

Blocking – One-Person Block P3

Serie 4 | Poster 3

1 One-Person Block / Yanan LIU (CHN) / World Championship 2006



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The middle blocker stands in a 'ready position' to jump or move:
- 2 Hand position height varies depending on the size of the blocker, quality of pass and speed of set. Player is in 'ready position' with knees and hips at full extension and weight is on the toes. Eye sequence is reception-setter-attacker. Slide the outside foot first then bring the other foot together and then jump.
- 3 Cue first on the arc and speed of the reception. Once the pass trajectory is established, watch the setter, then hitter approaching. Take off position and timing depends upon the quality/timing of reception and tendencies of setter and attacker or game plan.
- 4 Once the setter sets move towards that target with shuffle steps. At take-off the arms, legs and body are fully extended while aiming for the hands to penetrate the plane of the net. It is easier to set a solid block if you move quickly to the target.

Ballcontact - contact phase 5 - 6

- 5 Arms are extended over the net, the palms reach to the ball with fingers wide and eyes on ballcontact.
- 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.

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.

4 Individual technique features



5 One-Person Block / Simona GIOLI (ITA) / Olympic Games 2012



6 Position/ball contact phase



7 One-Person Block / Eda ERDEM DÜNDAR (TUR) / Olympic Games 2012



8 Position/ball contact phase

