

## BLOCKING FUNDAMENTALS



## Types of blocks:

- **Solo block:** Blocking on your own
- **Double block:** blocking with another blocker on your team
- **Triple 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.