



BLOCKER CHECKLIST

PRE-SERVE

- Establish blocking assignment/position quickly.
- Know the block style/tactic (read, commit, cheat towards a primary attacker).
- Identify where the setter is, as well as the number & location of eligible attackers.
- Know the style of offense (high outside, play-set combo, quick-set, dumps, etc.) and identify the probable options.

BALL IS SERVED

- Assume final correct floor position
- Be prepared for an overpass (the first thing that can happen).

BALL IS PASSED

- As the ball is passed, glance at the attacker in your zone. Verbalize if she is leaving your zone and entering theirs as you move to your adjusted block position/area of responsibility.
- See the pass and assess the setter options.
- As the pass nears the setter, maintain low ready position and focus on the setter's body language and position in relation to the ball.

BALL IS SET

- Watch the setter deliver the ball. On higher sets, follow the set no further than its apex. Immediately shift focus to the approach angle of the attacker. Outside blocker set the block according to the pre-determined tactic (line/cross-court).
- Jump squaring your shoulders to the net. Arms should "seal" the top of the net on the way up and extend as they penetrate.

BALL IS ATTACKED

- Timing – The blocker should be in "optimum" position (at peak of jump w/ maximum penetration, hands positioned to deflect the ball to the center of the court) a split-second before the ball crosses the net.
- Should the ball pass by the block, follow the attacked ball with your eyes and head. Land on balance and pivot to teammate handling the ball AFTER landing.
- Be prepared to handle the ball (first thing that can happen) if you're not the primary setter before transition to attacking.