

Pre-contact phase

1. The two blockers are in their **ready position** at the net. The blockers have their **knees bent, the shoulders forward** and the weight on the balls of the feet, ready to move.
2. The blockers **identify the trajectory of the set** and start moving by **opening the hips and shoulders** in the direction of the set. The blockers are using a swing-block movement. **
3. The blockers take **their second step**, lower their center of gravity and bring their arms behind with a bend in the elbows to get ready for their jump. They are **watching the hitter** to see their approach and to pick up information on where they might hit. The outside blocker decides where to **set the block on the line**.
4. The blockers plant their **last step close to their other foot** and start swinging their arms upward while rotating the shoulders towards the net.
5. The blockers **take off at the same time** while rotating towards the net and extend the hands **over the net as soon as possible**. The body is straight and the eyes are on the ball.

In this picture we see that the players are on their toes prior to the blocking movement. Some players like to do a **mini split-step at the moment of the set so they can push powerfully in the direction of the set with the outside foot. Being on their toes allows them to drop their weight during the split-step and to **push harder on the floor**.



Contact phase

6. The abdominal muscles contract to **press the hands over the net and to place the body in a strong and stable position**. The hands are wide open and are slightly turned to bring the ball back towards the **middle of the court**. The middle blocker makes sure they are closing the gap with the outside blocker.

Post-contact phase

7. After the contact, the blockers **finish their press**. They start coming back down and keep their **arms over the net as long as possible** without touching the net.
8. The blockers tuck their arms in in front of them to avoid hitting each other and land safely on both feet before **resetting in their blocking position or transitioning to hit**.

