



A space designed for Coaches,
by Coaches



- * Volleyball Drills
- * Nutritional Facts
- * Strength Training

Blocking Fundamentals

Ready Position:

- Hands held high above shoulders (at ear height)
- Fingers spread
- Knees bent ready to jump
- Weight centered and ready to move in either direction

Movement:

- Footwork will depend on the distance of travel
- Some athletes prefer 1 lead step, cross over step, and hop or square to post blocker
- Others prefer 1 step and hop or square step to post blocker
- When closing to a post blocker, an athlete should try to match feet and hands when aligning
- Coach should discourage too many steps
- Do Not drop hands when moving.

What to Watch:

- **Do Not** watch ball!!!!
- Blockers should look to see where the ball is set, then pick up the attacker (look for approach angle, shoulders, and lastly hand on the ball), then pick up the ball again on contact.

The Block:

- Deep knee bend and explode into the air
- Extend arms high above head and keep them strong on contact with the ball (Use abdominal muscles to do this)
- Penetrate hands above net and over the tape
- Spread fingers and take up as much space as possible
- Angle hands into the court
- **Do Not Close Eyes!!!!**
- Contact with ball is made on the way up, and you push the ball with shoulders and abdominal muscles when you feel contact

Landing:

- Remove hands from opponents court on the way down to avoid net violation
- Land on both feet and bend at the knees to absorb impact