

Pre-contact phase

1. The three front row players are in their **ready position** at the net. Their **hands are low** because the setter is far away from the net and there is no middle option. The blockers have their **knees bent, the shoulders forward** and the weight on the balls of the feet, ready to move.
2. The blockers **identify the trajectory of the set** and start moving. The blocker closest to the set is moving in a step block motion. The middle blocker and the third blocker are using a cross step.
The goal here is to **quickly get to a position** where the blockers will have room to take their last two steps **and jump dynamically in order to be stable and strong in the air. (A)**
3. The blockers see the hitter is about to jump. They take **their second last step**, lower their center of gravity and bring their arms behind with a bend in the elbows to get ready for their jump. The outside blocker steps close to the line to **set the block on the line.**
4. The blockers plant their **last step close to their other foot** and start swinging their arms upward.
5. The blockers **take off at the same time** and extend the arms while bringing the hands **over the net as soon as possible.** The body is straight and the eyes are on the ball.

In this picture, the outside blocker stops the middle blocker with his arm. He doesn't want the middle blocker to come too close too fast and not be able to explode into his jump. The outside blocker plays a big role in the timing of the 3-player block.



Contact phase

6. The abdominal muscles contract to **press the hands over the net and to place the body in a strong and stable position.** The hands are wide open and are slightly turned to bring the ball back towards the **middle of the court.** The inside blocker makes sure they are closing the gap with the middle.

Post-contact phase

7. After the contact, the blockers **finish their press.** They start coming back down and keep their **arms over the net as long as possible** without touching the net.
8. The blockers tuck their arms in in front of them to avoid hitting each other and land safely on both feet before **resetting in their blocking position or transitioning to hit.**

