

Pre-contact phase

1. Blocker is in ready position with **knees slightly bent, weight on the toes, back straight and shoulders slightly forward**. Hands are up or down depending on the pass.
2. First cues are the arc and speed of the reception. Once the pass trajectory is established, **blocker watches the setter to pick up information** on where the set will go. Take off timing depends upon the tendencies of the setter and game plan.
3. Once the direction of the set is established, **blocker pushes with right foot** to take a big step sideways. **Center of gravity stays low** and the hands come down to help with take off. Blockers' eyes are on attacker.
4. The right foot is brought back against the planted left foot in a **dynamic fashion** and the arms start their upward motion.
5. The legs push on the floor and extend at the same time as arms extend over the head.



Contact phase

6. **Arms are extended and pushed over the net as soon as possible**. The palms reach to the ball with the **fingers wide and the eyes open** to track the ball. Blockers should stay straight because reaching sideways may result in a foul.
7. The **abdominal muscles are contracted** to bend the back forward. The hands surround the ball and are **angled to push the ball back toward the opponents' court**. Eyes are open and watching the ball.



Post-contact phase

8. On the way down, the blocker keeps the arms extended as long as possible and brings them backward to avoid touching the net. **The elbows are bent close to the body**. If the elbows are wide there is a risk of hitting the middle blocker. Blocker lands on both feet and resets in blocking position in case the opponents recover the ball.