



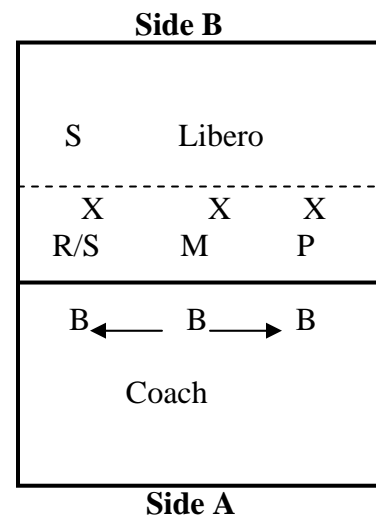
Drill Name: Winners Ball Blocking

Purpose:

- This drill is great for stabilizing blocking skills. Blockers must anticipate where the set is going to go 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:

- 3 blockers on side A assuming the ready position.
- 3 front court attackers, 1 passer (libero) and back row setter on Side B.
- Line of attackers ready to move in.
- Coach gives Side B a free ball to run a transition attack vs. the block.
Coach will continue to give free balls until Side A blocks the ball.
- When ball is successfully stuff blocked, Line of attackers moves to Side A (3 new blockers), and Blockers move to fill in to attacking line.
- Alternate setters (coach's choice).



Alternate Drill:

- Blockers must stay until they get 5 successful Stuff Blocks.
- Then 3 new blockers fill in
- Attackers will alternate until 5 stuff blocks.
- Alternate setters (coach's choice)

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.
- They should also be paying attention to the setters cues, as to where the ball may potentially be set.
- Once ball is set, 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 get in the way of 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).