



Blocking

Blocking is an advanced skill that requires physical height, jumping ability and good judgment to time the jump against the attacker. While most Special Olympics athletes will not (and should not) try to block, those who are able can change the energy of a game with a well-executed stuff block.

The athlete should stand squarely facing the net, approximately 15-20 centimeters away (6-8 inches), feet even and slightly less than shoulder width apart, hands close to the body in front of the chest with the palms facing the net. The athlete will bend deeply with the knees and then explode straight upward, reaching with both hands as high as possible. The athlete should attempt to reach over the net, with both arms straight, as far as he/she can without touching the net.

The outside blocker is positioned to be lined up on the inside shoulder of the attacker at the point where he/she will swing at the ball. A blocker on the right side of the court will put his/her right arm on the ball. A blocker on the left side of the court will put his/her left arm on the ball. This will give the best chance of blocking an “angle” or cross-court attack.



Skill Progression – Blocking

Your Athlete Can	Never	Sometimes	Often
Demonstrate proper blocking stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper jumping technique while reaching as high as possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper arm position above the net	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Position themselves in front of the hitters’ approach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time the jump correctly with the hitters’ attack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper landing technique	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Special Olympics Volleyball Coaching Guide Teaching Volleyball Skills

Teaching Points

A common problem is athletes who confuse blocking a tight set with a chance to reach over and attack the ball before the opponent can attack it. This usually results in a net violation on the blocker.

The athlete can reach to his/her left or right if necessary to block a ball, but this reaching should be done with both arms and not a sideways jump. Sideways jumping creates awkward landings and increases the chance of injury or collision with teammates. The blocker should jump straight up and down, always landing evenly on both feet, exactly where they took off from.



The athlete should focus on reaching to a specific point above the net rather than wildly flailing the arms hoping to make contact. The primary purpose of the block is to take away a specific portion of the court and force the attacker to hit either into the block or into the arms of the defenders covering the rest of the court. Blockers will decide to cover the “line” or the “angle” before jumping, and the rest of the team will arrange themselves to cover the rest of the court as defenders.



Faults & Fixes – Blocking

Error	Correction	Drill Reference
Misjudging the timing of the jump	Wait for the hitter to leave the feet and then jump.	Right Place, Right Time Drill
Jumping sideways to block rather than straight up and down	Have the athlete practice moving the feet early – and landing exactly where they take off from No drifting in the air.	Right Place, Right Time Drill
Not getting enough height on the jump	The athlete may be bending at the waist instead of at the knees.	Over and Back Drill
Consistently touching the net on the way up	Minimize arm movement until after the athlete has left his/her feet.	Over and Back Drill
Consistently touching the net on the way down	Focus on reaching over the net and then pulling the hands back overhead, rather than dropping them down in front (should land with hands high).	Over and Back Drill

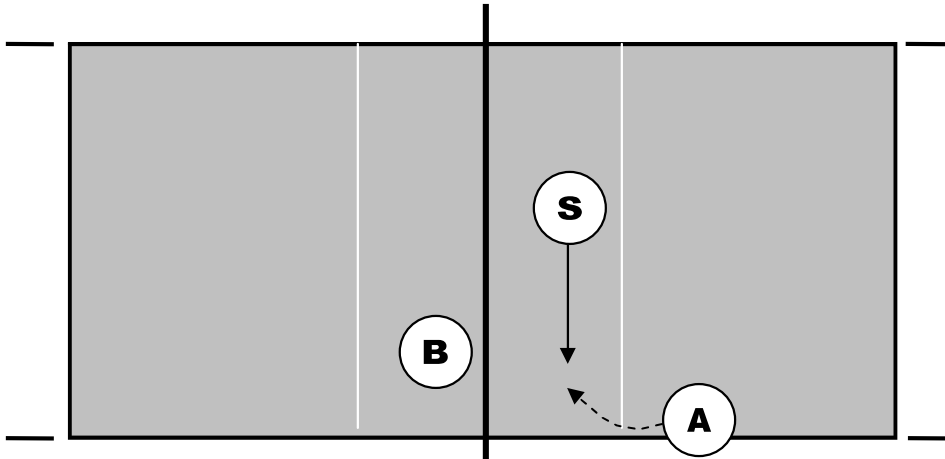


Blocking Drills

Right Place, Right Time Drill

Description

A coach or setter (S) will stand on the opposite side of the net from the blocker (B) and initiate the drill by accurately tossing the ball out to a fixed spot where an attacker (A) will hit at an angle. The blocker practices timing the block jump against the jump of the attacker.



Variations

Once the blocker is able to correctly time the block, the coach/setter can vary the location of the toss: farther outside, closer to the middle, lowers, higher, etc. This forces the blocker to move his/her feet to a new position and still time the jump against the hitter.

The blocker will move the feet as either a quick left-right (or right-left) shuffle step (2-step move) if he/she needs to move 1 meter (3 feet) or less. If the blocker needs to move more than 1 meter (3 feet), he/she will turn and quickly step over to the correct location and then jump straight up and down, this is called a 3-step cross over.

Over and Back Drill

Description

A coach will stand on one side of the net holding a ball 5 centimeters (2 inches) above the net, with one-half of the ball on each side of the net. The athlete will assume the correct blocking position on the opposite side of the net from the coach. At the signal from the coach (a slap of the ball), the athlete will jump up, place his/her hands around the ball without touching the net and land correctly holding the ball.

Variations

This drill will be modified to challenge each athlete based on their physical ability. Moving the ball higher above the net, further over the net on the opposing court, and/or to the left or right of the athlete are all excellent ways to challenge more athletic players.