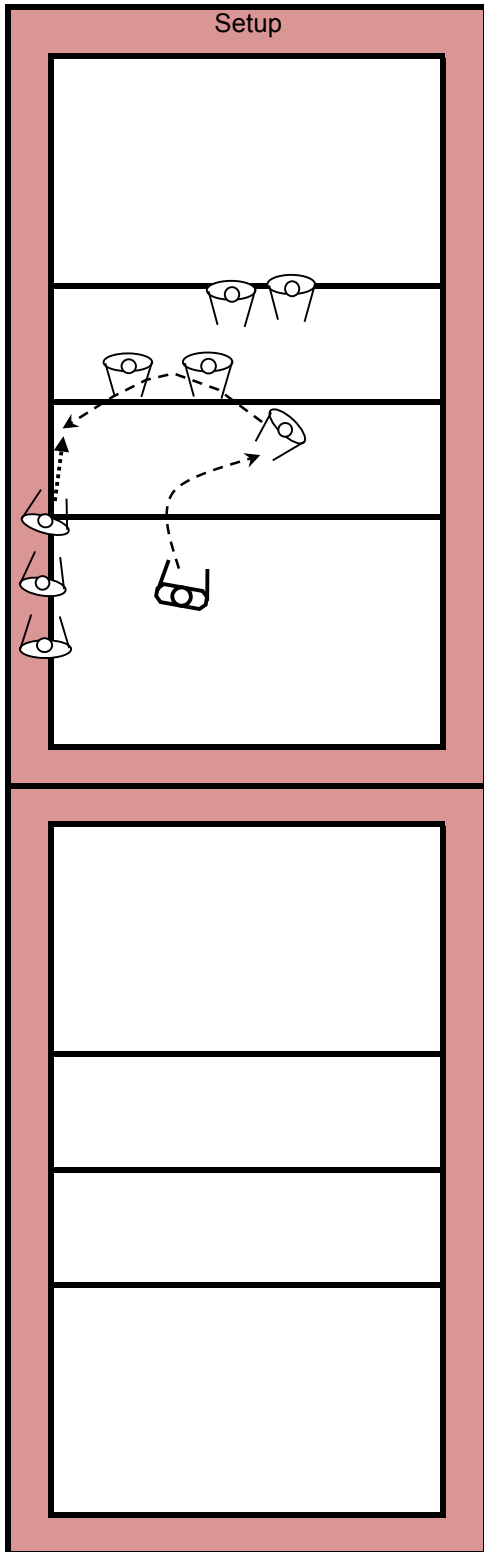


Recommended # of Athletes: 10 +



## Set, Hit, Block

### Set-up

Set up a Coach (or tosser), setter and a number of hitters on one side of the court, on the other have 2 groups of blockers 1 at the net prepared to block the other behind prepared to go in.

### Conditions:

Ball is played into the setter who sets the line of attackers in one position. The ball is attacked and the blockers work on correct footwork to get out and block the ball. Have the Blockers block 4 or 5 balls and then rotate with the other group

### Purpose/Goal

Develop proper blocking footwork to different block locations  
Work on blocking a live attack in a controlled setting

### Success criteria

Blockers are able to get up to interfere with or block the attackers attempt.

### Reference Points

Attackers must swing, no tipping over the block  
Blockers watch the attackers approach and work on timing

### Variations

#### Simplification

#### More Difficult

Add a full 3 blocking group in and allow the setter to decide which position they would like to set. Introducing reading and reaction into the blockers decisions.

Legend: Ball's Route = - - - - -> Players Rotation = .....> Players = 