

BLOCKING

1. Basic objectives using the block.
 - a. Terminate for point or side out.
 - b. Area block – Take away attackers primary shots.
 - c. Deflect to maximize superior ball handling skills.
 - d. Intimidate opponents.
 - e. Always force the ball to be hit where there is a digger.

2. Technique
 - a. Basic body position.
 - i. Full shoulder width.
 - ii. Knees flexed.
 - iii. Torso 60+.
 - iv. Elbows in front of shoulders.
 - v. Hands above eyes.
 - vi. Body approximately arms length from net.
 - vii. Problems with being too close.
 1. Hands and arms do not load and lock.
 2. Elbows out increases batting and loss of penetration.
 3. Almost impossible to seal the net.
 - b. Body Form
 - i. Hollow out under the ribs.
 - ii. Pinch the buttocks together tightly.
 - iii. Practice lying on the floor with partner.
 - iv. Strength of abdominals.

3. Footwork patterns for movement: (Single player)
 - a. Shuffle.
 - b. Turn step and run.
 - c. Step, crossover.
 - d. Combination of all three.
 - e. Steps to practice:
 - i. One step.
 - ii. Two step (Step - Shuffle).
 - iii. Three step (Step - Crossover and Plant).
 - iv. Four step (Shuffle – Step - Crossover and Plant).
 - f. Body weight should stay over the next to last step, to prevent drifting into the other blocker or out of bounds.
 - g. Drop step for tandem movement by trailing blocker.

4. Hands
 - a. Press to position #6.
 - b. Cover the attackers arm.
 - c. Place hands in the area that you expect the ball to travel.
 - d. MN press to position #6.

- e. Hands and elbows very rigid on contact.
 - f. See hitter by looking between hands.
5. Body and net relationship
- a. When moving, shoulders should stay as parallel as possible to the net.
 - b. Distance from the net should not change when moving left or right.
6. What to watch and in what order
- a. Find presumed hitters who might attack your area.
 - b. Watch pass until you are sure where it is going.
 - c. Pick up your hitter and keep them in your periphery.
 - d. Now study setter carefully until after release.
 - e. Move while focusing on the attacker and read:
 - i. Speed of approach.
 - ii. Line of approach.
 - iii. Focus on hitting shoulder and arm swing.
 - iv. See hitter contact the ball.
 - v. Keep eyes open and cover hitter arm.
7. Middle blockers options
- a. Read – Progression.
 - b. Option – Progression.
8. Communication
- a. Call out the situation
 - i. How many hitters.
 - ii. Where are they and their numbers.
 - iii. Is the setter “Live”.
 - b. Identify their “Movement Patterns”
 - i. They’re staying.
 - ii. Watch the slide or cross.
 - iii. Setters hitting.
9. Blocking drills
- a. Jump and Penetrate Drills
 - i. From a held ball with partner on chair.
 - ii. Penetrate over net under elastic and touch.
 - iii. Explosive block jumps hold hand weights – emphasize – ankle, quads, and buttocks.
 - iv. Mini tramp against wall or over net under elastic and touch.
 - b. Form Drills
 - i. Practice arm action.
 - ii. Practice jump action with or without hand weights in mirror.
 - iii. Form jumps in front of mirror.
 - iv. Lower net for formwork without movement.
 - c. Movement to jump drills

- i. Form and distance. FIRST!
- ii. Speed and distance. SECOND!
- iii. Partner's movements. B A C
 1. A to B Recover and Jump – C Drops
 2. B to A Recover and Jump – C Slides
 3. A to C Recover and Jump – B Drops
 4. C to A Recover and Jump – B Slides
 5. B & A for a 1 then for a 2 – C Drops and adjusts
 6. A & C for a 3 then for a 2 – B Drops and adjusts
- iv. Kinds of movements (Individual) packaging.
 1. 1-4 Combo
 2. 1-2-4 Combo
 3. 3-5 Combo
 4. 3-2-5 Combo
 5. 1 or A – C or 5's Combo

Coaches check for:

1. Hands and penetration.
2. Jump together.
3. Hip together.
4. Press to 6 and close.
5. Strong open hands by all.

10. Progression Drills (Use elastic)

- a. Block self-toss by teammate.
- b. Coaches attack off table.
- c. Block angles hit by coaches off table.
 - i. Aids to help understand angles are Plumb Bob (String).
 - ii. Flashlight beam.
- d. Two coaches on a table at different Depths. Delay concept – Distance ball if off net.
- e. Block socks or knee pads thrown from attack approaches. (Teaches to watch arm)
- f. Coach tosses over-passes to attackers from 4-6 feet behind the blocker (Cannot watch ball) with and without approach by attacker.
- g. Shadow blocking one on one.
- h. Two coaches on two tables 10-15 feet apart. Tosses must be thrown above the antenna to get best timing results.
- i. Points (2-1-1/2) for live attack from outside.
- j. Points (2-1-1/2) for middle against left and right side attack.
- k. 3 to 5 hitters on tables against 3 blockers. Hitters toss in order (to be determined) and blockers must respond properly. Heights of tosses vary relative to what sets are being simulated.
- l. Team Blocking Rules:
 - i. Outside set on the block for outside attackers.
 - ii. Middles set the block for the middle 20 feet of court.

- iii. Outsides are responsible for closing the block.
 - iv. Middles must always take the center of the court away.
 - v. Middles always turn into the court after executing the block.
 - vi. Outsiders also turn inside on most situations with the exception on the tips to the outside.
- m. One on One blocking drill. (No middle)
- i. Points:
 - 1. 2 for stuff
 - 2. 1 for deflection in play
 - 3. ½ for touch
 - 4. -3 for an attack crushed into box