

Beach Volley

Lecture 7

Types of Block

Drop-Tactic of blocker

Μπλοκ



Block

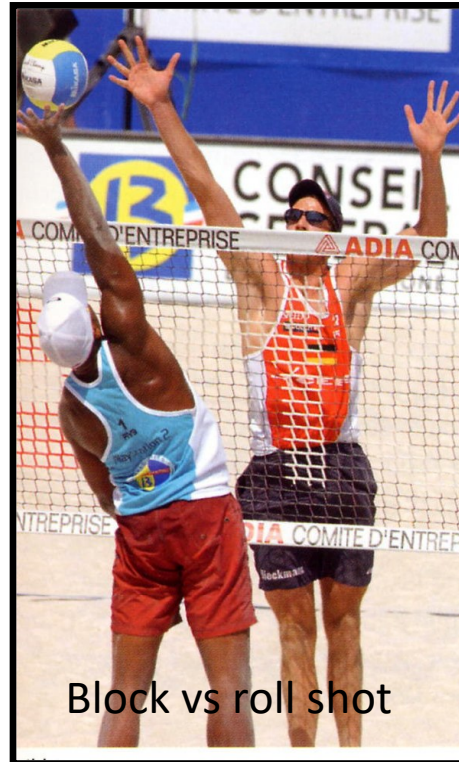
Starting Position (ball not yet in play)	Pre-Contact (up to opponent 2 nd touch)	Contact	Post-Contact
- Off the net (ready for overpass) - Factors to consider? - Middle of the court - Exceptions? - Feet parallel to each other - Well-balanced with knees slightly bent ('relaxed' position) - Court coverage is front- back	- Move closer to the net and into blocking position - forearm's length away from the net - feet parallel and ready to move - forearms parallel to the net and hands open - Bend knees and lower centre of gravity - Variations? - Court coverage changes to left-right - When opponents set, decide whether blocking or dropping - Factors?	- Watch the ball and the player - Wrists firm and the fingers are open and firm - Penetration of the arms/hands on the opponent's side of the court. - Block the attack or the shot?	- Player draws arms back from the opponents' side - Rotate body in direction the ball passes the block - Land on both feet in a balanced position, ready for the next action (set/attack)

Types of block



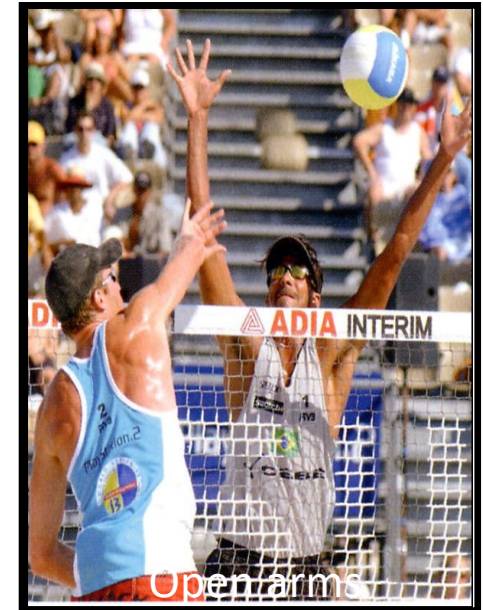
Lateral jump

Additional step on the side. Block in a different area from where the attacker saw me



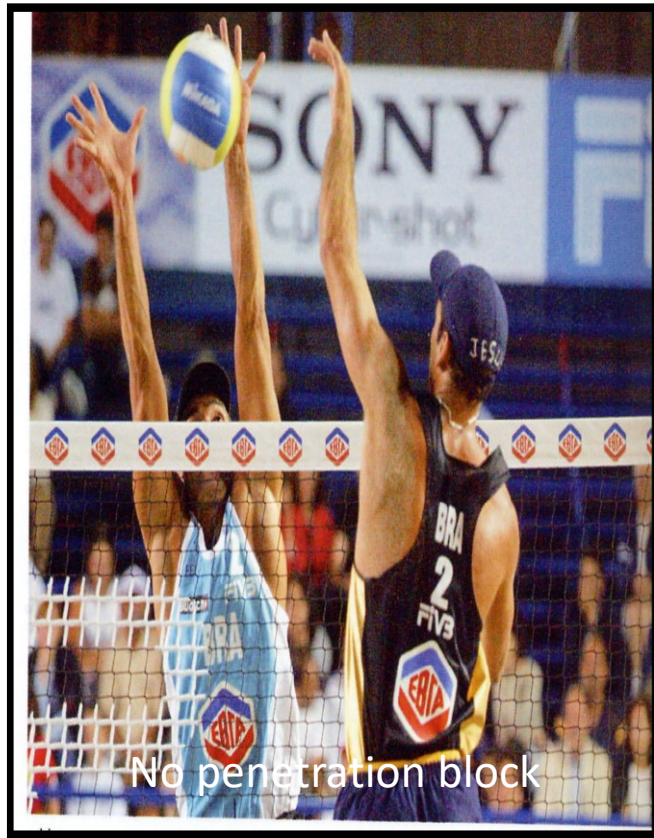
Block vs roll shot

Perception
Jump slower than the attacker
Hand as extended as possible
1 or 2 arms

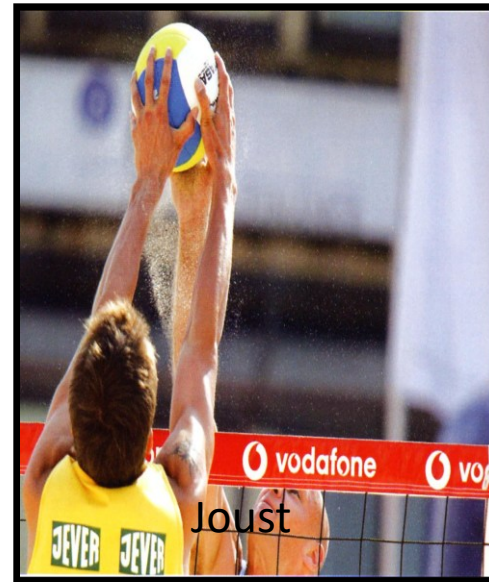


Open hands cover the narrow sides of the court
Alternative: Close hands at the last moment

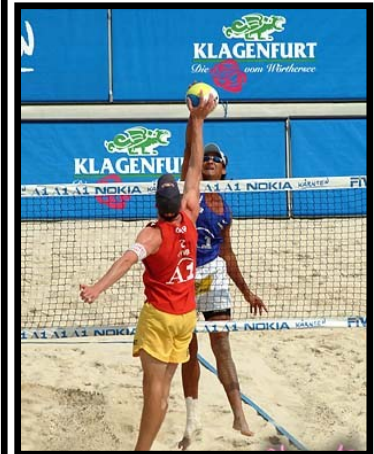
Types of block



No penetration
Hands in shoulder line (no angle)
Distance between hands and the horizontal plane of the net as short as possible



Ball above the net
Simultaneous contact of the ball by the attacker and blocker



Drop



Drop-Προσποίηση μπλοκ και έξοδος

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Blocker's individual tactic

- Communication with the defender
 - Before the Rally
 - At the net (behind the back)
 - On the Serve (The defender decides)
- Feedback



Line/ cross



Open
block



Close middle



Ball instead of
zone



Drop and line

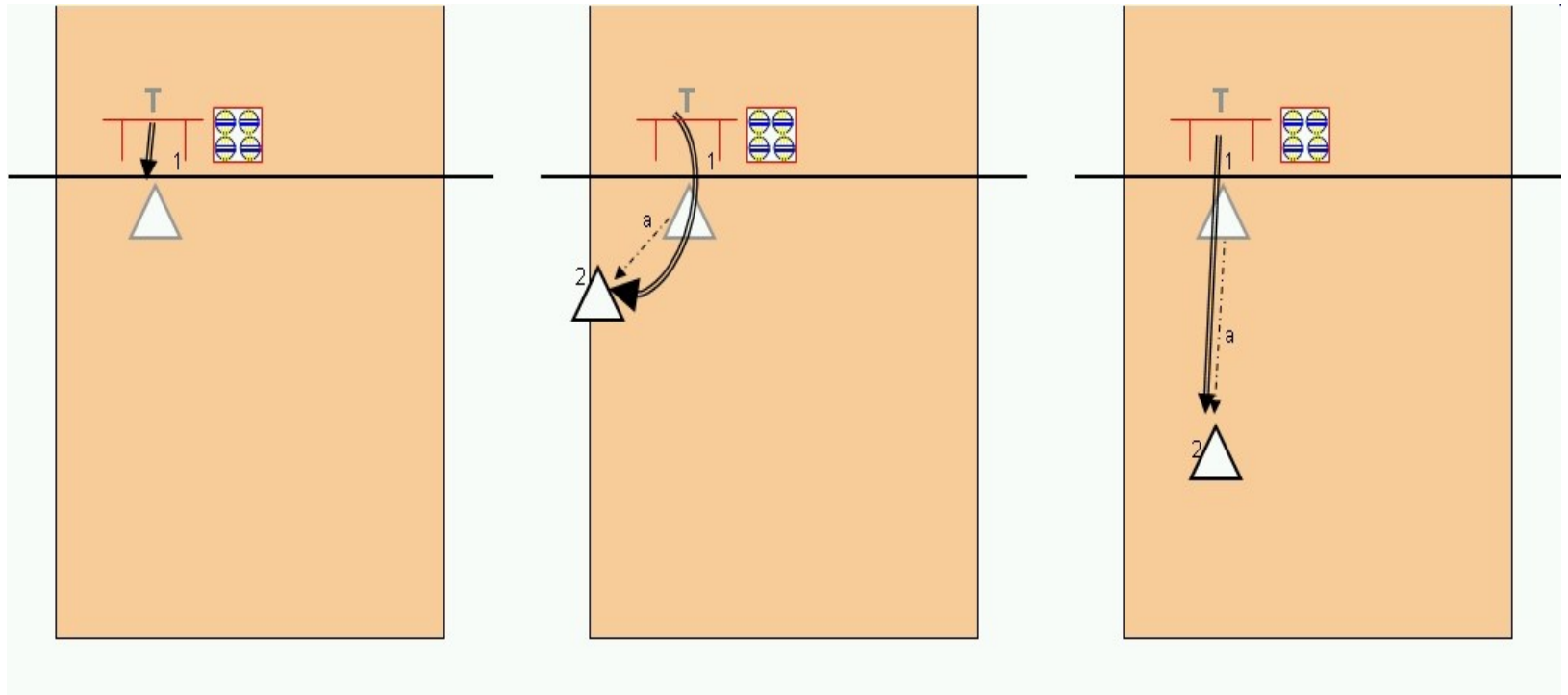


Drop and
cross

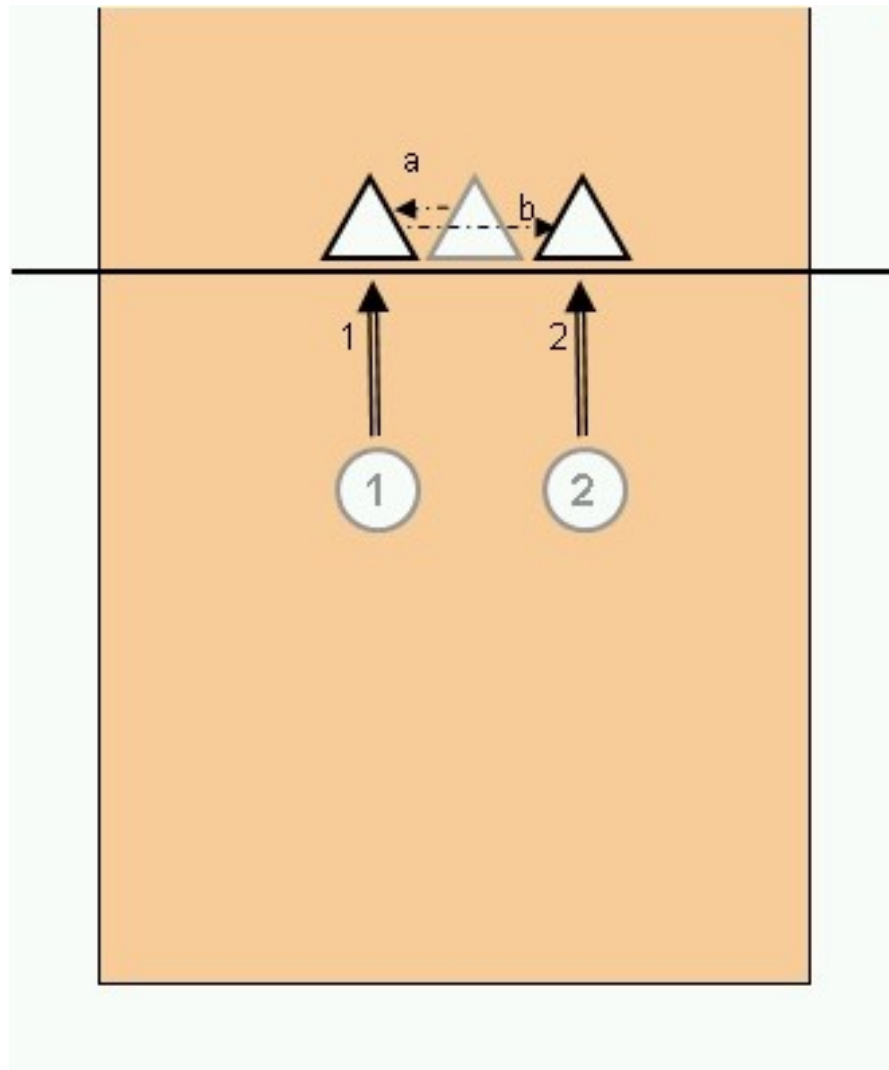
Blocker's individual tactic

- Change tactic during rally
 - Ball on the net (overpass)
 - Ball away from the net. Close cross spike
- Evaluation
 - Quality of Reception
 - Is a 2nd touch spike possible?
 - Positions of the opp
 - External conditions (wind, sun etc)
 - Quality of setting
 - Change of tactics and directions of attack
 - Patterns: Block+ men, Drop+ Women
- Blocker characteristics
 - Athletic and physical attributes
 - Anticipation
 - Timing with the approach of the attacker
 - Discipline and mental stamina
 - Open eyes during attacker's touch

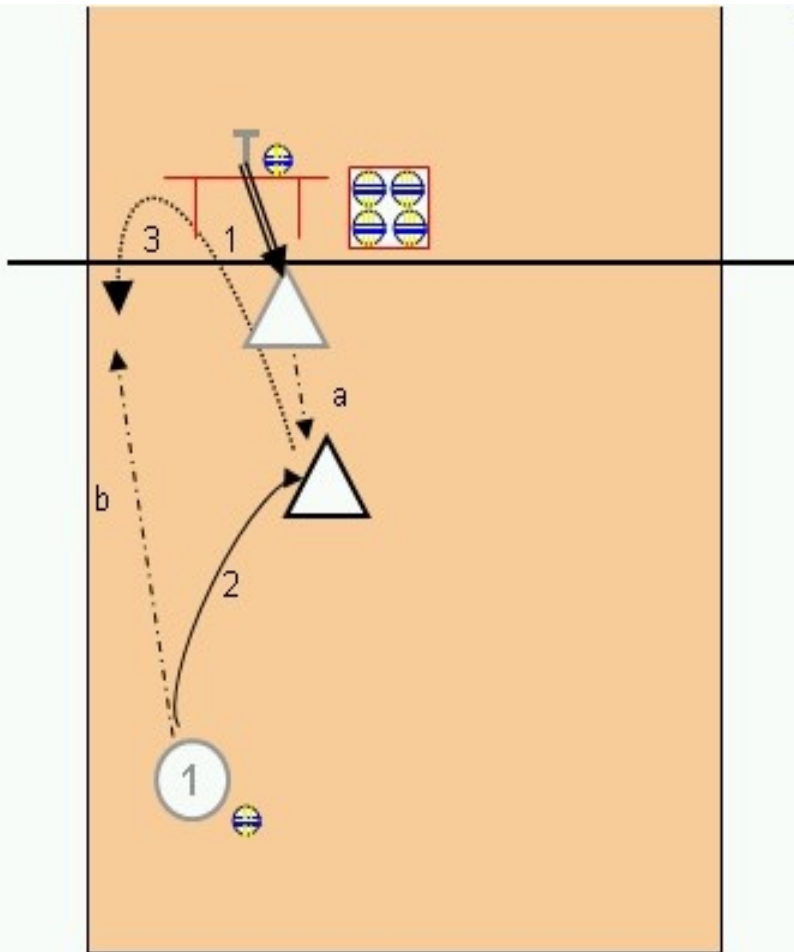
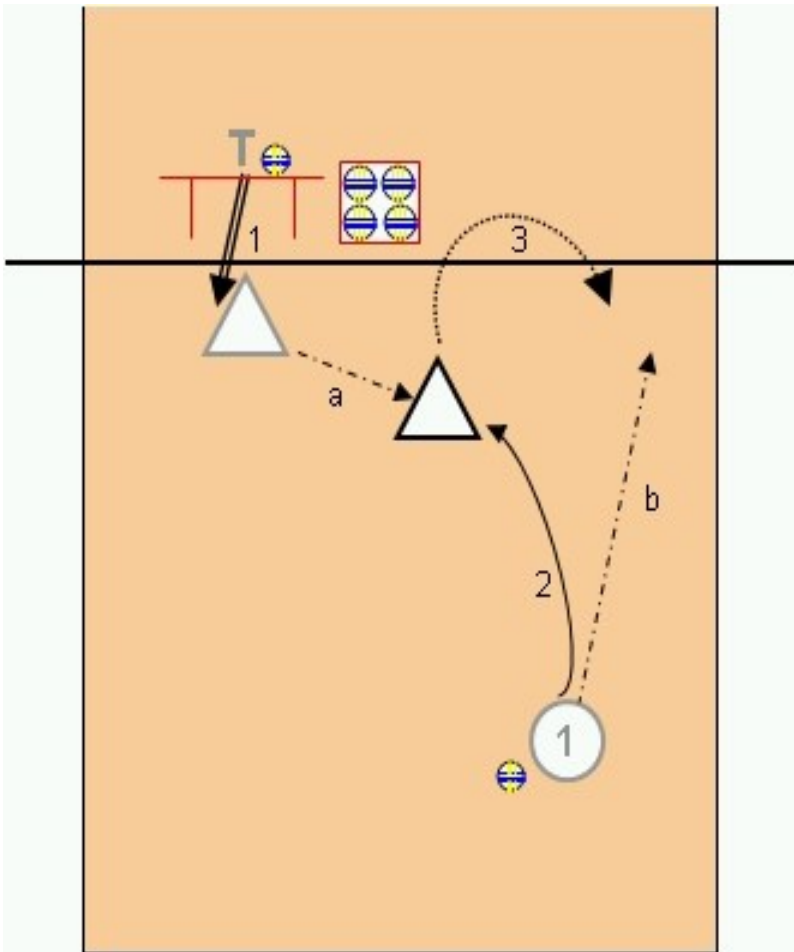
Drill I



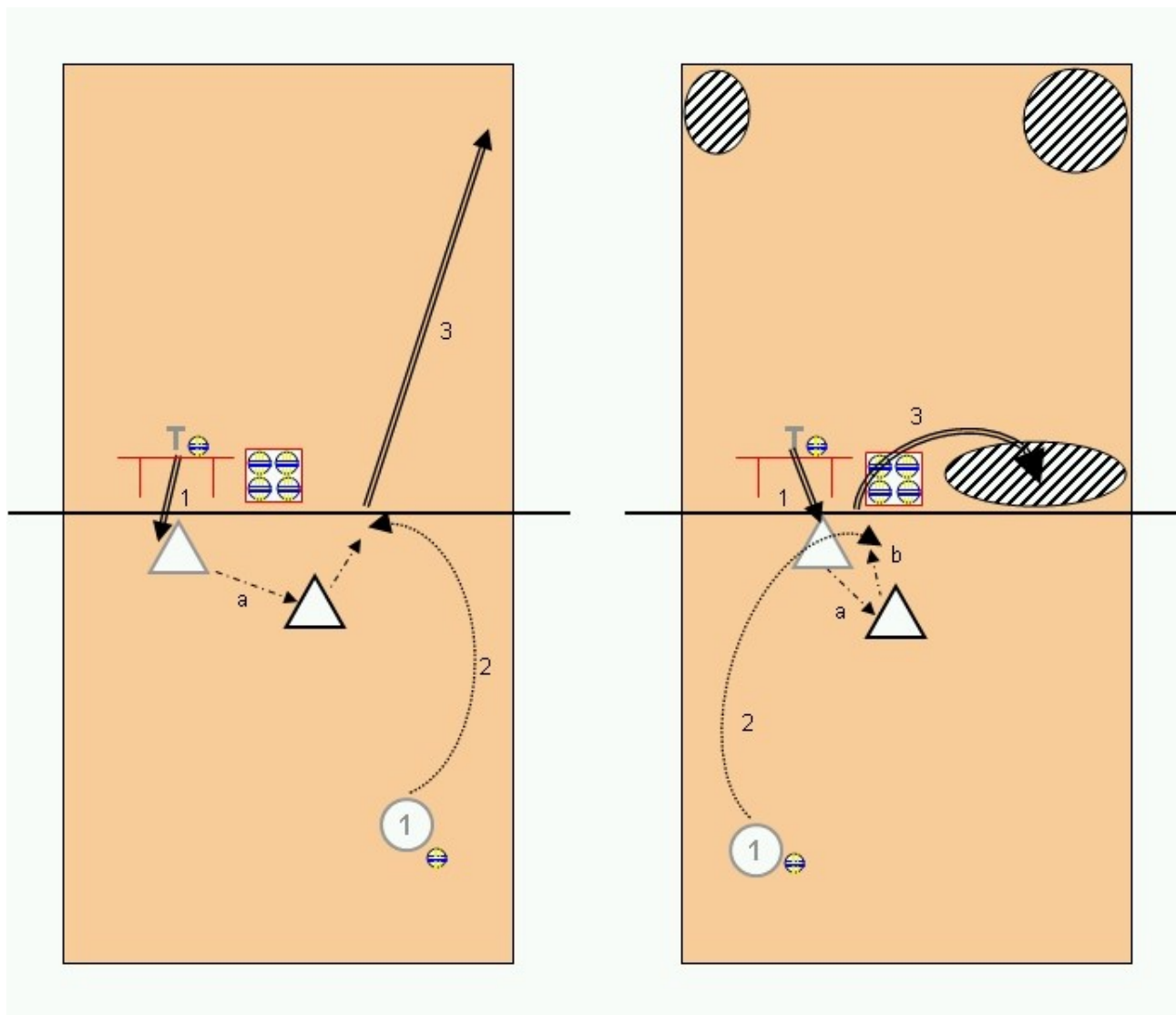
Drill II



Drill III



Drill IV



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