

THE BLOCKING CHECKLIST

You're not bad at blocking. *You've just never been taught how.*

1 STANCES

Get in position to block

- ☐ Secondary
- ☐ LKD / RKD
- ☐ RKDe (extended)

HOW TO USE THIS

Check off cues as you master them. Ball gets by? Find the layer that broke, then the cue. That's your next rep.

THE 3 LAYERS

- 1 Right position.
- 2 Right movement.
- 3 Right read.

2 MOVEMENT

One body part at a time

ARMS + HANDS

- ☐ Toothpick
- ☐ Magnet Mitt
- ☐ Home Plate Arms
- ☐ Glove Spin / Turn

LEGS

- ☐ Drive
 - ☐ Knees Forward
 - ☐ Kickback
 - ☐ Twist

PUSH

PULL

TORSO

- ☐ Hips Back
- ☐ Chin Down
- ☐ Shoulders Over Knees

3 DECISIONS

Make the right read

HORIZONTAL

☐ Straight

☐ Lateral

☐ Extended

VERTICAL

☐ Block

☐ Receive

☐ Extended

EXTENDED

Horizontal

☐ Pick Release

☐ Paddle Block

Vertical

☐ Spiked

☐ Rainbow

Last passed ball:
which layer broke down?

1 POSITION

2 MOVEMENT

3 READ