

HITTING & BLOCKING KEY WORDS AND CONCEPTS

ATTACKING

1. FOOTWORK
2. EXPLODE and JUMP
3. SWING with the ELBOW HIGH
4. FOLLOW THROUGH
5. 1's, Shoot's, B's, A's, 5's, X's, C's, 9's, & Slides
6. FLARE FOOTWORK
7. HITTERS TRIANGLE
8. ON TIME FOR A QUICK (A) SET
 - a) Zero tempo
 - b) 1st tempo
 - c) 1 ½ tempo
9. ON TIME FOR A HIGH (1's, 5's, & 9's) SET
10. LATE FOR QUICK
11. ARM SWING
 - a) Long and In
 - b) Long and Away
11. ARM SWING TARGETS
 - a) Corner
 - b) High seam
 - c) Low seam
 - d) Line

BLOCKING

1. FOOTWORK –
 - a) Lead – run, turn (4 Step)
 - b) Lead, cross-over, hop stop (3 Step_
 - c) Hop stop
 - d) Shuffle hop stop
2. FRONT THE HITTER
3. SET THE BLOCK

4. READY POSITION - BLOCKING
TECHNIQUE AND ARM/HAND POSITION
5. POUNCE YOUR HANDS OVER THE NET
6. PENETRATE NET-
 - a) Hands over the net
7. TIMING -
8. READ -
9. COMMIT –
10. VISUAL SKILLS
11. READ – DON'T GUESS
12. READ – REACT
13. MOVE LOADED

MIDDLE BLOCKER'S

1. TURN TO THE RIGHT
2. CENTER TOUCH POINT
3. **THREE** TOUCH POINT SYSTEM
4. TRANSVERSE (RUN) THE NET
5. PRIORITY HITTER
6. FACE THE RIGHT STANDARD
7. HIT IN THE APPROACH ANGLE
8. ONE FOOT TAKE - IN FRONT OF THE
SETTER OR IN FRONT OF THE ZONE

The terms listed above will assist you in your development as a hitter and blocker. If you have, any questions make sure to ask your club coach to re-explain each concept.

Best wishes in Volleyball!!!

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