



## **BLOCKING DRILL IDEAS**

- Partner core catches
  - Emphasis on using core to block
  - Player blocks and falls forward into partner
  - Partner catches the player with a ball into the stomach and pushes back
  - Remember chin down, elbows inside shoulders, shoulders shrugged
- One trip down net (all blocking movements – push, push-slant, push-drive-slant) no ball
- Coach attack into middle closing to the outsides
- Coach toss over the net to attacker, blocker on same side of net as coach
- Flat ball or foam balls, player reaches over the net to grab
- Blocker on the net, coach on the other side pointing where to shuffle
- Blocker on the net, coach on the other side pointing where to shuffle, added blocker on same side as coach mirroring
- MB closing and grabbing a hand before going up
- MB, OH, OP vs. in system 3 hitters
- Blockers on a box, penetrating, coach hitting into the block to test hands, test penetration
- Blockers shuffle with coach point, then sprint to sideline