

AVCA-North Country Region RECRUITING TIP OF THE WEEK

Characteristics of a College Middle Blocker





Characteristics of a College Middle Blocker

Statistics of Elite College Middles

Hitting Percentage: .328

Kills per Set: 2.37

Blocks per Set: .975

Aces per Set: .118

Total Points per Set: 3.05

Metrics are Averages





Technique

Disciplined eyes

Efficient blocking & transition footwork

Compact, fast arm swing

Accelerates into Slide Attack

Big, wide, pressing hands on blocking



Tactical

Makes themselves available for attack

Takes the swing the blocker(s) give(s)

Aware of Opponent's Hitter & Setter tendencies

Reads, doesn't guess

Mental-Emotional

- Relentless Effort on blocking and transition
- Can tolerate low feedback to high work ratio
- Gets emotional high from stuff block
- Ability to stay focused when on the sideline





Data Sources

- Physical: avcaVPI™ data: <https://www.avca.org/avcavpi.html>
- Statistical: AVCA All-America nominees
- Technique: College coaches
- Technical: College coaches
- Mental/Emotional: College coaches

Thanks for your
membership in
the North Country
Region

Your partner in Volleyball

