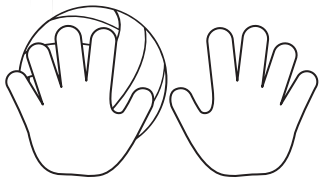


KEY CONCEPTS: BLOCKING

The next key concept is blocking (line, cross, and ball).

Blocking against a Outside hitter. :

line



cross



ball

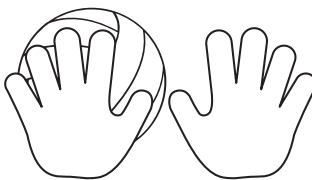


Blocking against a typical Rightside hitter. :

line



cross



ball



For blocking line, make sure you place your hand on the inside of the court to the ball. For cross, your outside hand should be on the ball. And for ball, both hands should be on the ball.