



# HEADS UP BLOCKING



## STANCE

- a) Chin up. Eyes open. Knees bent. Feet shoulder-width apart with a toe-to-instep stagger.
- b) Back flat with rear end slightly below the shoulders.
- c) Hand is three to four inches in front of shoulders, fingers extended to create a five-pointed base of support.
- d) Weight on balls of the feet.

## NOTES

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## GET OFF

- a) Explode out of the stance with a four- to six-inch directional step. Weight on balls of feet. Back flat. Knees bent. Head and eyes up.
- b) Hands explode to chest on “get off” to prepare to strike defender.
- c) Get second step down before contact with near defender or maintain posture working to second level; keep wide base, head up and flat back.

## NOTES

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## STRIKE

- a) Depending on the type of block, the blocker will drive the:
  - Surface (front of shoulder, chest and hands) or
  - Heels of both hands into the defensive player
- b) Aiming point for an upward strike is just below the base of the defender's shoulder pads.
- c) Goal is to "lift" the defender's chest with pad under pad, raising his center of gravity and controlling him.

## NOTES

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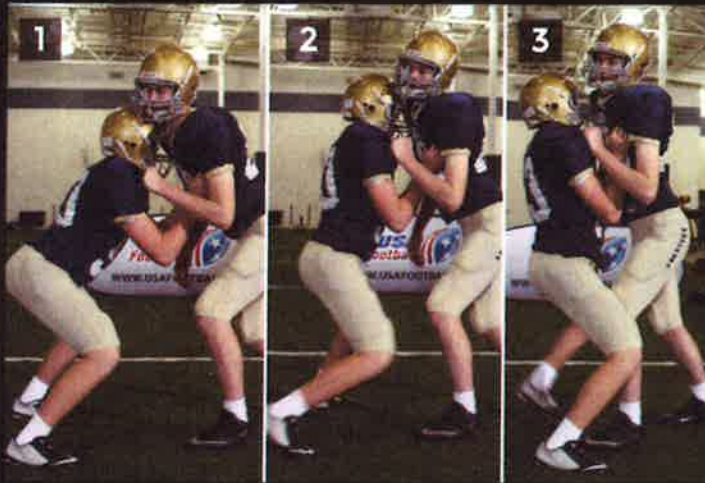
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## STICK

- a) After the strike, forcefully sink the hips to maintain leverage and create a power angle in the lower body.
- b) Create a wide base and use proper balance to stay on the block.
- c) With inside and underneath positioning, stay compact and close space inside defender's frame.

## NOTES

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## FINISH

- a) With a wide base, accelerate feet and continue leg drive to capitalize on strike and stick
- b) Continue to work body and hand position during finish phase to stay connected to the defender and maintain sustained control of opponent.
- c) Work hips and hands to steer defender away from point of attack and the ball-carrier's path.

## NOTES

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