking him backward (hopefully), or momentarily stunning him while the next man out pivot blocks or down blocks him to the inside (classic crushing single wing style double team!)...now this is important, teach the double teamers to drive that defender backward into the lbers lap, the post blocker maintains his "EYES INSIDE" and is ready to use his inside flipper to pick up any run thru or delayed blitzers. we drill this on game day to keep it fresh. Now, it's also very important to teach the POST BLOCKER TO KEEP EYES INSIDE AND ALSO HIS HIPS TIGHT WITH THE PIVOT BLOCKERS HIPS. IT'S HIS RESPONSIBILITY! now, if there is neither a man in your gap or on, then you proceed to "down"...

D= "DOWN"- means, block down on the defender "on" the first man to your inside and no further. you don't ever want to chase a man who further inside than on that man. i.e., we never ask our te to block a 3 tech for instance. the down blocker puts his hat to the playside of the defender and drives him hard to the inside as the post man gains momentum and swings his hips into the down blocker, the two of them open a hole vertically and horizontally while gobbling up all lbers and safeties in their path. to train your team to really kick butt, teach your down blockers that if a defender slants away, don't chase, stay on your track to the next level. ...

...suppose a lineman goes thru his progression and the defense has no one gapped, no one on and no one down? now what? the lineman can block a linebacker, double team him with eyes inside.* perfect example would be a te blocking for a superpower play against a 53 double eagle defense.* so, we block "g.o.d- backer, EYES INSIDE!!!"

end of lesson one. lesson two will teach the specifics of which blockers can use the G.O.D rule AND WHEN and differentiate from those that use other rules for specific plays. - COACH CALANDE