

# **HALF DAY BLOCKING CAMP (LUNCH IS NOT PROVIDED)**

1:00	Check-in- Holloway Gymnasium
1:30	Introduction of staff and plan for the day
1:30	Breakdown of blocking mechanics
1:45	Athletes learning to block one and two handed on a box
2:00	Demonstration of blocking footwork patterns
2:10	Blocking footwork series (Traditional)
2:20	Blocking vs. attackers attacking off a box
2:40	Shadow blocking series
2:55	Blocking vs. live attack
3:10	Intro to swing blocking
3:20	Swing blocking footwork series
3:30	Swing blocking vs. coaches attacking from a box
3:45	Overpass attacking and blocking
3:55	Closing Announcements