

Blocking – Three-Person Block P2

Serie 4 | Poster 5

1 Three-Person Block P2 / Liubov SOKOLOVA-SHASHKOVA (5), Evgenia ESTES (8), Ekaterina GAMOVA (11) / RUSSIA / Olympic Games 2008



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The three players (P2, P3 and P4) are reading the setter and facing the net in a 'ready position' to determine when exactly they have to move and jump. 3 blockers can surprise the opponent attacker or can be used to neutralize a strong attacker.
- 2 The blockers move together sideways with a variable movement to pos. 2. P3 and P4 move with side step and P4 is already in correct place, 'setting' the block position. The back of the blocker is straight, the knees and hips are approaching full extension and weight is on the toes. Blockers choose the take off position and timing according to quality/timing of setter and attacker or their game plan.
- 3 The arms of the outside (P4) and middle blocker (P3) begin their swing backwards behind the body with their trunk facing the hitter. Just before take-off legs and body are approaching full extension and arms go upwards and toes are leaving the floor.
- 4 Just after take-off the legs and body are fully extended. The back is straight, the arms, knees and hips are approaching full extension.

Ballcontact - contact phase 5 - 6

- 5 Arms are extended over the net and the palms reach to the ball, fingers are opened and eyes open to focus on ball. It is important to have all three players to press in unison with their hand to prevent 'holes' in the block from occurring.
- 6 At peak height the back is bent forward, abdominal muscles are contracted, eyes look up, hands move up and surround the ball with the shoulders extended to angle the arms, thus pushing the ball into the opponent's court. P2 turns the outside hand to prevent 'wipe-off', P3 pushes to centre of court, and P4 penetrates the plane of the net and turns their left hand to cut off the inside angle.

Follow through - post contact phase 7 - 8

- 7 After the push over the net, the abdominal muscles, hips and shoulders tighten and pull the upper body back with the arms staying high to not contact the net as the body falls to the floor.
- 8 Landing should be on both feet with bent knees in a balanced position to avoid injuries. Be ready to transition as an attacker or get back to the 'ready position' to block again.

3 Three-Person Block P2 / Walewska OLIVEIRA (1), Paula PEQUENO (4), Sheilla CASTRO (13) / BRAZIL / Olympic Games 2008



4 Three-Person Block P2 / Eleonora DZIEKIEWICZ (3), Malgorzata GLINKA (7), Milena SADUREK (12) / POLAND / World Cup 2007

