

# Six Ways to Be a Better Blocker

Contributed by isma  
Thursday, 07 June 2007  
Last Updated Monday, 11 June 2007

dedicated to:

The Best Blocker for Man Â in Proliga 2007.....

muah....

These 6 tips will give you the stuff to be the best on your block. By Mike Schlegel Â Â Become the Aggressor on the Overpass

Many setters have trouble with tight, overset passes. And when you're a back-row setter, you can do little more than fake a block or back off and get ready to dig. But the next time the pass is tight and you're the front-row setter, become the aggressor and joust.

In this situation, the blocker will probably be up higher than you, but that can work to your advantage because in a joust, the player whose hands are positioned lower tends to win. From this position, you can keep the blocker from successfully pushing the ball down while you push the ball under her hands and down her arms. Â Â Finish the Block with a Follow Through

The best blockers know how to finish a block. To do this, you must follow through like a baseball player does when hitting or pitching. A textbook block doesn't end when the ball hits your hands. It ends when the ball hits the floor. And the best way to get the ball to the hardwood is to give a final push with your arms, wrists and hands as it comes off your block. Even if you miss the block completely, you should still feel your arms and hands making that final pressing motion as the ball passes. Â Â Surprise a Joust with the Swipe

It's a great feeling to successfully joust the ball (and sometimes the opposing joust) to the floor. Because of that mouth-watering, in-your-face challenge, most players don't realize that there are other ways to win a joust.

The opposing joust always expects you to push the ball directly into his hand(s). Next time, surprise him with the unexpected and swipe the ball. Doing this allows you to direct it away from his hand and into his side of the court. The key is to swipe as hard as you can while maintaining control so you don't touch the net with your arm or hand. Â Â Stay Square If You're Not There

No other player has to react as quickly or jump as much as a middle blocker. That's why a middle is inevitably going to misread a play and end up late on an outside set. Fortunately, there's a rule of thumb you can use to help make up for the occasional late block.

When you're late to the outside, it's okay to reach a bit, but remember to stay square to the net. Staying square means keeping your hips, shoulders, arms and hands parallel to the plane of the net. Never turn any part of your body toward the hitter. Turning your body causes two problems. One is if you do touch the ball, it'll likely deflect out of bounds. The other is you'll open holes in your block. Â Â Keep Your Eye on the Ball

Two cardinal sins of blocking are dropping your head and closing your eyes. Unfortunately, these habits are hard to break, no matter how much you practice. One way to overcome these bad habits is to keep your eye on the ball as if you are going to attack it. If you can see the hitter contact the ball, it's almost a sure bet you can break this habit.

Another advantage to keeping your eyes on the ball is being able to react to an opponent's weak dink.

Â If It's on Top of the Net, Always Go for the Ball

Because of the back-row attacking rule, you should always remember that a back-row setter who attempts to set a ball that breaks the plane of the net will be whistled for the violation if an opposing blocker touches the ball. But if you're the blocker, and you let the setter set it, the play will continue. All you have to do is touch the ball, and your team will get the side out or point.

Also, when the setter is in the front row and attempts the same type of set, you should block that one, too. In other words, never let the setter get a set off if the ball is on top of the net. Of course, you have to make a good decision whether or not the ball has broken the plane of the net because if you're wrong, you'll be whistled for blocking a legally attempted second

À

from: volleyballmagazine