

BLOCKING TECHNIQUE

Priorities

- stuff block,
- control block so that ball contacts the hands & is directed to back court of blocking team thus allowing transition,
- force the spiker to secondary attack that is not allowing the spiker to direct the ball to kill the ball but to hit the ball to defensive players

Basic Posture

- hands held high & elbows in front even whilst moving,
- hands should only drop during emergency moves,
- position in front of attacker should occur early so minor adjustments can be made if necessary,
- quick penetration with palms facing down,
- elbows close to the head,
- fingers spread,
- jump with or after the attacker depending on the attackers distance from the net at contact

Eye Sequence

- Ball ----- Setter ----- Ball ----- Spiker

Use of peripheral vision is important

Block Position

Outside Blocker

- should line up with inside hand in line with spiker hitting arm
- outside blocker should ensure that any space between centre blocker is closed

Middle Blocker

- aims to get next to outside blocker