

Blocking – One-Person Block P2 (with cross steps) Serie 4 | Poster 2

1 One-Person Block P2 / Clayton "Clay" STANLEY (USA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase ① - ④

- ① The blocker, facing the net with legs bent slightly, is in a 'ready position' to react (move and jump) and is in a bunch (inside) position along the net.
- ② The back is straight, the knees and hips are approaching full extension and weight is on the toes.
- 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 the game plan.
- ④ The cross over step can be done either by crossing the left in front of the right or by initiating the movement with the right foot then crossing the left foot over the right and then take off using both feet. Usually a 'swing block' is used to get the outside blocker higher for contact.

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. P 2 players should aim at not getting their right hand/arm outside of their right shoulder, otherwise a 'wipe-off' can occur.
- 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. 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. Drifting can occur and the blocker can either leave a 'hole' in the block or a 'wipe-off' can occur.

Follow through - post contact phase ⑦ - ⑩

- ⑦ If timing is good hands and arms penetrate the plane of the net, consequently pushing the ball into the opponent's court.
- ⑧ The hips bend forward in order to take up the forces produced by the upper body moving forward.
- ⑨ Moving both arms backwards (assisted by the shoulders) to avoid making a net fault by touching the top band of the net.
- ⑩ 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 One-Person Block P2 / Donald SUXHO (USA) / Olympic Games 2012



4 One-Person Block P2 / Lukas KAMPA (GER) / Olympic Games 2012

