

Technique

1. Body Position

a. Starting position when standing at Net

- i. Feet, hips and shoulders should be directly parallel with the net, with feet about shoulder width apart.
- ii. Elbows and arms, (slightly bent) should be extended about shoulder level in a relaxed and ready position.

iii. Outside Hitters

1. Should start about 3 feet in the court or on the opposing team's setter/target position
2. Blocking priorities
 - a. Block front row setter – Have OH help MB determine if Setter is “Live” or front row
 - b. Help Double block the Middle and then the Right side. It is the responsibility of the OH to call RS coming around on Stack or X plays.

iv. Middle

1. Should start 1-2 steps away from OH
2. Blocking priorities
 - a. Should call out all hitters and if Setter is “Live” or front row
 - b. Block Opposing MB
 - c. Close Block to OH or RS

v. Right sides/Opposites

1. Should start one arm length away from RS antenna
2. Blocking priorities
 - a. Opposing OH – First and absolute priority, Go with their OH.
 - b. MB running the 31 or 32

b. When Blocking

i. Player should slightly squat and then explode straight up, reaching arms and hands over the net as far as they can.

ii. Shoulders, arms and wrists should be stiff or strong

ii. 14-16s should be able to move arms and hands into the court when blocking so that the ball when blocked lands inside the court.

2. Footwork

a. Hop Step

i. Starting position – Standard Base position

1. Players push off either feet and land on the opposite foot, one lateral hop away

2. Uses:

a. OH – Help Double Block the Middle running A, C or Slide; and help block RS running Flare

b. MB – Help Double Block the Middle running B, C, Slide; help Block OH running 32 or 31; and help block RS running Back 1 or Flare

c. RS – Help Double Block Middle running B; and help Double OH running 31 or 32.

b. 3 Step Cross-over

i. Starting Position – Standard Base position

1. Player takes first step with outside step parallel with the net, then crosses over with next step, and then ends with Hop Step. When players end, they should be back in standard base position.

a. Ex. MB to close block on OH.

i. MB first step is with Right foot, crosses over with Left foot and then ends with Hop step off of Left foot and lands on right foot.

2. Uses:

a. OH – Block the RS running 5 or MB running Slide

b. MB – Block the RS running 5; Middle running Slide; or OH running 4 or Hut

c. Swing Blocking

ii. Starting Position – Standard Base position

1. Player takes first step with outside step parallel with the net, then crosses over with next step, and then ends with last step towards the sideline. As the player jumps they pull there arms up and “Swing” their hips and shoulder back to parallel with the net.
 - a. Ex. MB to close block on OH.
 - i. MB first step is with Right foot, crosses over with Left foot, (as left foot crosses over, arms and hands should be dropping behind player) and then ends Right foot toward sideline. As player jumps they pull their arms up into blocking position and swing there body back to parallel.
2. Uses:
 - a. OH – Block the RS running 5 or MB running Slide
 - b. MB – Block the RS running 5; Middle running Slide; or OH running 4 or Hut
 - c. RS – Block the OH hitting 4 or Hut