

# AVCA-Carolina Region RECRUITING TIP OF THE WEEK

What College Coaches  
Look for in Middle Blockers





# Technique of College Middles

Disciplined eyes

Efficient blocking & transition footwork

Compact, fast arm swing

Accelerates into Slide Attack

Big, wide, pressing hands on blocking

# College Middle Tactical Skills

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 Qualities of College Middles

- 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

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**Technique:** USA Women's National Team coaches

**Technical:** College coaches

**Mental/Emotional:** College coaches



**Thanks for  
your  
membership  
in the  
Carolina  
Region**

**Your partner  
in volleyball**

