

BLOCKING FUNDAMENTALS



Types of blocks:

- Solo block: Blocking on your own
- Double block: blocking with another blocker on your team
- Tripple block: Blocking with 3 people on your team
- Light block: A standard variation of blocking
- Monster block(roof): when the ball goes straight down when contacting the block
- Swing block: A bigger block by jumping higher
- Read block: anticipating where the opponents will hit



THE GREAT WALL

Blocking requires timing, anticipation, and teamwork.

Focus on reading the hitter's body language and aligning with your teammates to close gaps.

A great block not only stops attacks but also intimidates the opponent depending on the block.