

G.O.O.B. BLOCKING

by Coach Teed

G.O.O.B. BLOCKING

We all know that the quickest way to get from point A to point B is a straight line. It is in this thought that **GOOB** Blocking is designed. We do not want the DL to shoot the gaps and disrupt a play. The goal of the OL is to get a man out of the play side gap, or prevent a man from entering the play side gap. GOOB Blocking stands for:

G – play-side gap

O – man on

O – man over

B – backside

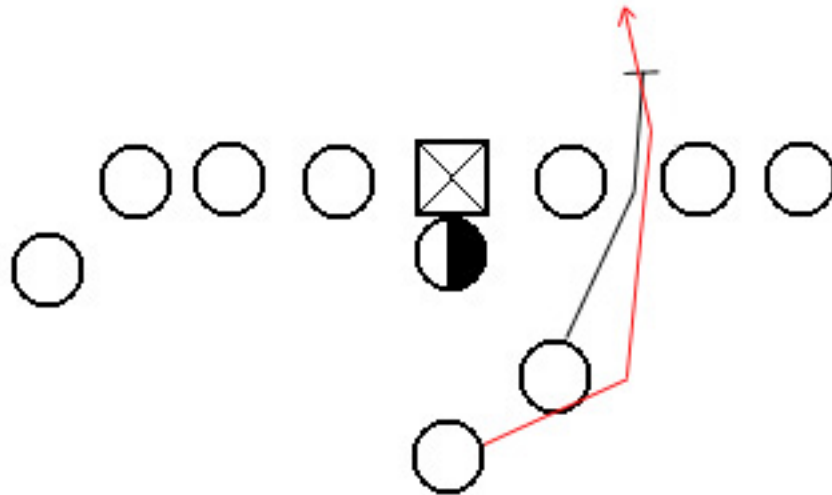
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We want to make sure our line looks at the way the defense lines up as well as know where the play is going. We set up some basic rules based on what the OL was seeing from the defense.

1. GOOB – if there is a man in your play-side **gap**, block him
2. GOOB – if there not a man in the gap but there is a man **on** you, block him
3. GOOB – if there is not a man in the gap, not a man on you but there is a man **over** you, block him
4. GOOB – if there is not a man in the gap, not a man on you and not a man over you, block **backside** DL or LB

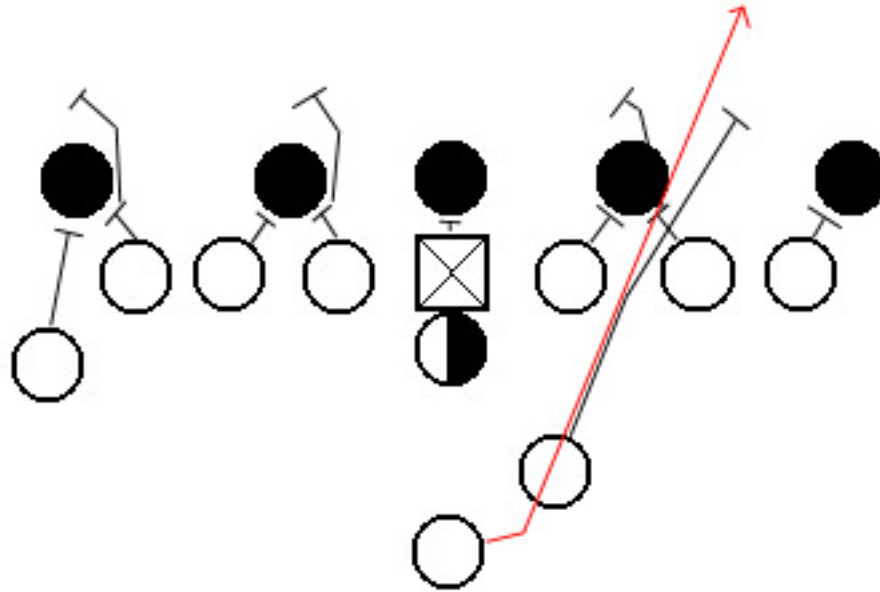
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Let's say we want to run what we call Off Set I 44 Ice, we will need to make sure anyone in the 4 hole is blocked.



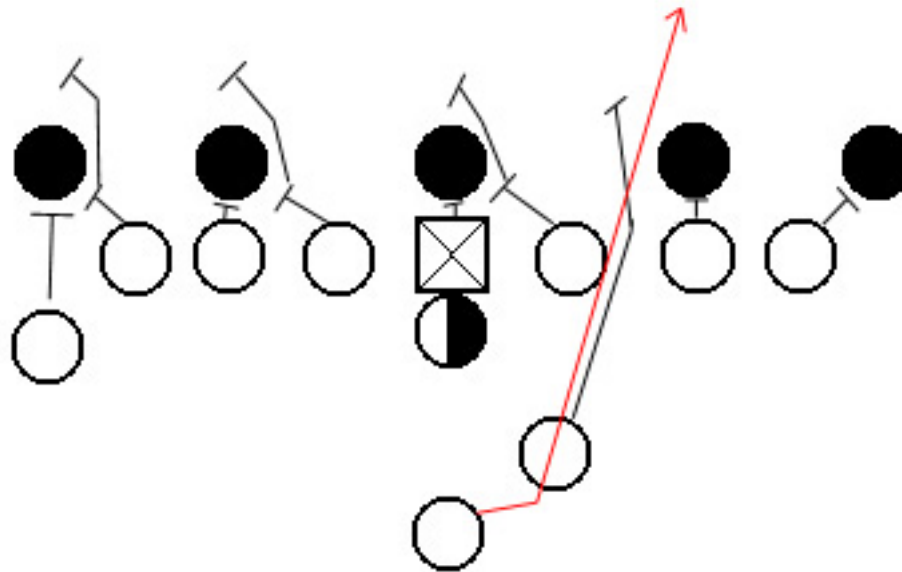
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If the defense has lined up with a DT in the gap, we would block the player like this:



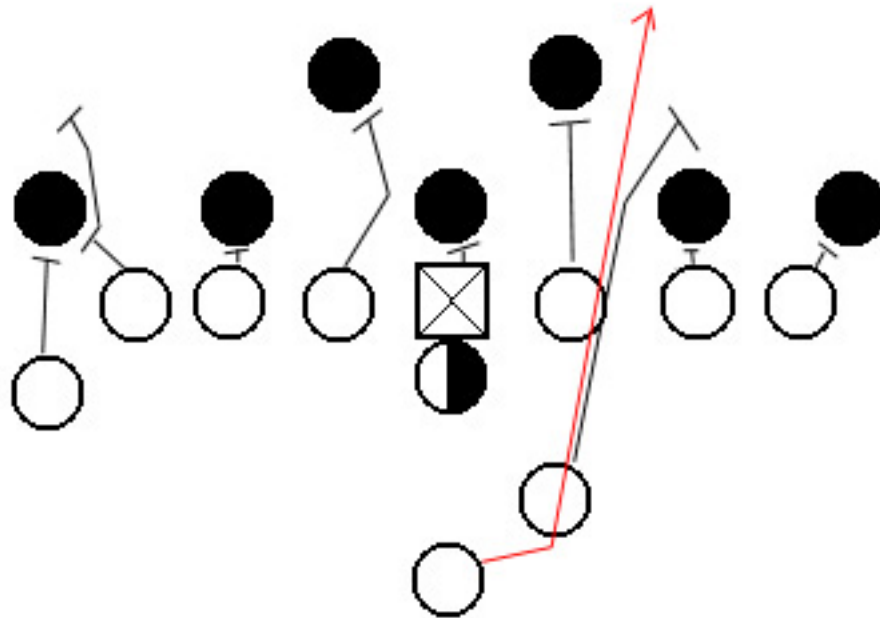
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If the defense has lined up with the DT head-up on our T, we block him like this



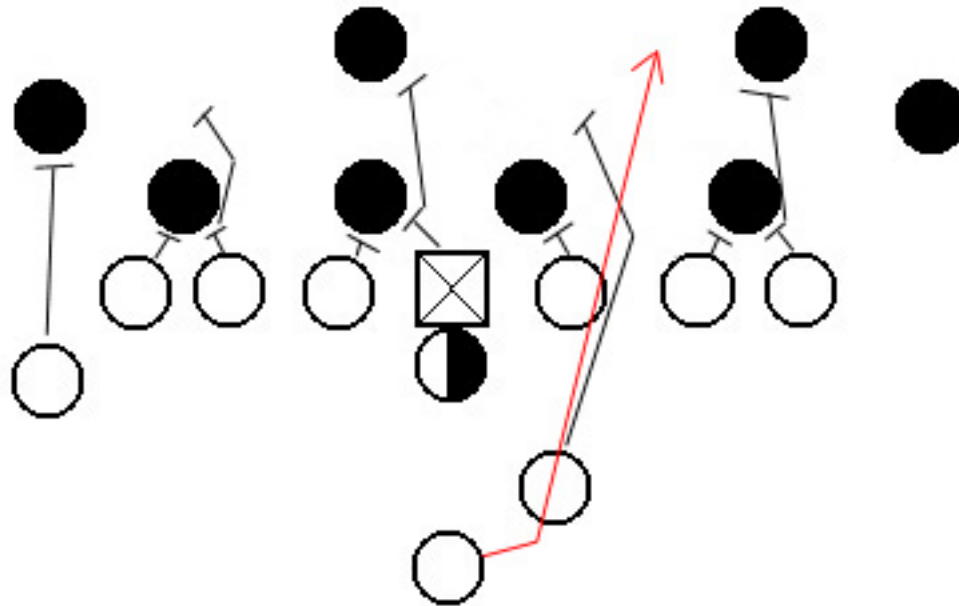
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If the OL does not have a man in the play-side gap, or does not have a man on him, he will block the man over him, normally a LB



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If the OL does not have a man in the play-side gap, a man on him or a man over him, he blocks backside.



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If you have any questions, please feel free to contact me at fbcoach@rochester.rr.com

Or visit my website, [Football Coaches Reference Site](#)

Hit em hard, play hard!!

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