# Blocking – Two-Person Block P4 (with cross steps, side steps)   Serie 4  |  Poster 5

**1**  Two-Person Block P4 / Luigi MASTRANGELO (1), Ivan ZAYTSEV (9) / ITA / Olympic Games 2012



**2**  Teaching Description

### Approach/position - pre contact phase ❶-❹

❶ Blockers, P4 and P3, are reading the player who jumpsets. Eye sequence is reception-setter-attacker. The blockers are facing the net, have straight back and arms are down. Legs are bent slightly and wider than shoulder width apart to enable sideways movement to the potential attacker.

❷ From the ready position the blockers move together to P4. The blocker in P4 is using side steps. The left foot moves first (pointing slightly) with the right foot following to allow landing on both feet simultaneously. The middle blocker is using a crossover with the left foot moving first. Both players are watching the approaching hitter and timing their take-off.

❸ Players choose the take off position and timing according to quality/timing of set and spike. Blocker in P4 uses the slide step before jumping and sets the position and timing. Middle blocker uses a cross over step before jumping to close the block. The arms can swing back and up or stay high and in front of the blocker.

❹ P4 blocker bends the knees but keep arms in front of the body and lower to help in the jump height and timing. The middle blocker uses a 'swing' block with the lowering of the arms and moving them behind the hips before jumping.

### Ballcontact - contact phase ❺-❻

❺ At takeoff the arms, legs and body are fully extended. Both blockers arrive at peak height at about the same instant, and are in a good position to prevent the spike from crossing the net. It is easier to set a solid block if you move quickly to the target and the outside blocker sets the position of the block according to cues given by the set and the attacker.

❻ At peak height the trunk is bent forward, arms are extended over the net and the palms reach to the ball, fingers are opened and eyes look up open to focus on ball. P3 has to push to the middle of the court and P4 has to prevent balls from 'wiping' off the hands by turning the outside hand or correcting with shoulders if the swing block is used.

### Follow through - post contact phase ❼-❽

❼ The abdominal muscles are contracted, the hands are up and surround the ball with the shoulders extended to angle the arms, consequently pushing the ball into the opponent's court. The hips bend forward in order to take up the forces produced by the upper body moving forward

❽ Landing should be on both feet with bent knees in a balanced position to avoid injuries. Be ready to transition as an attacker or get back to the 'ready position' to block again. In this case the middle blocker floats into the outside blocker and lands on one leg.

**3**  Two-Person Block P4 / Sergey GRANKIN (5), Maxim MIKHAYLOV (17) / RUS / Olympic Games 2012Games 2012



**4**  Two-Person Block P4 / Matthew ANDERSON (1), David LEE (4) / USA / Olympic Games 2012