

Blocking

Personal Workout:

| Focus | Cues | Drill |
|--------------------|--|---|
| Blocking Movements | <ul style="list-style-type: none">- Hands should be shoulder width apart with spread fingers- Press your hands against a wall or above your garage (or across a net if you're lucky enough to have one!)- Land soft and quiet! Cushion your landing by bending your ankles, knees and hips on each landing- If you are swing blocking, make sure to get a big double arm backswing in order to maximize your vertical jump! | <p>Shuffle + Block</p> <ul style="list-style-type: none">- 3 sets of 6x each direction using one shuffle- 3 sets of 6x each direction using two shuffles <p>Crossover Swing Block</p> <ul style="list-style-type: none">- 3 sets of 6x each direction <p>Step Crossover Swing Block</p> <ul style="list-style-type: none">- 3 sets of 6x each direction <p>Bonus Challenge:</p> <ul style="list-style-type: none">- Complete these reps rapid fire!- Right when you land from the first move, balance quickly and make your next move in the opposite direction |