

## **Pre-contact phase**

- 1. Blocker is in ready position with <u>knees slightly bent</u>, <u>weight on the toes</u>, <u>back</u> <u>straight and shoulders slightly forward</u>. Hands are up or down depending on the pass.
- 2. First cues are the arc and speed of the reception. Once the pass trajectory is established, **blocker watches the setter to pick up information** on where the set will go. Take off timing depends upon the tendencies of the setter and game plan.
- 3. Once the direction of the set is established, **blocker pushes with right foot** to take a big step sideways. **Center of gravity stays low** and the hands come down to help with take off. Blockers' eyes are on attacker.





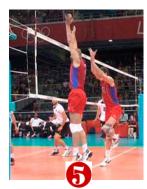
- 4. The right foot is brought back against the planted left foot in a **dynamic fashion** and the arms start their upward motion.
- 5. The legs push on the floor and extend at the same time as arms extend over the head.

## **Contact phase**

- 6. Arms are extended and pushed over the net as soon as possible. The palms reach to the ball with the <u>fingers wide and the eyes</u> open to track the ball. Blockers should stay straight because reaching sideways may result in a tool.
- 7. The <u>abdominal muscles are contracted</u> to bend the back forward. The hands surround the ball and are <u>angled to push the ball back</u> <u>toward the opponents' court</u>. Eyes are open and watching the ball.













## Post-contact phase

8. On the way down, the blocker keeps the arms extended as long as possible and brings them backward to avoid touching the net. <u>The elbows are bent close to the body.</u> If the elbows are wide there is a risk of hitting the middle blocker. Blocker lands on both feet and resets in blocking position in case the opponents recover the ball.

Source: Volleyball Canada