

# AVCA-Delta Region RECRUITING TIP OF THE WEEK

Characteristics of a College Middle Blocker





# Characteristics of a College Middle Blocker



Metrics are Medians: 50% above, 50% below

# Physical

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- Height: 6'1"
- Reach: 7'10"
- Power (Standing Vertical Jump): 20"
- Arm Swing Velocity: 32 mph
- Approach Touch: 9'9"
- Block Touch: 9'3"
- Agility (15'+30'+15' Pro-agility): 5.2 seconds
- Acceleration (15'): 1.1 seconds



# Statistics of Elite College Middles

Hitting Percentage: .328

Kills per Set: 2.37

Blocks per Set: .975

Aces per Set: .118

Total Points per Set: 3.05

Metrics are Averages





# Technique

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Disciplined eyes

Efficient blocking & transition footwork

Compact, fast arm swing

Accelerates into Slide Attack

Big, wide, pressing hands on blocking





# Tactical

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Makes themselves available for attack

Takes the swing the blocker(s) give(s)

Aware of Opponent's Hitter & Setter tendencies

Reads, doesn't guess

# Mental-Emotional

- Relentless Effort on blocking and transition
- Can tolerate low feedback to high work ratio
- Gets emotional high from stuff block
- Ability to stay focused when on the sideline





# Data Sources

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- Physical: avcaVPI™ data: <https://www.avca.org/avcavpi.html>
- Statistical: AVCA All-America nominees
- Technique: College coaches
- Technical: College coaches
- Mental/Emotional: College coaches



Thanks for your  
membership in  
the Delta Region

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Your partner in Volleyball

