

# Blocking – Two-Person Block P2 (with cross and sidesteps)

Serie 4 | Poster 4

## 1 Two-Person Block P2 / Vladimir NIKOLOV (11), Viktor YOSIFOV (12) / BULGARIA / Olympic Games 2012



## 2 Teaching Description

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

- 1 The middle blocker (P3) and outside blocker (P2) are in their respective 'ready positions'. Since the ball goes to the antenna the P2 blocker 'sets' the take off position for the block and the P3 blocker closes to this outside player.
- 2 Choose the take off position and timing according to quality/timing of pass, tendencies of setter and attacker and/or the game plan directions.
- 3 In this case the blockers are using a 'swing block' where their arms and hands drop below their waist to increase their vertical height. If the set was quicker or faster the P3 and P2 player's may have to keep their hands higher and use more of a side shuffle step (P2) or sometimes a combination of a side shuffle and a cross over step (P3).
- 4 The P3 player is using a crossover step to 'close' the block, which has been 'positioned' by the P2 player, who uses a side shuffle movement or, for smaller players, a crossover step. The P2 player should be talking to the P3 player so it is easier to know where to go in order to close the block.

### 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.
- 6 At peak height the trunk is bent forward, abdominal muscles are contracted. 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 Players are 'pushing' their hands into the center of the court so contact is not easy for a 'wipe-off' situation to occur. If the block is not made the players should turn in the direction of the attack so transition can occur.
- 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 / Donald SUXHO (7), Russel HOLMES (12) / USA / Olympic Games 2012



## 4 Two-Person Block P2 / Nikolay APALIKOV (3), Sergey GRANKIN (5) / RUSSIA / Olympic Games 2012

