

# Blocking – Two-Person Block P2

Serie 4 | Poster 1

## 1 Two-Person Block P2 / Mai YAMAGUCHI (4), Kaori INOUE (7) / JAPAN / Olympic Games 2012



## 2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The two players (P2 and P3) are reading the setter and facing the net with legs bent slightly; arms in front of the body and in a 'ready position' to determine in which direction they have to move. P2 is in a 'bunch' position (inside) to assist in blocking quick or combination attacks and now has to move outside to 'set' the block for P3.
- 2 The two blockers move together using a cross step (P3), a side shuffle step (P2) and swing block to go outside to pos.2.
- 3 Blockers choose the take off position and timing according to quality/timing of setter and attacker or their game plan. The arms begin their swing backwards behind the body and the trunk starts to flex forward, facing the hitter. At the end of the crossover the heel of the left foot of the middle blocker is planted first.
- 4 Just before take-off the arm back swing is completed when the upper arms reach a position nearly parallel to the floor, with the elbows bent backwards at close to 100 degrees and the lower arms pointing down toward the ground. Ball

Ballcontact - contact phase 5 - 6

- 5 At take-off the arms, legs and trunk are fully extended. Both blockers arrive at peak height at about the same instant, and are in a good position to prevent the attack from crossing the net. The higher the set the deeper is the leg bend to allow for maximum height and penetration.
- 6 At peak height the trunk is bent forward, arms are extended over the net and the palms reach to the ball, fingers are opened and eyes look up and open to focus on ball contact. P3 has to push to the middle of the court and P2 has to prevent balls from 'wiping' off the hands by turning the outside hand or correcting with shoulders if the swing block is used.

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 Two-Person Block P2 / Mirjam ORSEL (11), Manon FLIER (12) / NETHERLANDS / World Championship 2006



## 4 Two-Person Block P2 / Nancy CARRILLO (3), Daími RAMIREZ (6) / CUBA / Olympic Games 2008

