



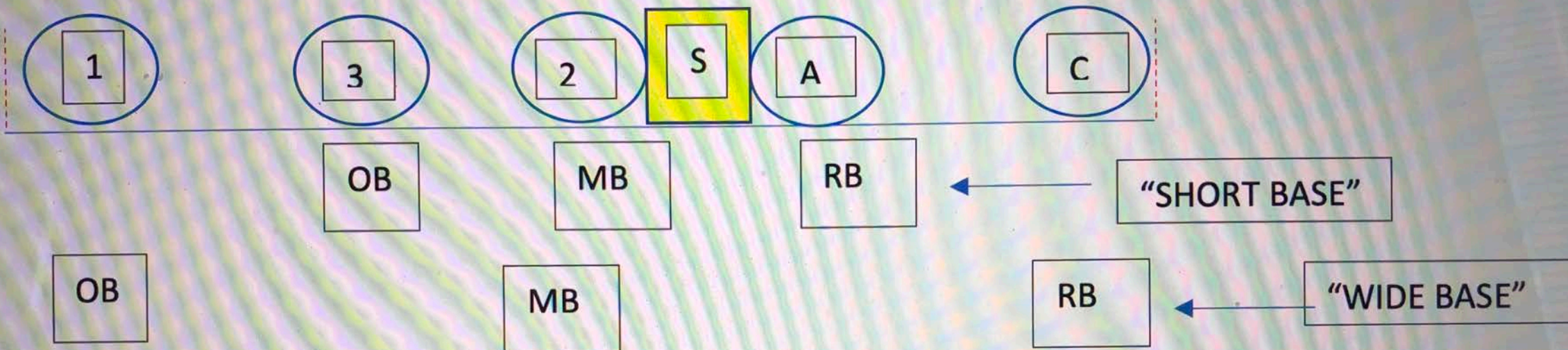
Front Row Defense
aka: Blocking

KEY POINTS:

- Be balanced, weight on inside of both feet
- Move in front of ball
- Lead jump with arms
- Big hands
- See back of hands and ball
- Press over net from shoulders
- Keep elbows in front of ears
- Squeeze elbows
- Land with arms up
- Land balanced

McLaughlin and Rose videos

Hitting zones = Blocking Zones



Footwork:

Hop to side -

One step with balance

Cross over step with balance

Cross over-step-step-balance

Shuffle before any above

Turn and run 😊

Starting base changes with opponent. Start in front of their most attacked zone 😊

Mix short and wide base as needed 😊

READY POSITION

hands above shoulders

“Loaded” Position

Knees bent, hips flexed (shoulders slightly forward)



Base -
Expecting
a quick
attack;
Keep
hands
High
(above
head)



Keep hands big – spread thumb and little finger



- Keep eyes open, see the ball

- Squeeze elbows together

- Keep arms in front of ears

Use to set blocking zones to move to along net

- Teaches spacing and basic footwork

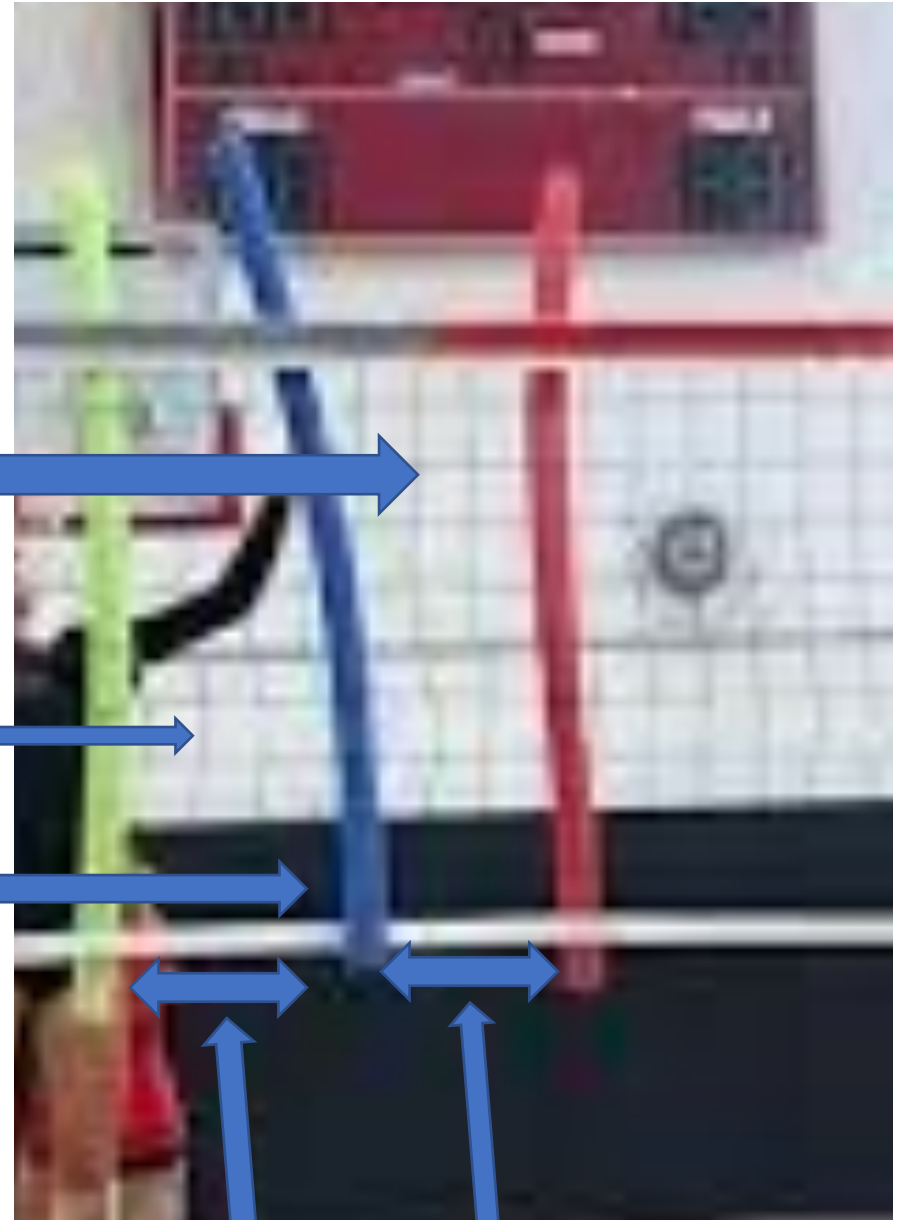
FRONT 1OR 2 ZONE



BACK 1OR 2 ZONE



SETTER



Set zone width to accommodate your age group



Keep eyes open on ball

Keep Head level

Press over the net

- Low seam responsibility?





Closing the seam

DRILLS



Working on the wall



Focus:

- Load position
- Footwork
- Hands
- Press
- Landing soft

FOOTWORK

- **Tom Keating, High School Coaching Academy, 2012**

Footwork

<https://www.youtube.com/watch?v=38Hs7tWB6fA>

- Add hitters on boxes across from blocker
start independently then work as a team



He does not introduce swing blocking

Drills - work to adapt

- Russ Rose, 2014, Blocking Footwork, full video:
<https://www.youtube.com/watch?v=mb1FWSDPbWs>

[Rose first step drill](#)

- 2 ball press-transition.MOV
- **Middle Blocking & Tracking the Ball**, Northwestern 2013 drills
https://www.youtube.com/watch?v=_dSGUbgGRg8



Jim McLaughlin, Washington 2013, correct footwork and swing block

Full information:

- <https://www.youtube.com/watch?v=PKWbvrTuQik&t=282s>



Swing blocking segment

Improve Blocks and Attacks with Olympic Volleyball Gold Medalist Misty May-Treanor, 2013

- https://www.youtube.com/watch?v=pr_17l1pbqw&t=36s
(to see full 12 minutes)
- Misty May MB footwork →
- MB move to outside blockers



Blocking series - partners

- Warm-up on wall – hands and footwork
- Partners – hitter/blocker with ball
 - Hit into hands at top of block
- Hitter on box with 2 flat vballs, blocker jumps press grab vballs
- Hitter on box with regular vball, hit into blocker
- Blocker starts in base, moves in front of ball to block using the various taught footwork

Blocking drills – groups of 3 middle and outside or right

- 2 blockers, 1 hitter on box
- Can have 4 flat balls – 2 in each hand for blockers to grab, all 4 flat balls must be touching
- Each blocker grabs one ball per their hand
- Blockers move from base to block ball from various distances
- Replace flat balls with regular ball to block

Hitting boxes

