Seminar Title:  Eye Sequencing and Timing: Two Essential Keys in Blocking

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Learning Objectives:

Design a blocking system that develops eye sequencing for blockers and teaches effective timing techniques in blocking to fortify your defensive system.

Key Points:

Blocking requires tracking multiple objects into one convergent skill. To help enable blocking we must first design a system that will optimize our blockers to inhibit the offensive strategies and abilities of the attackers. Blocking in the gate keeper of the defense and so we will want to coordinate our timing and movements from block to backrow.

A blocking system aligns the space, as well as the hitters, in which the blockers will be assigned. Create a system that identifies net alignment, attacker assignment, attacker abilities, and area of responsibility.

Eye sequencing starts with teaching soft vision and a steady head/eye relationship. We want to keep our head straight forward with eyes loosely focused on the ball, setter and hitters. We work on the connectivity and rhythm of the relationships between the first contact, the setter, the hitter and the hitter’s alignment. The key learning phrase is ball, setter, ball, hitter, and then ball.

Timing is an important skill in blocking because knowing when to jump is just as important as where to jump. Create a timing platform for your blockers; quick tempo block timing, in system second tempo block timing, out of system tempo block timing, and tip/roll block timing. This also includes distinguishing the use of swing block or traditional block.

Conclusion:

Designing your blocking system starts by aligning your strengths, understanding your opponent’s offensive attack strategies and tendencies then concentrating on what the focal points are for your blockers. The eye sequencing component of blocking plays a critical part in aligning your block against your opponent’s attack. Once you can understand what to see, then you can focus your block efforts on knowing when and how to jump. Timing your block for different tempos helps give your blockers a better success rate along with creating channels for your backrow defenders to succeed. When effectively coordinated, blocking can be a huge strategic advantage to your defense, even when your blockers don’t even touch the ball.