

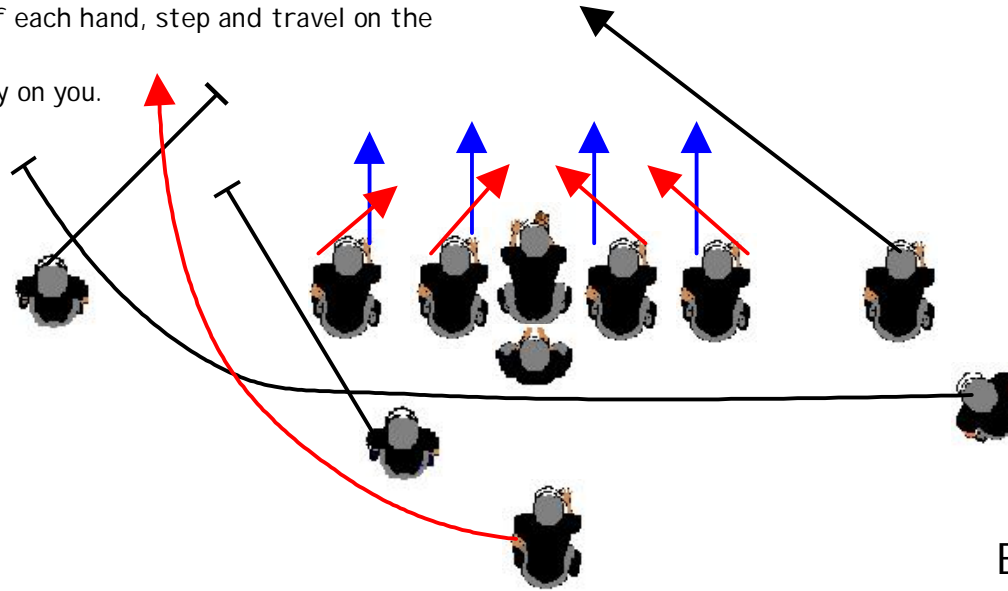
# GOL and GDL Blocking Tool

## Gap On Linebacker:

- \*Have player put hand closest to center to point straight ahead
- \*Hand farther from center crosses over the inside hand
- \*If the outside hand points to a man, that's the man he is going to block
- \*If no one is in the line of the outside hand, look for someone in front of the inside hand
- \*If there isn't anyone in either line of each hand, step and travel on the path of the outside hand
- \*Never aim for the linebacker directly on you.

## Gap Down Linebacker:

- \*Have player set hands as previously mentioned
- \*Now we travel on the outside hand only
- \*If there isn't a man in that line we continue on the path looking for a linebacker or the first person to show in another jersey.



Playside

Backside

