

## Defensive Drills - Focus on Back-row defense

### Defense techniques

- Teaching Individual defenders with Terry Liskevych  
<https://www.youtube.com/watch?v=eQ6CfFI7ifk&list=PL1DE2C447290CCED1&index=6>
- <https://www.youtube.com/watch?v=4KBw-81DOKo&list=PL1DE2C447290CCED1&index=8>
- Positioning
  - <https://www.youtube.com/watch?v=fOghg7PTaI0>
  - <https://www.youtube.com/watch?v=wW6gayjUp5U>
  - <https://www.theartofcoachingvolleyball.com/6-moves-to-expand-coverage/>
- Reading Defenders
  - <https://www.theartofcoachingvolleyball.com/developing-digging-vision/>

### Individual Defense Drills

- Pepper everyday!! - works on so many skills but do it well and intentionally
  - rotate through partners, teach them how to pepper efficiently - not social hour, effort is key
- Pepper progression - go through variety of ball control series and compete to who can complete without letting ball drop
  - 10 each of the following
    - Regular pass
    - High pass
    - Low pass
    - Pass to self pass to partner
    - Pass to self set to partner
    - Regular sets
    - Pass to self set to self downball to partner
    - Pass set hit
- Pepper series [https://www.youtube.com/watch?v=-j-Lvkkf\\_E8](https://www.youtube.com/watch?v=-j-Lvkkf_E8)
- Mountain Climbing run throughs
  - <https://www.youtube.com/watch?v=HFoW2Ulw2bA&list=PL1DE2C447290CCED1&index=4>
- 5 on 5 warm up
  - Start with down balls, then half speed and full speed
  - Works on movements, defense and one on one defense and offense
  - Pace of drill is crucial - keep it very fast and have coaches or managers feeding free balls in
- Run through drills
  - Cone drill

- Place cone anywhere on the court, have the line start at the cone and toss a run through ball
- Set goals: Nothing drops for 1 min, no overpasses or we start over and go for 2 mins
- Texas run throughs or 4 corner run throughs
  - Start in Corner of LB and run through at LF, LF -->RF, RF → RB, RB-->LF
- Coach digging and players watching eye movement (explained in session and here is the video) <https://www.theartofcoachingvolleyball.com/reading-the-hitter/>
- “W” drill or 4-5 touch drill (Dig, chase, tip, dig, tip)
- 2 Ball Defense with Jen DeJarld
  - <https://www.youtube.com/watch?v=aYKbCoYTpe8&list=PL1DE2C447290CCED1&index=7>
- Star Drill - improves range for defenders
  - <https://www.youtube.com/watch?v=hq9e9E6QK4c&list=PL1DE2C447290CCED1>
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- Pit Drill
  - Combination drills
  - 10 1 touch, 7 two touch, 5 pass set downball over the net
  - Subtract points for no effort
- 5 defensive drills
  - <https://www.youtube.com/watch?v=hzkAkxcd69s>
- Exercise ball Drills
  - digging works on platform getting under the ball instead of dropping to knees first
  - Running down a ball off the block
    - <https://www.youtube.com/watch?v=CnepAt9vMmk&list=PL1DE2C447290CCED1&index=5>
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### **Team Defense Drills**

- Tips
  - Digging off boxes - work on a variety of shots and break them down and then make them guess and read what the hitter is doing
    - Have a coach stand behind defense and tell the hitters on the boxes when to go so that the defenders don't know who is hitting each time (ie. don't do box hitting outside, middle, right side because it removes the game like situation for middle blockers to have to read and react)

- Dig without blockers
- Place towel at net and teach defense to dig around it
- Use pool noodles to simulate block at net
- Coach on 3 or Coach on 4
- Dig 10 - 6 on one side and coaches or players on boxes on other side hitting a variety of shots one at a time
  - Fast paced - they don't have to time to worry about what happened
  - Focus on a specific shot - may be one you got burnt on the night before
  - EX: Dig 10 but if you lose on a tip to 4 you go back to 0 - (change tip to 4 to whatever you want to focus on eliminating your opponent from scoring on)
- Defense Transition Drill
  - <https://www.theartofcoachingvolleyball.com/defensive-transition-drill/>
- Offense vs Defense
  - Similar to above
  - Hitting lines (with transitions) on one side and 6 on the other
  - Set goals based on your team 1 block and 4 digs before \_\_\_\_ kills or 5 stops before 5 kills, etc