



Blocking

The block is a team's first line of defense. For some it is the primary defensive option. For others it is just a part of the defensive scheme. In either case, the block is a valuable skill - one that with the least amount of training can yield the greatest dividends for just about any team.

Blocking is a very aggressive skill with two primary technical cues: (1) vision and (2) sealing the net. These two ideas are inextricably linked and are paramount to successful blocking. Vision, put simply, means that every contact on the other side of the net must be seen and recognized. If you are watching only the ball you will not have success as a blocker. Instead, you must, first, *see the pass*.

- Is it coming over? (If so, get ready to hit it.)
- Is it a poor pass that is off the net? (If so, it will probably be set to a predictable hitter - go get 'em!)
- Is it a good pass? (If so, hold your spot and be defensive, expecting anything. Stay balanced and ready to move in either direction.)

Second, players must see the set. The setter's body will tell you a lot. This will give your defense a jump on the attack. Third, the players must see the hitter.

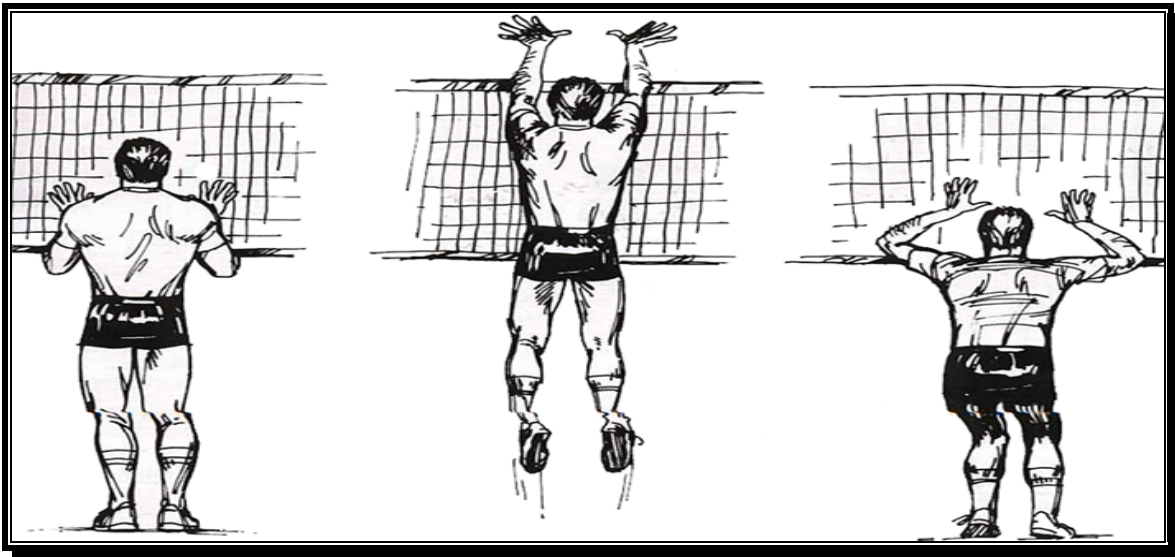
After the setter delivers the ball, take your eye off the ball and pick up the attacker's approach. In the majority of cases the hitter will tell you where the attack is going.

The other primary cue is sealing the net: keep your head down, eyes up, and slide your hands over the net and onto the other side. The result? Stuff blocks and points!

- Cues:**
- Read!
 - Front the Hitter!
 - Penetrate!

- Mechanics:**
- Ready position with knees bent, hands up in front & ready to move
 - Use proper footwork to slide along the net & line up with the hitter
 - Penetrate the plane of the net with palms facing into the court

- Details:**
- Watch the hitter, not the ball: wait & jump on the hitter's arm swing
 - Ball-Setter-Ball-Hitter
 - Take away the hitter's favorite or best shot; evaluate the pass quality & anticipate the type of set that is likely to be delivered and to which hitter; read the hitter's angle & speed of approach
 - Channel or deflect the ball into your court
 - Bend the knees & bend slightly at the waist; hips & toes parallel to the net, with weight on front foot, ready to jump up at any moment
 - Always try to block the ball on the opponent's side of the net with big, tight hands & arms - from fingertips down through wrists, elbows, shoulders & stomach muscles
 - Keep the hands in front of the ball as long as possible; jump & land with hands above head



- Errors:**
- Eyes closed when blocking
 - Not penetrating the net
 - Hands/body facing out of bounds
 - Jumping forward or swinging arms into the net
 - Watching the ball; jumping early/late
 - Arms too wide

- Options:**
- | | |
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| <input type="checkbox"/> One on One Blocking | <input type="checkbox"/> Middle Blocking |
| <input type="checkbox"/> Double Blocking | <input type="checkbox"/> Stack Blocking |
| <input type="checkbox"/> Triple Blocking | <input type="checkbox"/> Block & Transition to Hit |
| <input type="checkbox"/> Soft Blocking | <input type="checkbox"/> Block & Set the Second Ball |
| <input type="checkbox"/> Zone Blocking | <input type="checkbox"/> Block & Play Ball for First Contact |