

Defensive Systems for Your High School Team

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Hamilton Southeastern Royals Earned Not Given

Key to any defensive system is BLOCKING - defensive systems sometimes are based on opponent and who their best hitter is. Typically best hitter from other team is the OH so you want your team to be able to play base defense behind a formed block that is either set up to take away line, seam, or cross. The block is responsible for slowing down their favorite shot. Defense is then in position to dig the rest. Choosing a RS based as much on blocking ability as anything.

A strong defense will keep a team keep a team in the game. A strong defense will wear down a strong offense. Hitter get tired and frustrated fast. Defenders get little glory but they are the foundation that needs to be strong.

Perimeter defense

- Key to this is defensive transition footwork
- Get wings to be stopped, and weight leaning forward before ball is contacted.
- Most traditional form of defense
- Strength is coverage of court space
- Fast tempo offense
- Pin hitters who can hit line, and tips/rolls/offensive setters are its weakness.

Rotational Defense

- Middle back rotates to 1 zone corner and LB defender takes more of the 5 zone corner LF defender drops off to cover shard cross swing and RB defender stays up behind the block to cover tips and rolls
- Key to defense is if the block can get set to take away the seam for hitters because the middle of the court is open for offense
- Strength is it takes away tips rolls and line shots.

Man-Up Defense

- Similar to Rotational defense except instead of only the RB player staying up for tips and rolls it can be assigned to your libero or best ball control player.
- Variation of this defense is called 'Rover' defense where the Libero can decide based on the situation if she is going to charge forward to cover tips or stay deep to dig a swing.

Movement sequence

- Habla movement drills
- Key words- Tempo to tape
- Run transition and attack

Physio Ball drills

- 3 player/3 contact drill
- 1 player/ 2 touch drill
- Trains defensive intensity/communication and out of system attacking.
- We learn who the best defenders are in this drill.

3 box drill

- Hit from outside/coverage 2-3 in a row
- Hit from middle/coverage 2-3 in a row
- Hit from right side/coverage 2-3 in a row
- Switch rotations or you will kill your middles

This drill trains speed of the game and transition work.
Also huge focus on coverage and lots of contacts.

Transition drills

- Lo ball
- Ball entered in by coach
- Ball cannot be higher than top of antennae
- 2 coaches judge
- This trains speed and tempo.