

BLOCKING TECHNIQUES | IHSVCA CLINIC

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INTRO TO BLOCKING TRAINING

- Start with the Basics
 - Blocking Ready Position
 - Explain Why
 - Hands
 - Explain Why
 - Shoulder Press
 - EXPLAIN WHY
- Develop Understandings of Blocking Discipline
 - Be sure you know what your expectations are and train them
 - i.e. “Head on Ball”, “Left Hand on Ball”
 - Simple reps for visualization
 - Advanced reps for execution
 - Like most skills, blocking is trained best from start to finish, progressively
 - Understand your eye sequencing and train it
- Train the feet that control the body
 - Be sure to emphasize that hands don’t block balls

DRILLS THAT REP THIS PROPERLY:

- Simple Footwork Breakdowns
- Swing Blocking Progression
- Ball Tracking with setter or coach
- Full defensive movement drills
- Press and Grab Drills
- Team Blocking Drills
- More...

KEY TAKEAWAYS

| Blockers job isn’t to block balls | Train the feet that control the body | Discipline beats physicality | Hand shape MATTERS | Blocking is a TEAM skill |