

TOOLING THE BLOCK

This 6 vs. 6 drill puts emphasis on the importance of proper blocking technique and has players practice different blocking schemes. It also helps hitters practice tooling the block consistently.

Play begins with a coach bouncing the ball and that team sending a free ball to the other side. The rally is played out and a point is only awarded if the hitter tools the block. If the play ends in any other manner, the team who wins the rally receives the next free ball. Play until the desired amount of points is reached.

Increase the difficulty of the drill for the blockers by having them run different blocking schemes (i.e. bunch, spread) or forcing them to single, double, or triple certain hits.

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