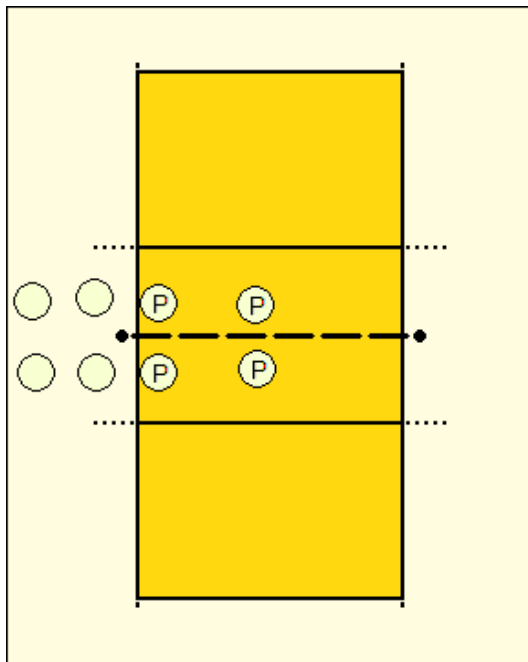




<b>Drill</b>	Double Blocking Drill
<b>Purpose</b>	Working on individual blocking as well as blocking with a partner
<b>Notes</b>	Focus on timing, penetrating the net, and blocking with a teammate

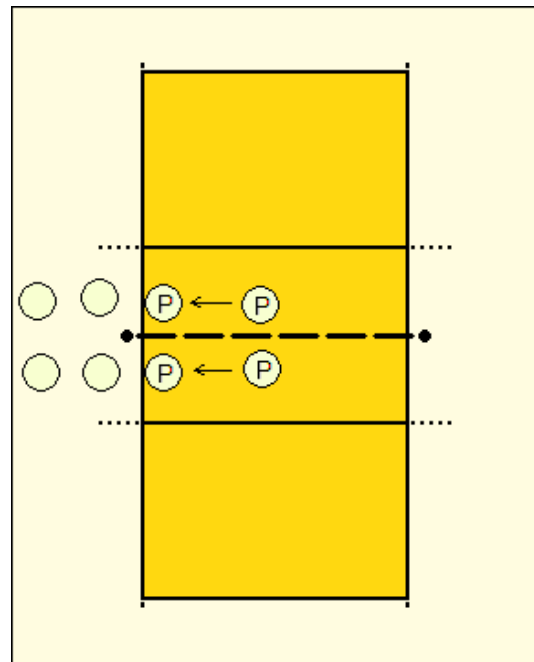
### Step 1



#### Starting Position

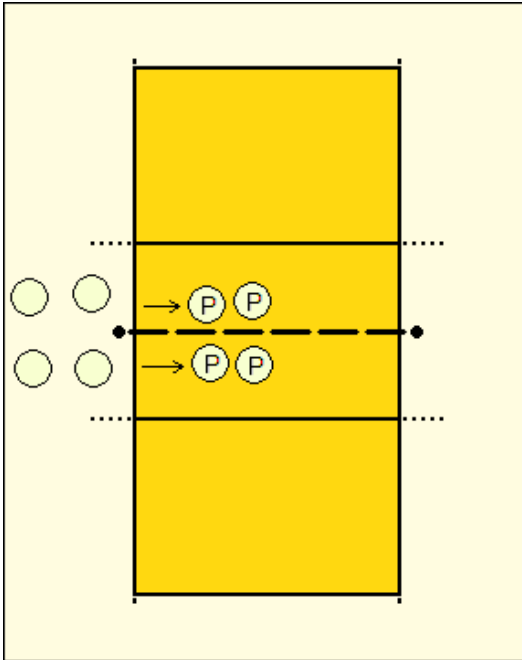
- No balls are used in this drill
- Four players are on the court
- One player on each side of the net in the middle of the court and one player on each side on the edge of the court
- Two lines of players will be formed off of the court
- To start the drill, all four players on the net will jump and block

### Step 2



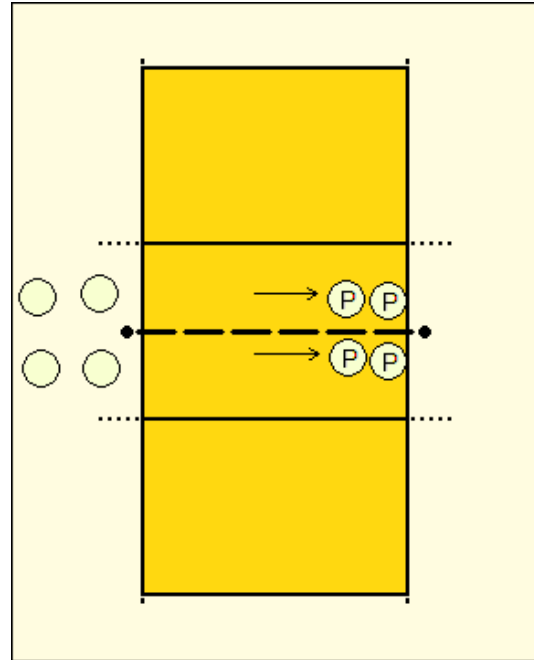
- After landing from the first block, the two players in the middle of the court will slide over next to the other players on the court
- Once the players are side by side, they will all four jump and block again
- Take special care to ensure you are not landing on your teammate and that you are eliminating gaps between the double block

### Step 3



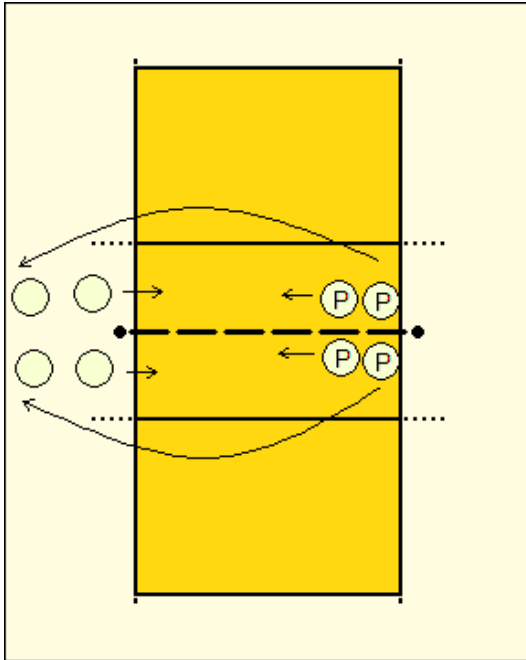
- Upon landing, all four players will then move to the middle of the court
- All four players will block again in the middle of the court

### Step 4



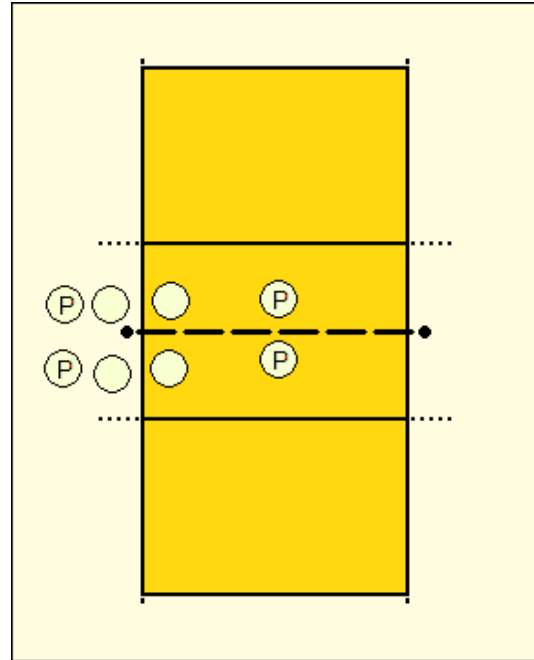
- After doing a double block in the middle of the court, all four players will move to the right side of the court
- All four players will block again
- Remember to try and eliminate seams between the block

## Step 5



- After landing from the block, the drill is over. The players on the outside will go to the end of the line
- The blockers on the inside will move to the middle of the court
- Two new blockers will step onto the court from the lines that were off the court

## Step 6



- You are now in position to restart the drill
- You can also do variations of this drill where the players are swing blocking. This means that the players are at a 90 degree angle from the net as they move and then swing their arms up as they turn their body parallel to the net for a block
- Penetration of the net (hands over the net as far as possible) should be emphasized