

2019 NEBRASKA COACHES ASSOCIATION – VOLLEYBALL

Wednesday, July 24th; 1:30-2:20p

Blocking – The First Line of Team Defense

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I. GROUND RULES

- A. Be Creative
- B. Climb the Mountain
- C. Volleyball in 2019

II. ESTABLISHING THE CULTURE

A. Key Techniques

- 1. Repeatability – Consistency of Action
- 2. Reduce Variance – Consistency of Results by decreasing the range of error
- 3. Manage Errors by making good decisions

B. DRILL PURPOSE

- 1. Warm UP
- 2. Technique

SOAPBOX 1 – Create players, not just athletes that play.

III. BLOCKING SYSTEMS

A. Block Technique

1. Middles close below the net – outsides close above
2. Shoulders perpendicular to net
3. Wrists to corners
4. Palms to ball
5. When NOT to block

B. System

1. Philosophy:
 - a. Block to Score
 - b. Block to Dig/transition
2. Purpose – put players in best position to make defensive plays (front or back) AND efficient transition to offense
 - a. Block (Bunch/Spread, Read/Commit)
 - i. More Skilled
 - ii. Less Skilled
 - b. Team Systems
 - i. Rotation
 - ii. Slide
 - iii. Backrow
 - iv. Front row setter
3. Drills
 - a. “Husker” (hand position)
 - b. “Blind toss” (reading hitter)