



## 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.  
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.
2. Once the direction of the set is established, the blocker pushes with the left foot and **opens the hips with a right step in the direction of the set**. The hands start coming down. Eyes are on the hitter.
3. The crossover is made by taking a **large step with the left foot**. This large steps will insure a dynamic last step and will prevent the blocker from floating too much. The arms are brought back to help with the jump. For more speed, the **elbows can be bent while swinging the arms**.
4. The **right foot is planted beside the left foot** to bring the hips back facing the net. The arms swing upward as the legs push into the floor and go in full extension.

## Contact phase

5. **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 throw off the defenders.



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

- 6-7. On the way down, the arms stay extended as long as possible without touching the net. **The elbows are bent close to the body**. If the elbows are wide there is a risk of hitting the outside blocker. Blocker lands on both feet and resets in blocking position in case the opponents recover the ball.