

# Blocking Concepts

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Blocking is a function of position and timing. The blocking scheme will usually change based on the quality of the reception/setter.

The Goal? – To Stuff the ball

We think that there are three main phases:

1. Read
2. Move
3. Block

There are also some different tactics we might want to employ.



# Read (“see” is a broad focus and “look” is a narrow focus)

See the pass (and your hitter) – 3 possibilities

Look at the setter

See the set (Direction, Velocity [determines footwork pattern], Location)

Look at the hitter

Where are they in relation to the set? the ball?

Block the power shot

- Based on set location
- Hitter location relative to the set
- Hitters History



# Move

- Start with hands at shoulder height and width. Feet are also shoulder width apart. Weight is on the front of the foot.
- Lower hands to move or when the hitter is out of your zone
- The footwork pattern is often determined by the speed and location of the set. We would also like to swing our arms to jump if we have time.
- Footwork Patterns:
  - 2 step
  - 3 Step Crossover
  - Quick 3 – (when set is too fast to cross-over)
  - 5 Step Crossover – (2 step shuffle then 3 step crossover)



# Block

- Strong Hands
- Extended, locked, and over at hitter contact
- One move over the net (lead with your hands)
- Straight up – straight over (unless you **know** otherwise)



# Tactics

- Bunch Read is the foundation
- Load
- Step (release)
- Front
- Commit (read-commit)
- Switch
- 3 Blockers
- Show and Take



# Blocking when the Pass is Perfect:

- Know your opponents distribution on Perfect Pass
- Should you invest (dedicate/front/commit) in the Quick/Slide?
- Should your wing blockers help with the quick?
- What should you do with your non-blocker?



## **Blocking when the Pass is Good/Medium:**

- Where does “in-system” end and “out-of-system” begin?
- READ, READ, READ!
- Wing help
- Always try for “3” – maybe you get it. If not, tips are covered
- Train your MB’s not to follow (unless a pattern is evident)



# Defending when the Pass is Bad:

- 3-person blocking if possible, more blockers are better than fewer blockers (USA PS % increases)
- Take the line, line defender in the 1/6 or 5/6 seam looking for tips and touches



**Questions?**

