

# Blocking – Two-Person Block P4 (side step-hop jump, cross step movement)

Serie 4 | Poster 2

## 1 Two-Person Block P4 / Yeon-Koung KIM (10), Hyo-Jin YANG (17) / KOREA / Olympic Games 2012



## 2 Teaching Description

### Approach/position - pre contact phase 1 - 4

- 1 The two players (Korea sequence) (P4 and P3) are reading the setter and facing the net. Arms of the middle blocker are extended above the head in front of the body. Legs are bent slightly and wider than shoulder width apart to enable faster sideways movement. Players are in a 'ready position' to determine in which direction they have to move. The P4 blocker is in a 'bunch' position inside.
- 2 From the ready position, facing squarely forward, the blockers move together with a side step (or a step to hop jump) to pos.4. The left foot moves first (pointing slightly) and the blocker slides sideways off the left foot to land on both feet simultaneously with a leg bend so they can immediately jump upward. Other sequences are using a cross over step.
- 3 Players choose the take off position and timing according to quality/timing of setter and attacker or game plan. The arms begin their swing backwards behind the body and the trunk starts to flex forward, facing the hitter.
- 4 Just before take-off the arm backswing is completed when the upper arms reach a position nearly parallel to the floor, with the elbows bent backwards and the lower arms pointing down toward the ground.

### 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 spike from crossing the net.
- 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 open to focus on ball. P3 has to push to the middle of the court and P4 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 The abdominal muscles are contracted, the hands are up and surround the ball with the shoulders extended to angle the arms, consequently pushing the ball into the opponent's court. The hips bend forward in order to take up the forces produced by the upper body moving forward.
- 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 P4 / Marianne STEINBRECHER (3), Fabiana CLAUDINO (9) / BRAZIL / Olympic Games 2008



## 4 Two-Person Block P4 / Jordan LARSON (10) & Christa HARMOTTO (13) / USA / Olympic Games 2012

