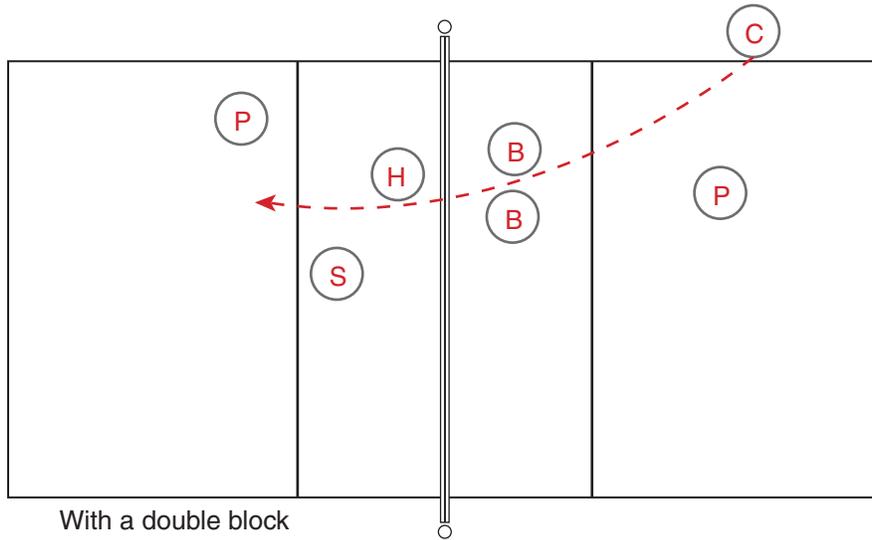




## 3v3 ALIGNMENTS: BLOCKER THREE



**GOAL:** To effectively react to a defense with or without a blocker

- SETUP:**
- Play 3v3
  - Team 1: 2 blockers and 1 passer
  - Team 2: passer, setter, and hitter

- PLAY:**
- Coach begins game by tossing the ball over blockers and calling out whether there's a block.
  - Setter and hitter must react, attack, and get into proper position.
  - Players continue to rally and play out point.
  - After 5 reps, switch positions.

- SCORING:**
- 1 point for correct position
  - 2 points for winning rally



### OBSERVATIONS

Either make notes on individual performance, player by player, or on the team's overall ability to perform the key components of the tactic: *communication, players in correct positions with blocker, players in correct positions without a blocker, setting skills, and hitting skills.*

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*(continued)*



## **3v3 ALIGNMENTS: BLOCKER THREE** *(continued)*



### **KEYS TO 3 V 3 ALIGNMENTS**

- Communicate whether there is a blocker at the net.
- When opponents don't use a blocker, after the set the setter steps off the net to prepare for a return.
- When opponents use a blocker, the passer and setter move closer to the hitter to cover a possible blocked ball.



### **COMMON ERRORS**

- No communication
- Incorrect player positioning
- Weak setting and hitting skills



### **QUESTIONS FOR PLAYERS**

- What was the goal of the game?
- What did you have to do to be successful?
- How can you improve your ability to get into the proper 3v3 alignment?