



## Stabilizing Blocking

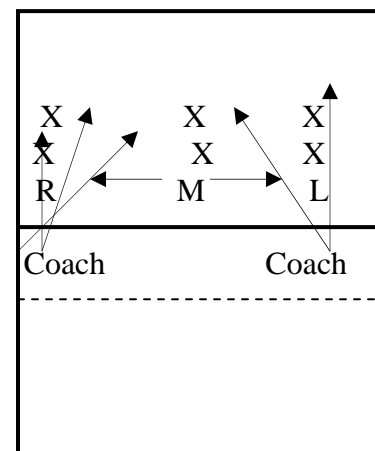
**Drill Name:** Continuous Post Blocking with Middle Movement

**Purpose:**

- This drill is great for stabilizing blocking skills. Blockers must anticipate where the ball will cross the net (attack from coach) and then make the appropriate decisions and use appropriate footwork to get in position to block an attack. Coach should watch footwork, and hand positioning during this drill.

**Description:**

- Post Blockers set up on the Right and Left Side of court. Middle Blockers will line up one behind the other at centre court.
- Coaches will set up on attack boxes/chairs on opposite side in position 2 and 4.
- Coaches will alternate attack from Left and Right side.
- Post blockers will set the block to take the path of the ball with their inside hand. Middle blockers (one at a time) will close the block to the Left Side (jump) and then immediately move back to centre. They will then move in the other direction to close to the Right Side.
- Once the Middle blocker moves in both directions the next Middle fills in.
- Once a Post Blocker gets a stuff block, the next blocker will fill in (ie. stay until a successful block).
- Coaches will continue to alternate balls until 30 successful blocks.
- Coaches should alternate the angle of the attack so that blockers must align themselves according to the path of the ball).



**Alternate Drill:**

- Coaches can change the success criteria (15, 25, 45 successful blocks to finish the drill)
- Post Blockers change every series of attacks
- Coaches may also attack balls from the floors to create a downball situation for blockers.



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### **Key to the Drill:**

- Blockers should be in a ready position with their hands above their shoulders, by their ears, and their knees slightly bent.
- Middle Blocker will use appropriate footwork to close to the post blocker. Once closed, inside hand matches for ball and outside hand turns into the court.
- Post Blocker should line themselves up to take the path of the ball crossing the net. Inside hand should block ball, and outside hand should turn into the court.
- Both blockers should jump together and time it so that they jump after the attacker jumps. (Further off the net the ball is, the more time it will take for the ball to cross the net, therefore Delay Block).

### **Note:**

Middles should attempt to use a cross over step, and hop step to finish closing the block. Some middles will choose to use a step, cross over step, and hop step to close the block. EACH option is fine as long as an athlete can close the block in time with quick movements, and have their feet square to the net!