

**Relevance:**

- First line of defense, it's the building block and foundation for any good defensive scheme
- Easy way to score points
- Easy way to intimidate and swing momentum
- Force the opposing team to do what you want them to do

**Key Words:**

- Ready and loaded
- **PENETRATION!!!**
- Seal the net
- Find the foot
- Shoulders shrugged
- Chin down
- Equal measure (about 1/2 arms length away from the net)

**Footwork:**

- Slant; Push-Slant; Push-Drive-Slant
- Turn and run (middle blockers)
- Move on a horizontal, sagittal plane vs. lateral, horizontal plane
- Eliminate hops

**Blocking Rules:**

- Never reach for ball outside of body
- Hands visible at all times
- Ready position at all times (hands top of head)
- Head leads the body
- Open hips to the sideline when moving large distance
- Eye sequence: hitter-ball-setter-ball-hitter
- Call "Ready, ready, up"

**Common Problems:**

- Eyes fixed on the ball
- Losing track of the hitters
- Not staying loaded
- Drifting
- Losing balance / losing measure

**Things to Ponder:**

- Difference between read vs. commit
- Difference between front vs. neutral
- Difference between static vs. dynamic (swing)
- Difference between stuffs, controls, touches, and errors