

2009 AVCA Spring Conference

21st CENTURY COACHING SKILLS

Friday May 8, 2009
8:30am – 9:30am

Swing Blocking: Why it works for both men and women

BASIC BLOCKING CONCEPTS

Great blocking is composed of (at least) these main components.

Serving

To block effectively a team has to be able to serve teams out of perfect passes. The object of a serve is not to ace the opponent (aces are a bonus), but to keep the receiver from making a perfect pass. The worst thing you can do is miss a serve.

Eyework

Volleyball is a VISUAL/motor game so what you see is of utmost importance. Blockers should be taught to look at ball, hitter, setter, ball, hitter. If only one out of 20 balls is passed over the net, it is important to look quickly to the setter and not spend a lot of time looking at a ball that is not coming over.

Looking at the hitter and then the setter before the ball is set (and hitters out of peripheral vision) allows blockers to:

- react the fastest possible
- load when necessary
- communicate about moving hitters

Foot-and-Armwork

Where blockers stand, how they stand (ready to run and jump) and how they run (the various footwork patterns) are vital. We like our blockers to use their arms when they jump (this is what makes it swing blocking)..

There is a need for speed continuum:

- 3 step crossover – full arms
- 3 step crossover – bent arms
- 3 step shuffle (Quick 3) - no arms

FOOT-AND-ARMWORK SWING BLOCKING KEYS

1. Three step move – first step is with the leading leg, crossover, square to the POLE when moving and square to the HITTER when jumping
2. Hands start head high and then (1) go down - not up – when starting to move, and (2) go down if no quick in your zone.
3. Square to the net when reaching over to block
4. Elbows bend slightly when jumping to help clear the net and GET OVER

Get hands over-the-net-work The object is to get over - this is more important than jumping

high. Wherever you are get over the net!

TACTICS (Cost/benefit analyses)

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Wing blockers

- Help/don't help with quick
- Get loaded
- Release

Middles

- Dedicate (2 step rule) / Don't dedicate
- Front / Don't front

Other Tactics

- Bunch or Spread Read
- Front
- Trap

The key to the success of the system is in scouting. Every team has offensive tendencies, things they like to do, and players they like to go to. The discovery and utilization of this information is the key to putting the tactics in place. Without this knowledge you cannot have the proper cost/benefit analysis.

To implement these systems it sure is nice to train at least two "Blockheads". Blockheads are responsible for three things:

- Telling where the setter is
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- Telling where the hitters are
- Choosing the right system
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IMPORTANT VOCABULARY

Bunch Read
Spread Read
Lead with Your Hands
Square to the Hitter

Turn the Hitter In
Get on the Hitter Soon
Loaded
Ready to Jump and Move

**See the set, see and know
the hitter, get over the net
and block the ball**

5-3-3, 5-2-2; Q3-3-3,
Q3-2-2; 3-3-3, 3-2-2