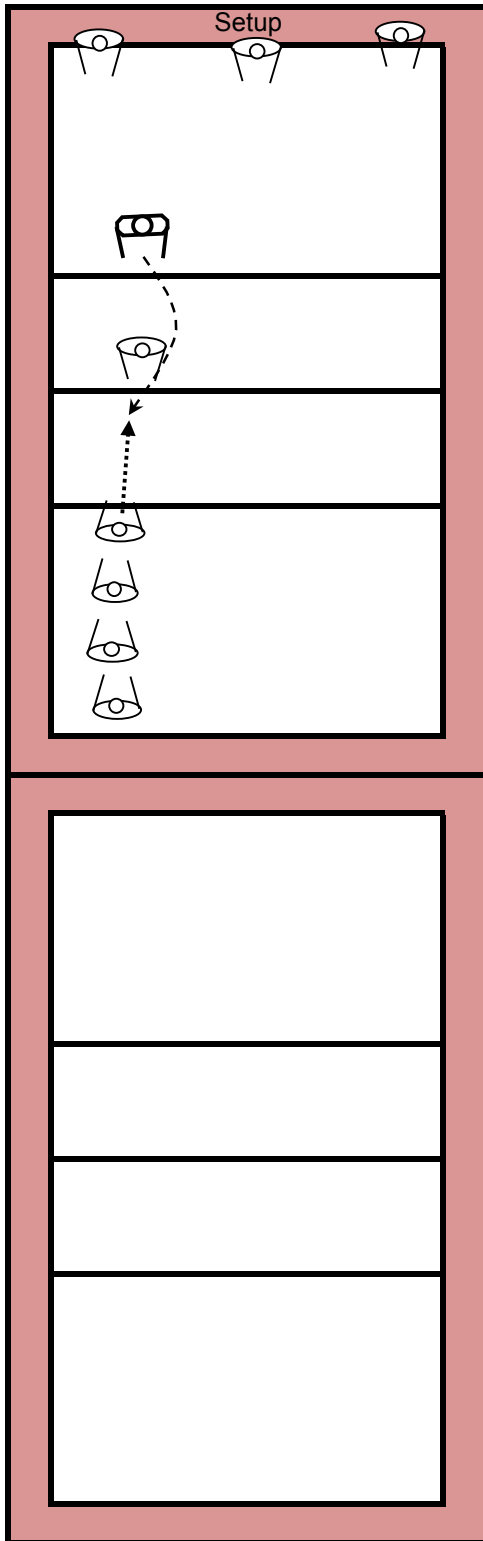


Recommended # of Athletes: 10 +

Watch the Hitter



Set-up

Set up an athlete blocking with a line of attackers across from him at the net. Coach or tosser is positioned behind the blocker.

Conditions:

Tosser will throw the ball just overtop of the net for the attacker to approach jump and swing at. The blocker can not see where the ball is going but must watch their hitter and jump with him to try and block the ball when he hits it.

Purpose/Goal

Work on reading the hitters approach and timing the block correctly

Success criteria

Athletes are able to follow their attacker and block or force a different shot from the attacker

Reference Points

Put yourself between your court and the weight of the attacker

Time your jump with the attacker depending on how far off the net they are

Variations

Simplification

More Difficult

Legend: Ball's Route = → Players Rotation = → Players =

