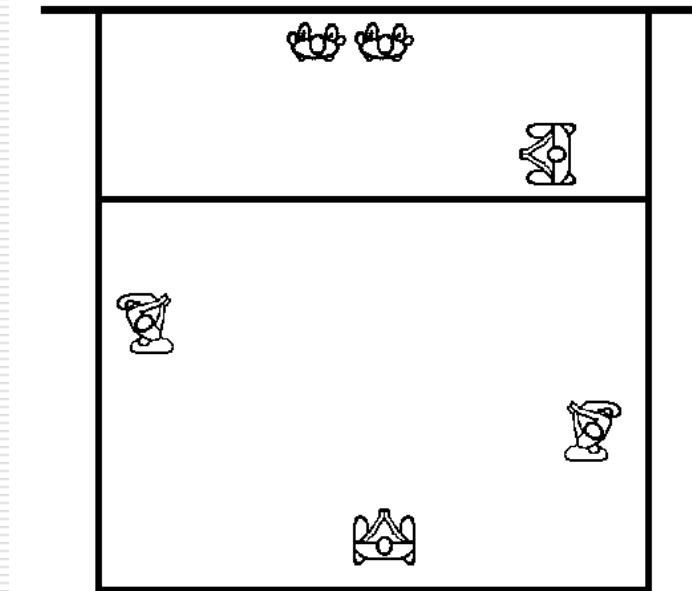




USA***Volleyball***

EDUCATION

Building Team Defense & Defensive Systems



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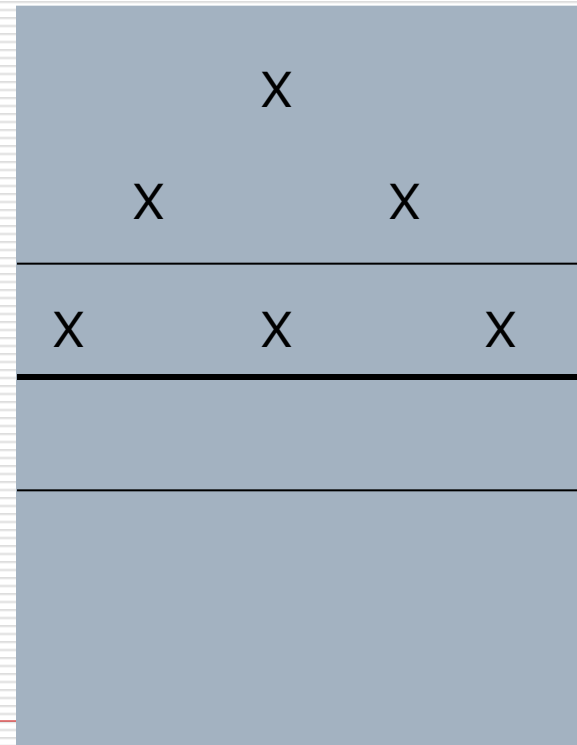


Basic Principles

- ❑ Blocking is the first line of defense.
 - ❑ Best blocker in front of the best hitter.
 - ❑ Best digger in the area receiving most digs.
 - ❑ Defense is based on opponent's offense.
 - ❑ Serve tough to give your blockers a chance to be successful.
-

1. Base Position

- Get in a position so you can move and cover everything in 3 steps.
- Review responsibilities.



2. No Movement on Contact

- Be balanced and leaning forward when the ball is being contacted...
- Serving
- Passing
- Setting
- Hitting
- Covering
- Blocking
- Digging



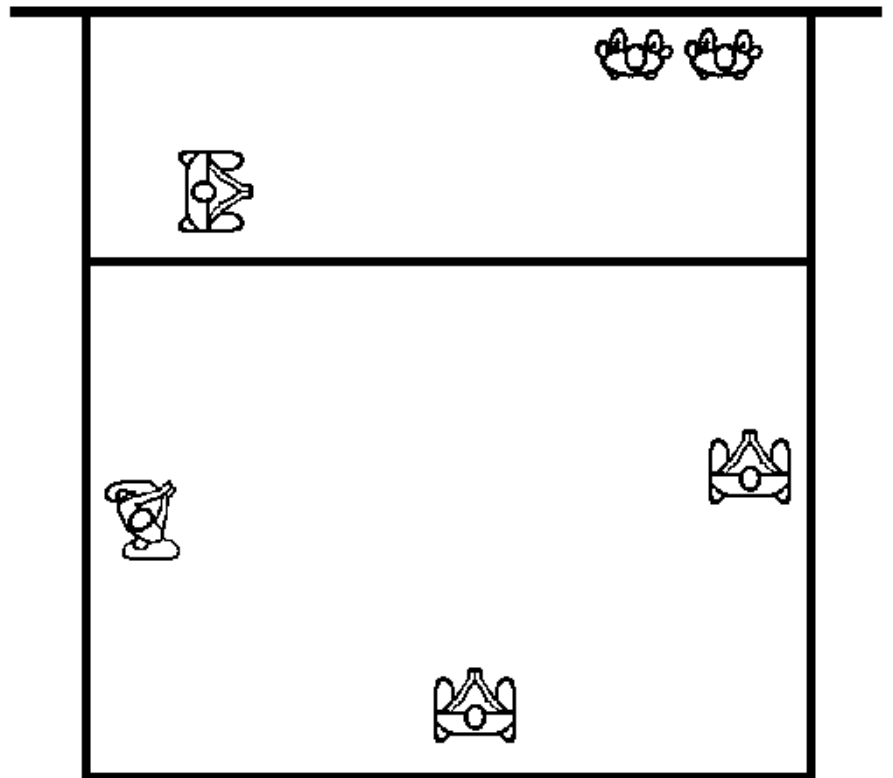
3. Expect the Ball



- Expect the ball to come to you every time it is contacted by someone.
 - Same situations as being stopped on contact...
-

4. 120 Degrees

- Be in a position to move in any direction within this range.

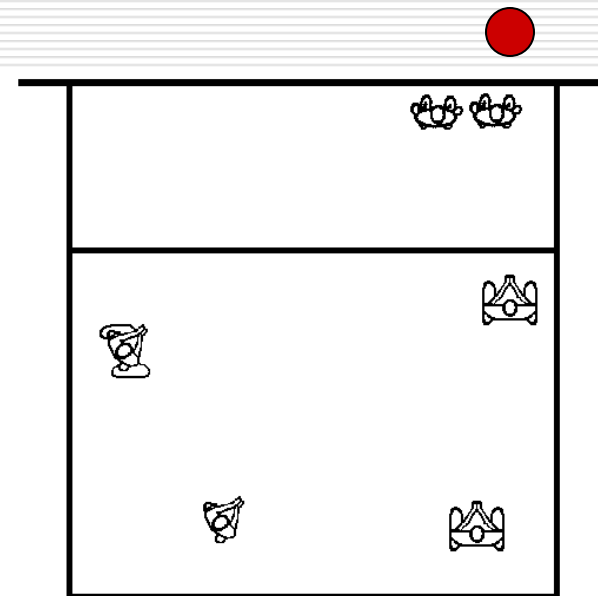


5. Lead With Your Head

- ❑ Your head should always be in front of your feet.
 - ❑ Never step back during or after contact. If you do you were not in the proper position to begin with.
-

6. Angle of Pursuit

- ❑ Know the angle of pursuit for each seam.
- ❑ Closest to the ball goes in front.
- ❑ Farthest from the ball goes behind.
- ❑ See teammates!

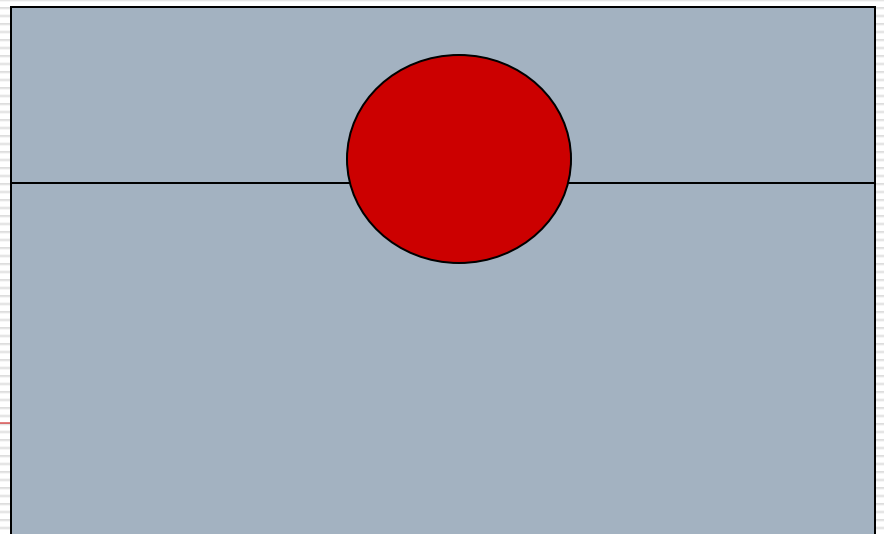


7. Lean Into The Ball

- ❑ Step toward the target after contact.
 - ❑ After contact the movement will be forward to go hit or cover the hitter.
-

8. Trajectory To The Target

- ❑ Target is the middle of the court
- ❑ Inside the attack line
- ❑ High and hanging
- ❑ Be able to set the middle



9. Forearm Ball Control

- ❑ Know where the ball is going when it leaves your arms.
- ❑ Work on repetitions from all angles.



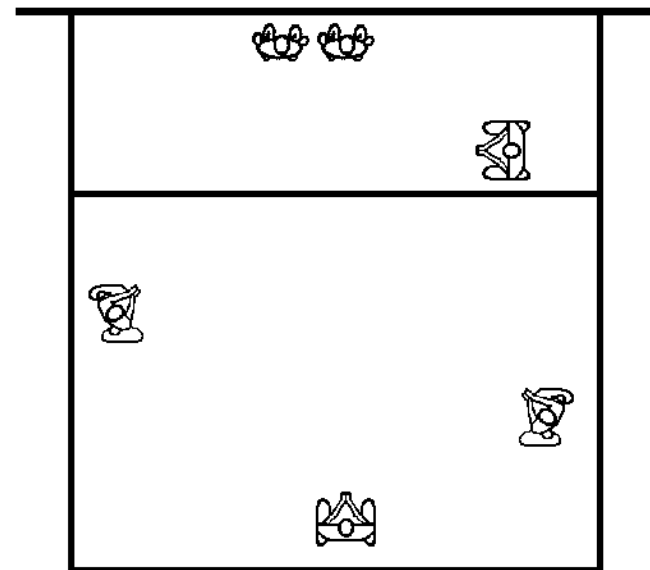
10. Move In The Same Plane

- ❑ Saves time.
- ❑ Better vision if your head stays level when moving to position.



11. Sideline & Endline

- ❑ Know where they are at all times.
- ❑ They are your best friends.
- ❑ Make you look good.
- ❑ Practice movement inside the court.



12. See Under Blocker's Hands

- ❑ Be low enough you can see the ball under the blocker's hands.
- ❑ Hands will block the ball.
- ❑ Move to see the ball.
- ❑ Always be in a position to look up at the ball.



13. Protect Your Shoes

- ❑ Be in a low enough position to keep the ball from hitting your shoes.
- ❑ Hands are out in front ready to move, dig, set, etc.



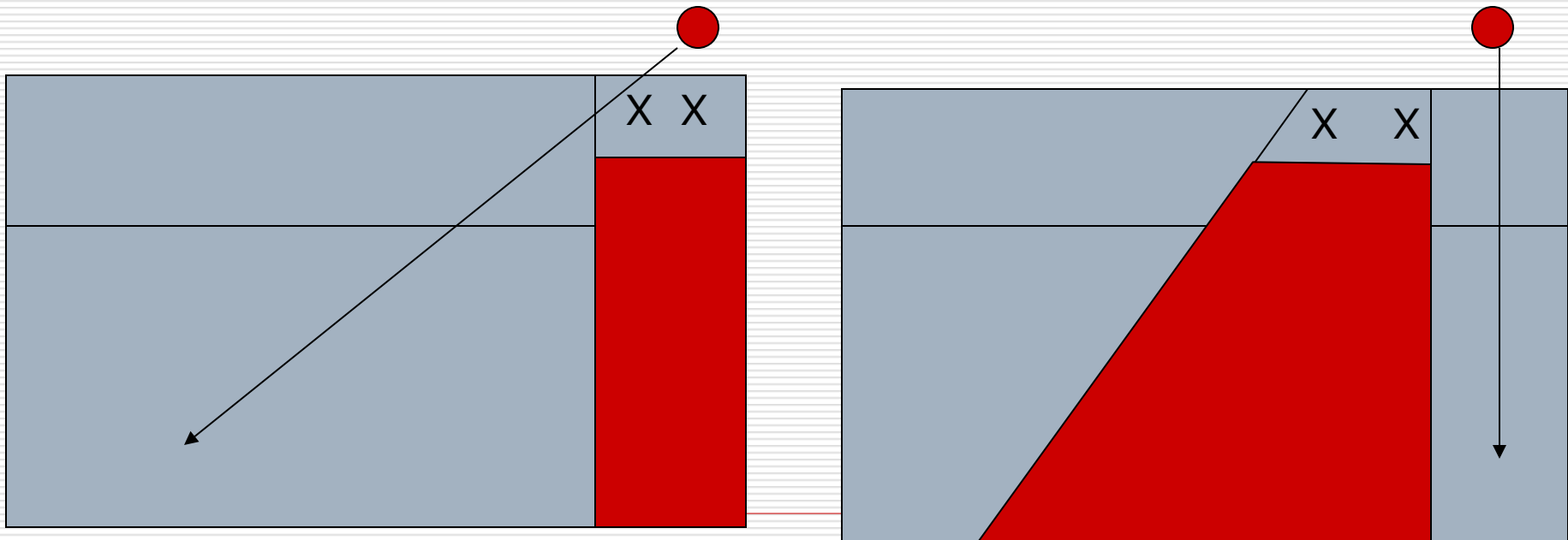
14. Low & Tight

- ❑ Blockers must penetrate the net.
- ❑ Hands across the net as the hitter contacts the ball.
- ❑ Keep the ball from crossing the net.
- ❑ Attackers hit the ball low across the net. Watch from side.



15. Line or Cross Court

- ❑ Blockers are either going to block the line or cross court.
- ❑ Make sure the diggers know this.



16. Watch Hitter's Face

- ❑ Most attackers will look the direction they are going to hit the ball.
- ❑ Blockers should put their hands over the net in this same direction.
- ❑ Diggers should see it and call out direction.





17. Follow Through

- ❑ Hold your platform to the target for 2 counts after digging the ball
- ❑ Eyes should stay down as well.

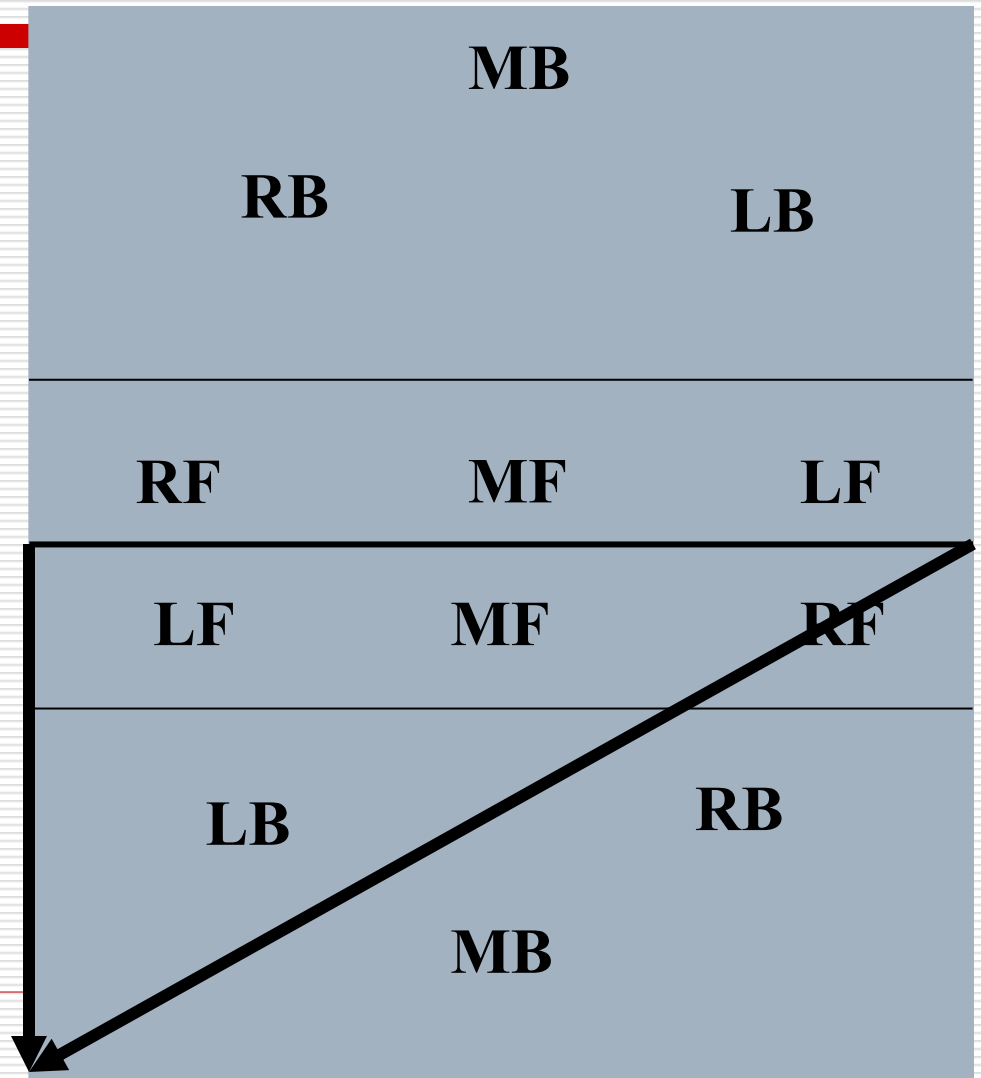


18. Stay On Your Feet

- ❑ Stay on your feet as long as possible when pursuing a ball.
- ❑ Only go to the floor AFTER you have contacted the ball.
- ❑ Once you have committed to the floor you can't adjust for the change of direction of a ball.



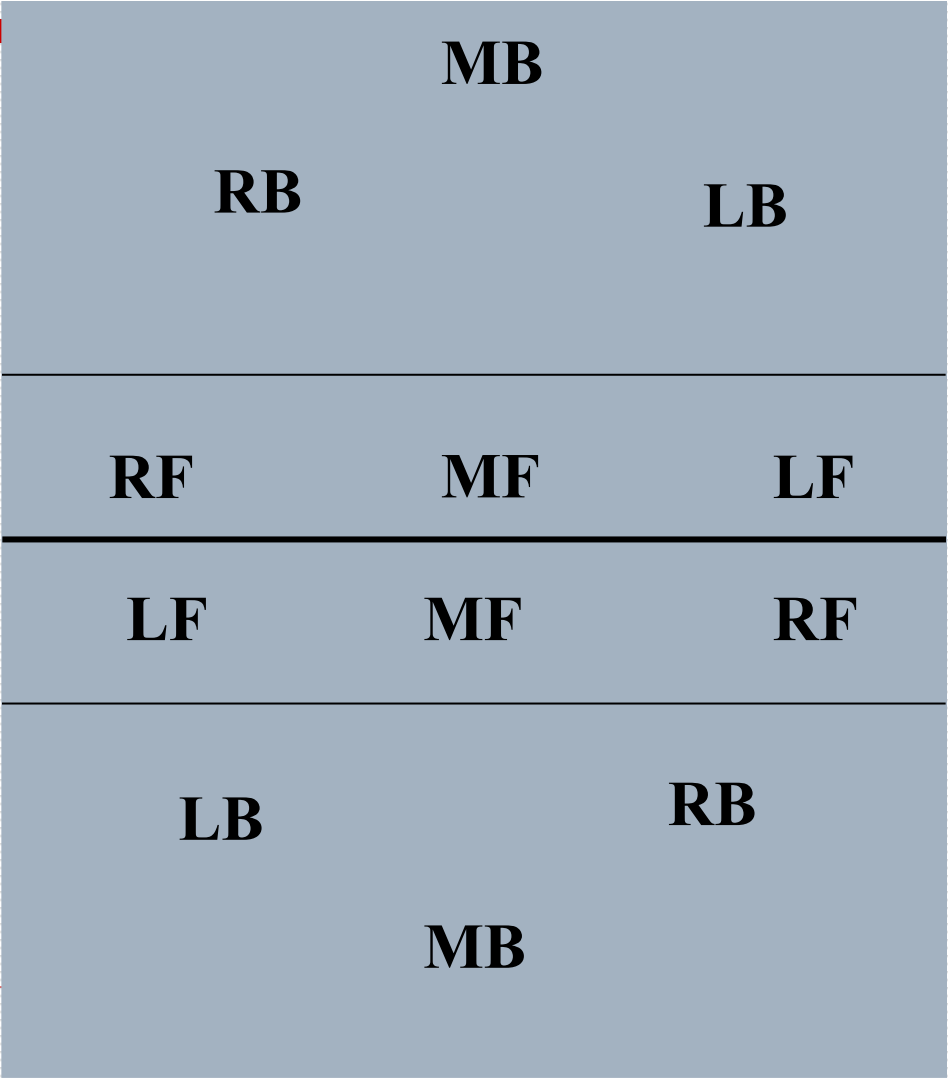
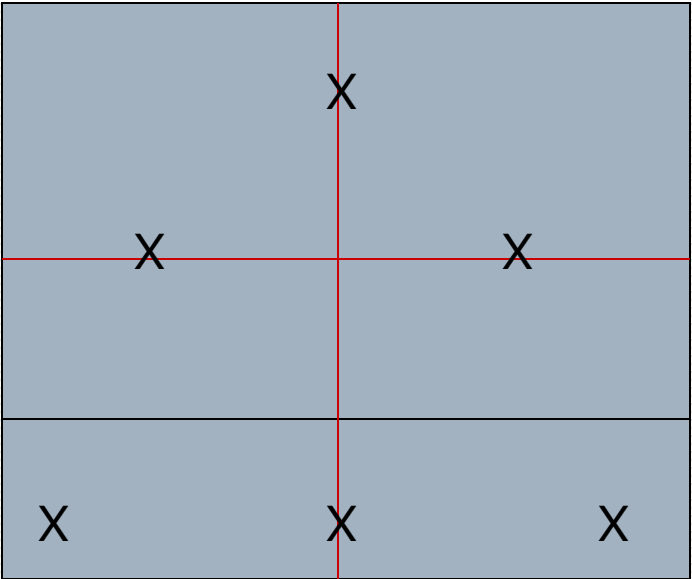
19. 42 Feet



Defenses

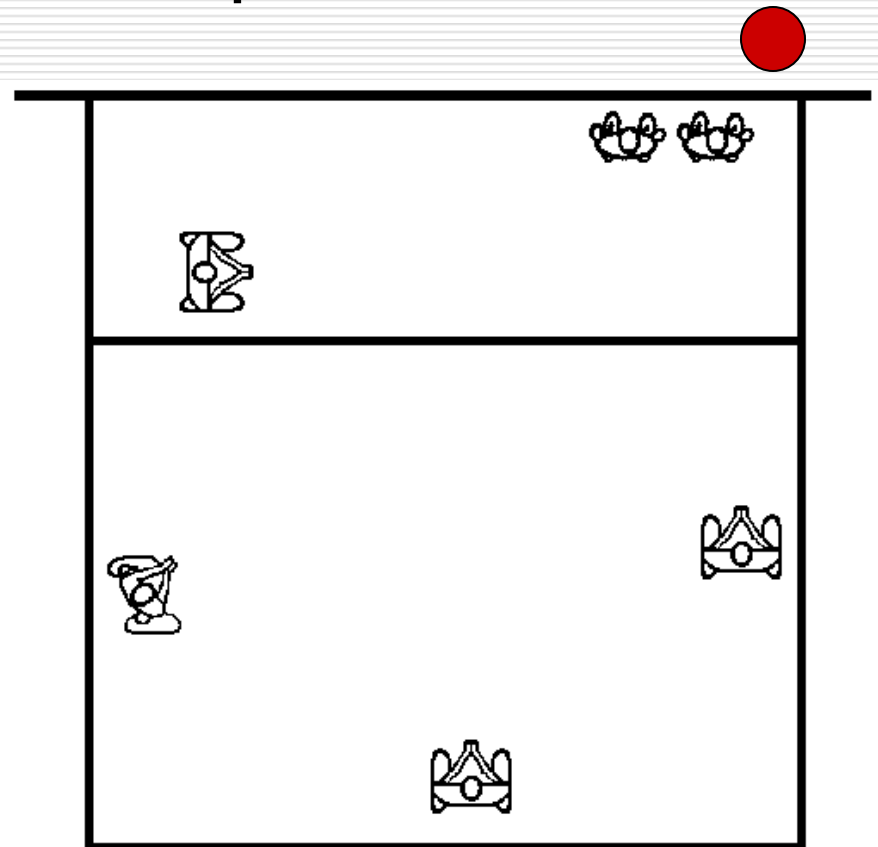
- Perimeter
 - Rotation
 - Middle back deep (man back, 6 back)
 - Middle back up (man up, setter up, 6 up)
 - Variations
-

Base Position



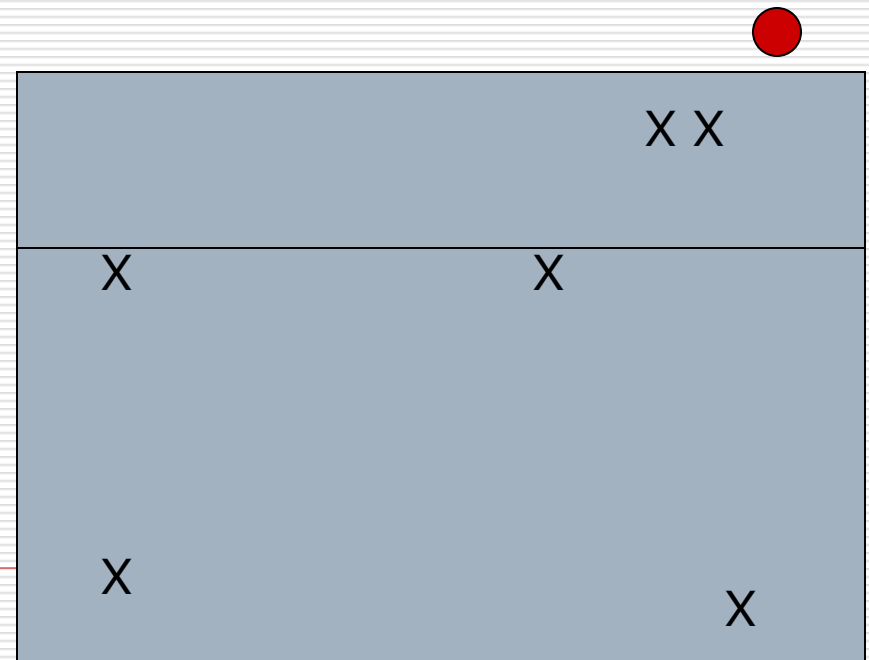
Perimeter

- ❑ Block cross court
- ❑ Defense is around the perimeter of the court
- ❑ Weakness???



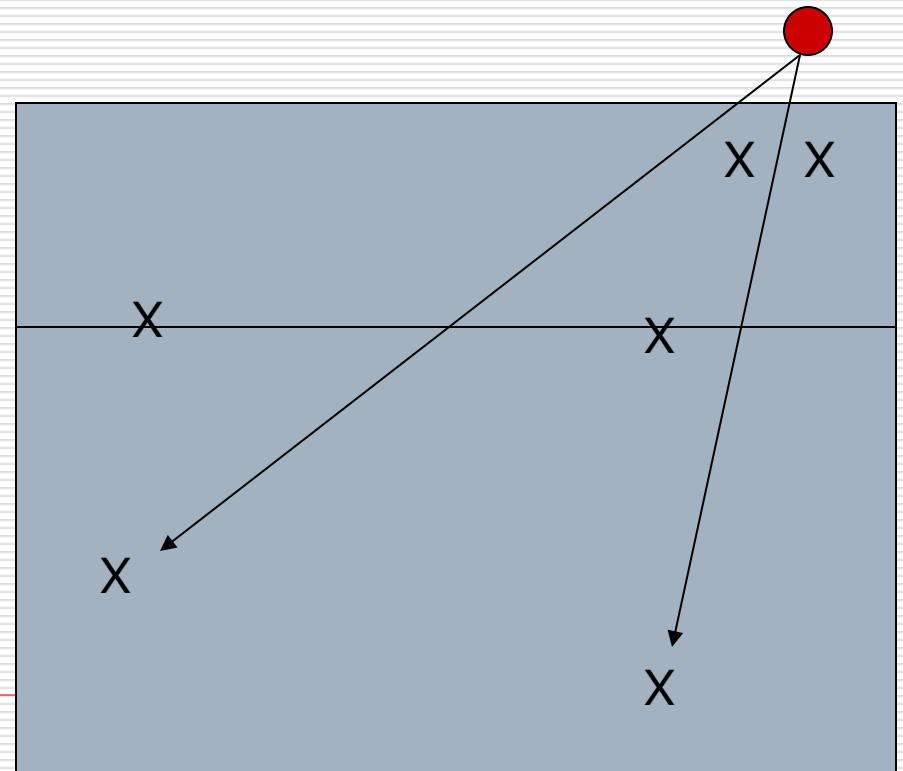
Rotation

- ❑ Block cross court
- ❑ Back row rotates to a corner
- ❑ Middle back rotates to corner down the line
- ❑ Weakness???



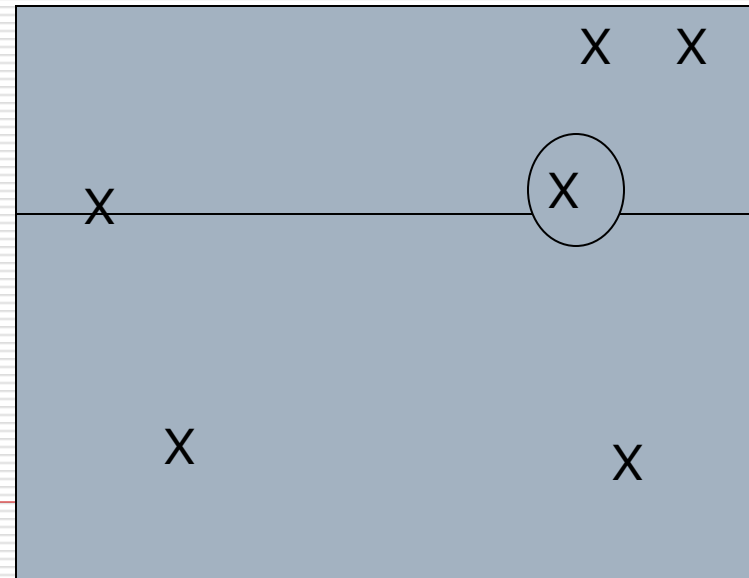
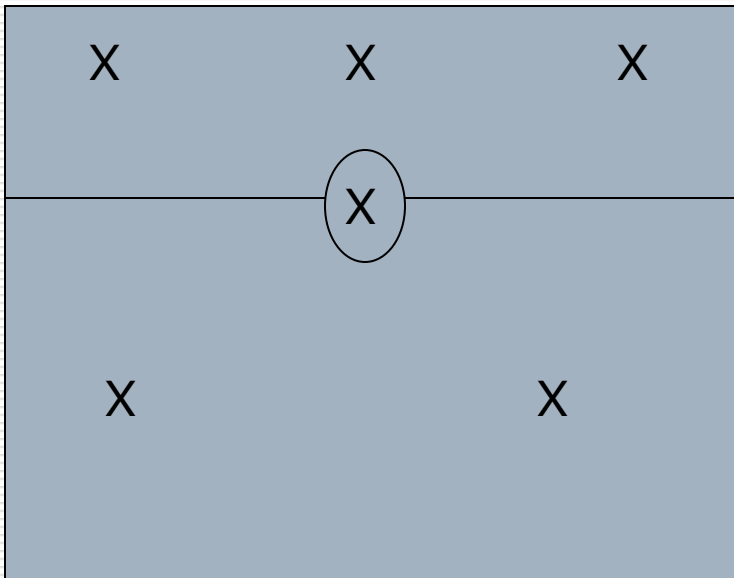
Middle Back Deep

- ❑ Block down the line
- ❑ Middle back in the block seam
- ❑ Weakness??



Middle Back Up

- ❑ Different base position
- ❑ Block down the line
- ❑ Middle back is up (setter)
- ❑ Follows the block



Summary



- ❑ We need 7 players on the court to play good team defense.
 - ❑ Keep the court balanced.
 - ❑ Players need to learn to read the situations by playing. "The best teacher is the game itself." M. Hamm
 - ❑ Play the best team defense to beat your opponents.
 - ❑ Make your defense influence the opponent's offense.
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