

## Blocking

Blocking plays a large role in sitting volleyball due to the high volume of balls that are played at or close to the net. Because there is no time differential related to the jump, blockers only have to worry about positioning themselves in front of the attacker and being solid with the hands. This is more difficult than it sounds because of the challenge of moving, especially laterally along the net.

- Start at net with the hands on the ground, ready to move from side-to-side. Legs can be in front of the body and over the centre line provided they do not interfere with opponents.
- Once in position in front of the attacking opponent, raise arms with hands open and fingers spread wide and rigid.
- As hitter is making contact, press hands over the top of the net and rotate wrists so that the thumbs point up. This will give more strength when blocking with the hands.
- Keeping hands big and strong, press into the opponent's court.
- As the ball makes contact with the block, follow through by snapping wrists downwards and directing the ball into the opponent's court.

As blockers become more experienced, they can start playing 'games' with the opponent attackers by showing the block and then pulling hands down when they recognize that the opponent does not have a direct shot to the court.

When blocking a serve, the blockers at the net are taking away an area of the court to make it easier for the passers. Essentially, they are creating 'alleys' for the servers to hit, which will funnel the balls to the passers. Discipline is very important when blocking the serve and athletes at the net must be aware and not reach after served balls as this can negatively affect the passers in the back court. Service blockers' first priority is to take away court from the servers.

