

Defensive Systems



Brooke Behnke
Former Covenant Christian Head Coach

Outline - Back Row Defense

Type of Defense

Defensive Positioning

Transitioning

Libero Placement

Mentality

Team Strategy

Drill Ideas

Type of Defense Systems

Base Defense

Rotation Defense

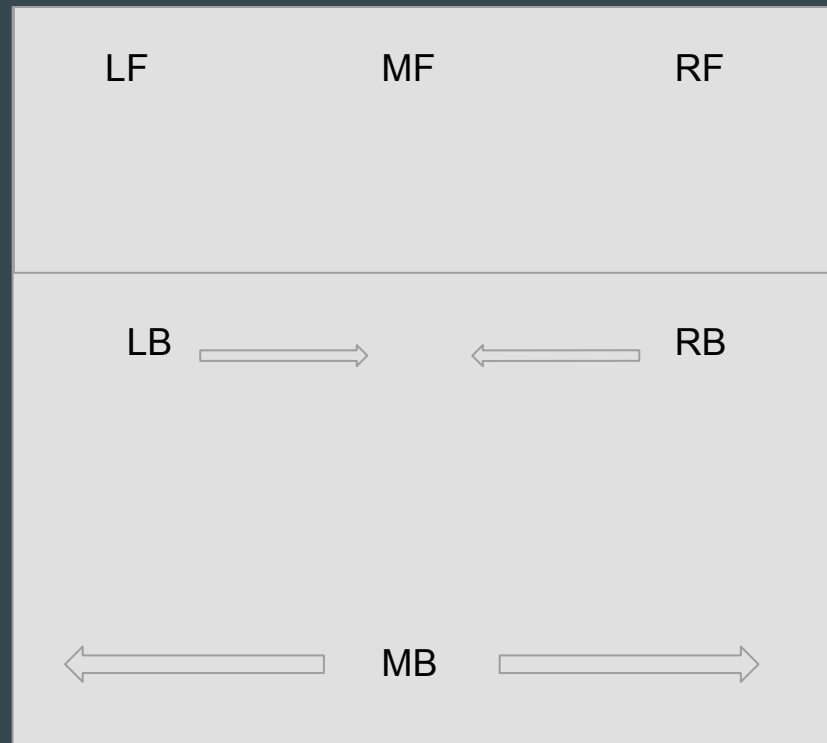
Perimeter Defense

Rover or Man Up Defense

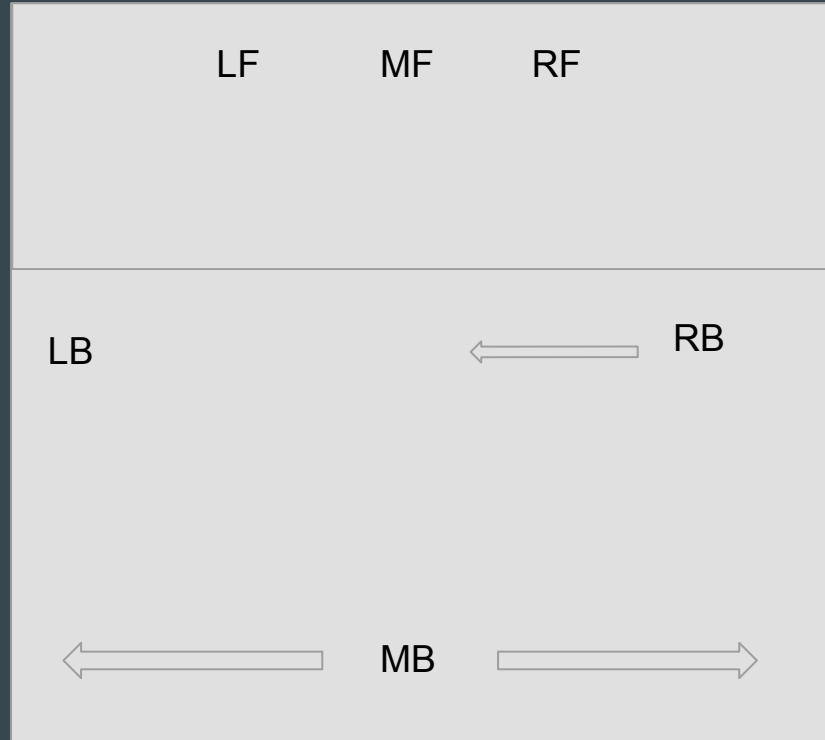
How does blocking play into my team's defense?

Base Defense

- Where do we think the ball is going first?
- Designated spot vs fluid
- Dependent on level of play and age
- Examples of fluid base



Adjustments to Base Defense



Rotation Defense

Defense “rotates” toward attacker

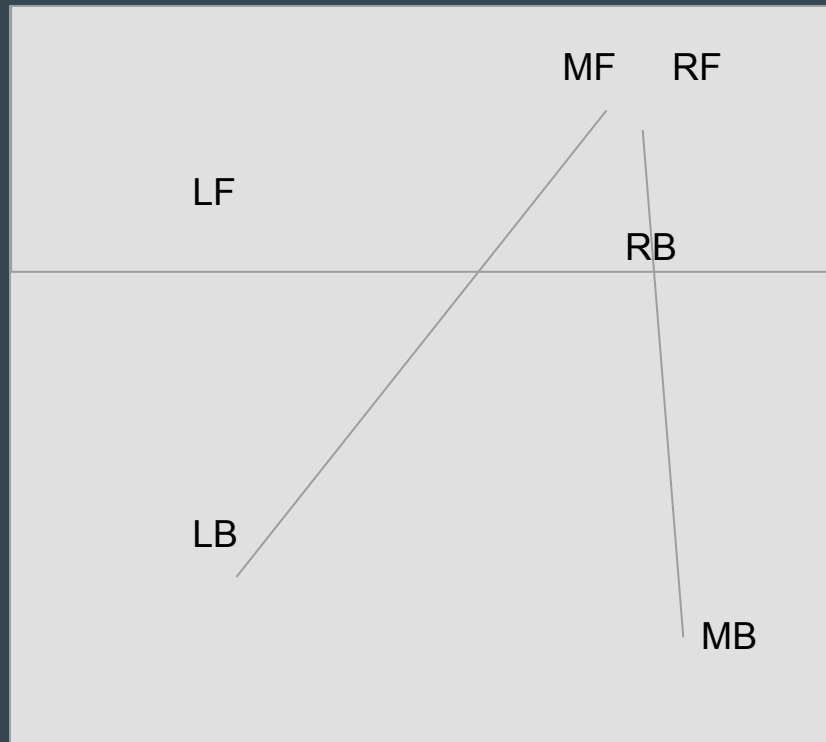
Strategies

- Setter close for quick transition to net
- Setter in RB isn't best defender

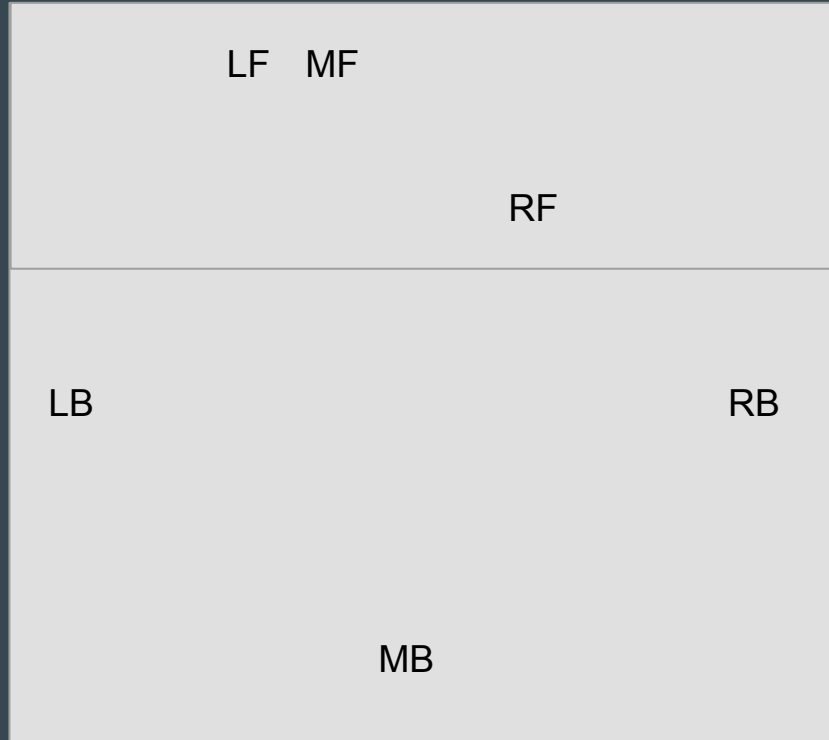
Primary defenders

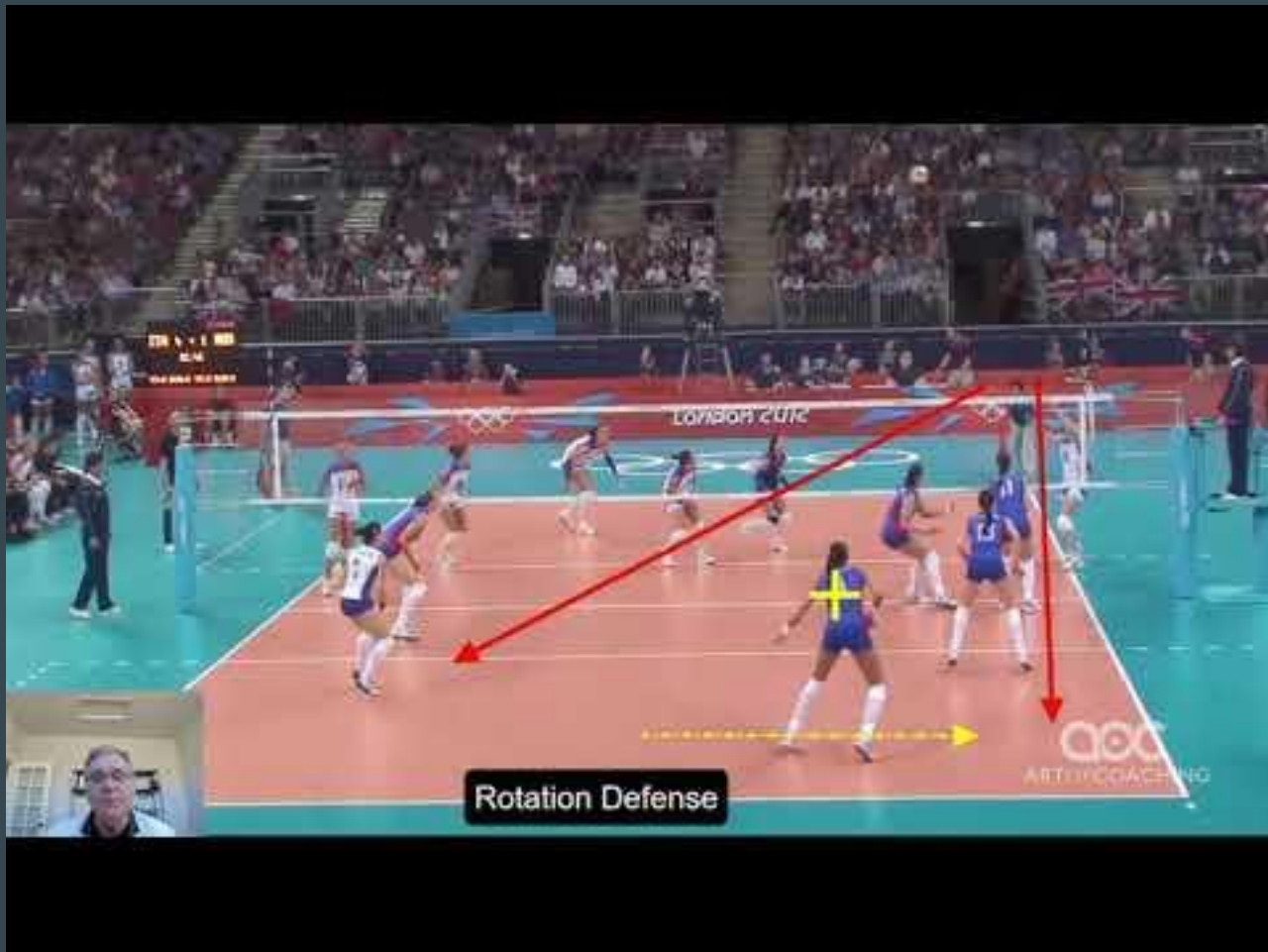
- Middle back
- Left back

Outside Attacker



Rotation Defense - Middle Attack (1)





Perimeter Defense

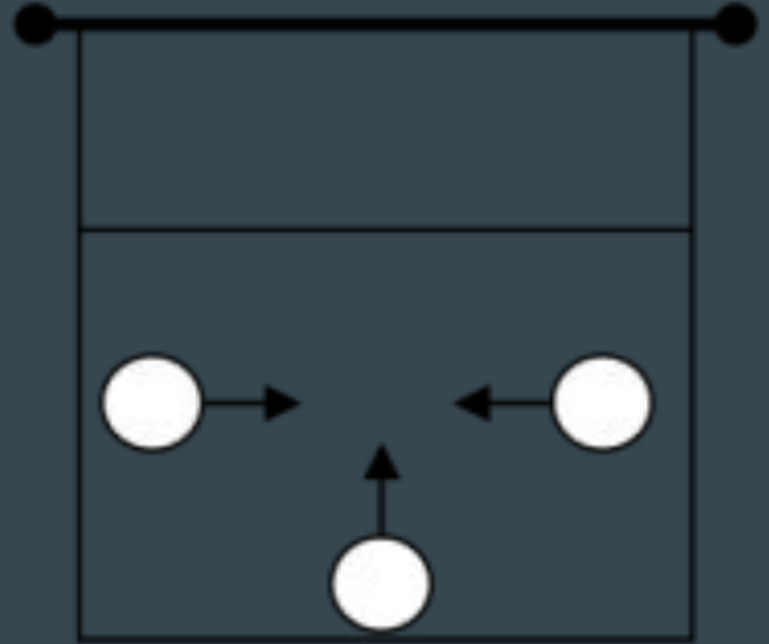
Start at the perimeter and move inward

Strategies

- Athletic defenders
- Good defensive vision
- More defense against hard attack vs tip

Primary Defenders

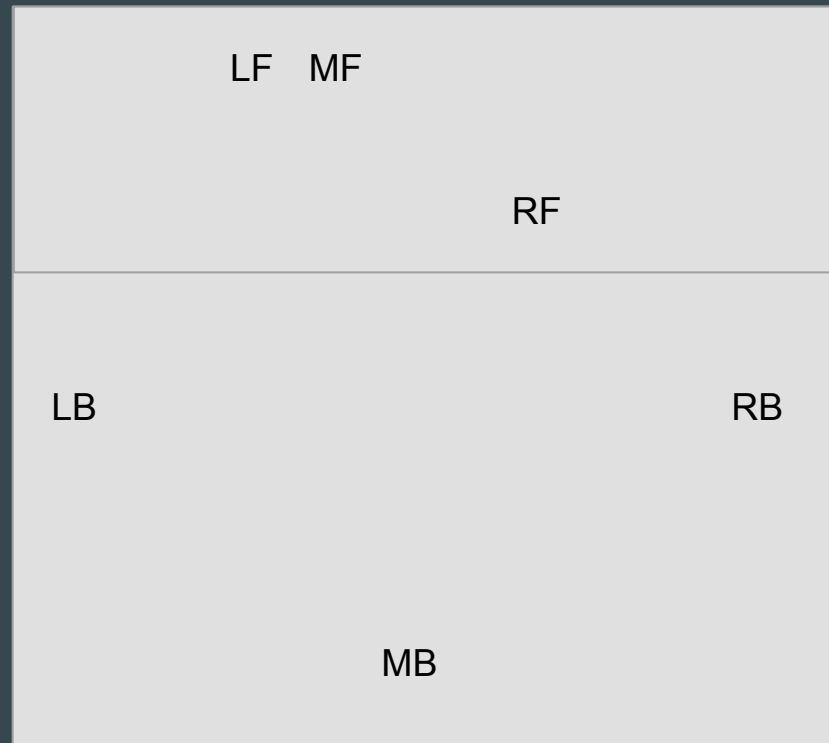
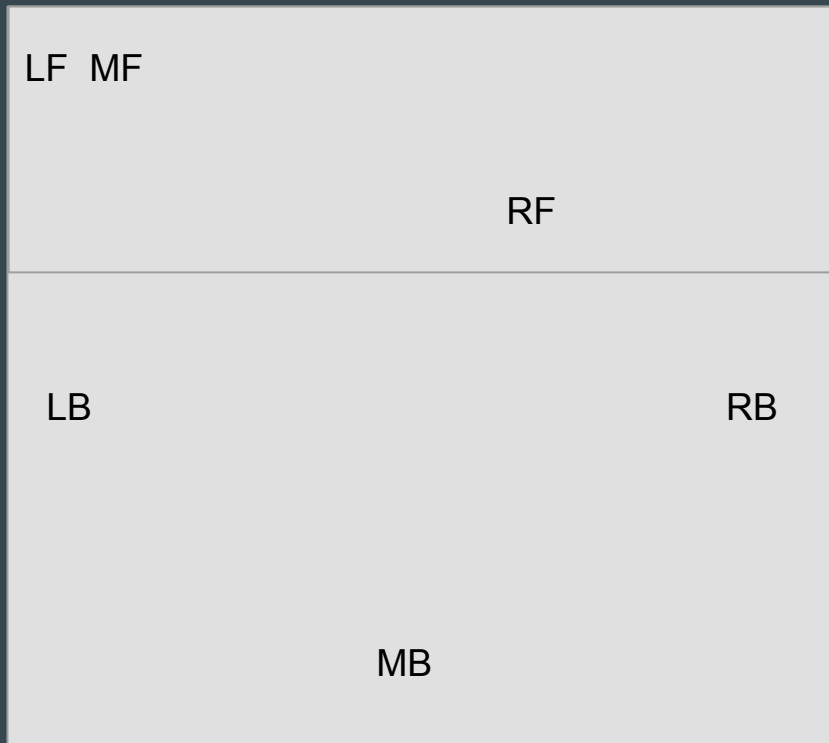
- MB, RB, LB



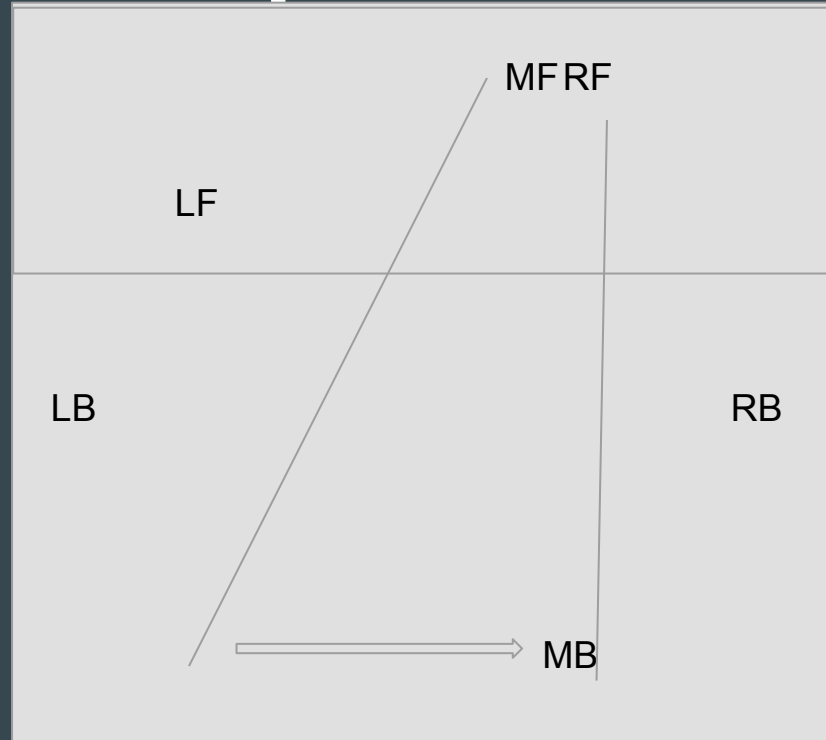
RF Attack

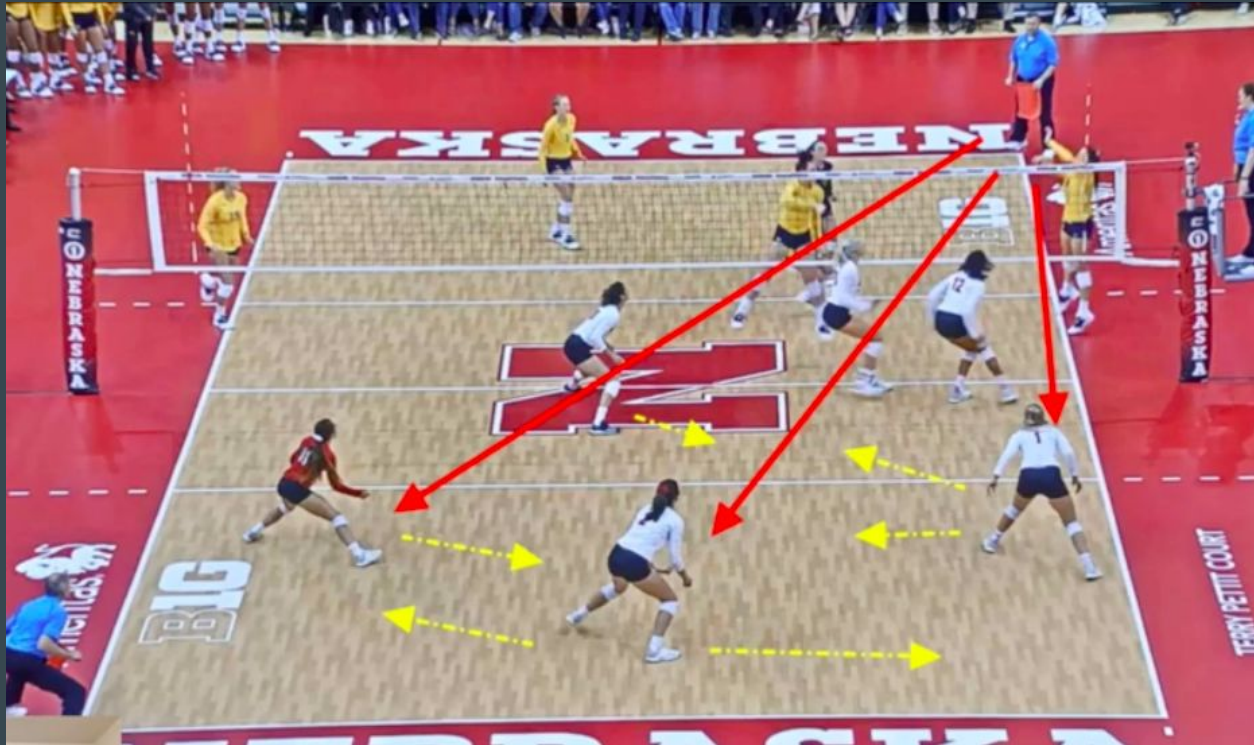
vs

MF Quick (1) attack



Defending the 31 in perimeter





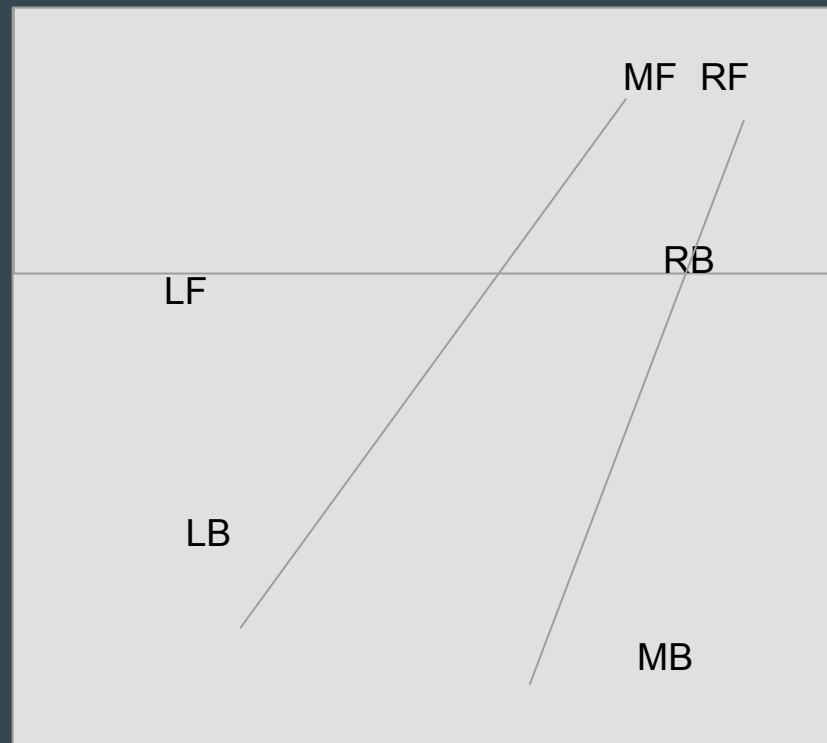
<https://www.theartofcoachingvolleyball.com/digging-perimeter-defense/>

Man Up or Rover Defense

RB stays up to defend 10 ft line on all attacks

Strategies

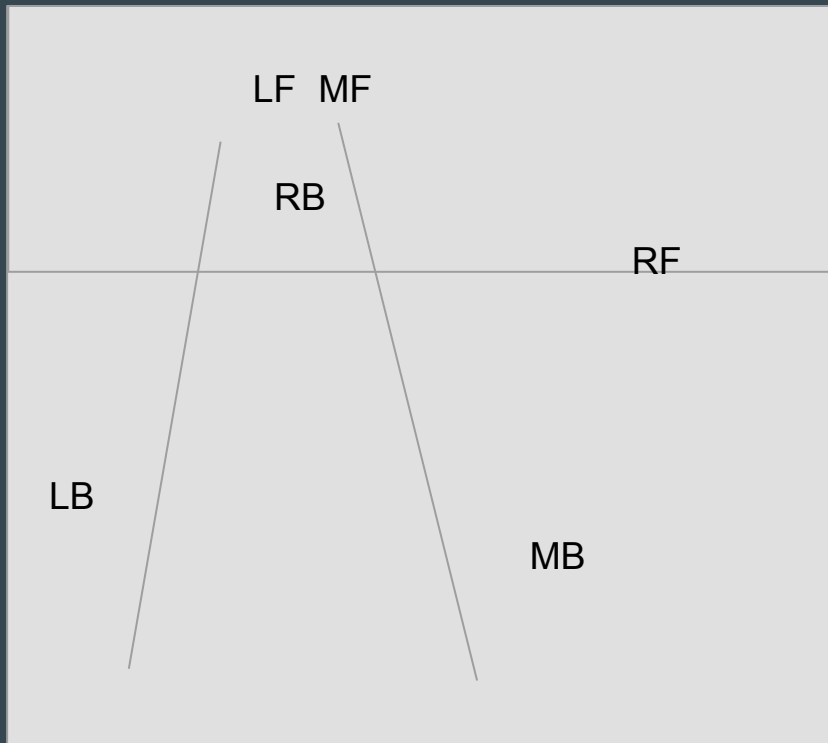
- Strong blockers
- Quicker transitions for setter in RB
- Strong LB and MB defenders
- Eliminate getting burnt on tip



Middle (1)

vs

RF Attack



How does Blocking play into our team defensive system?

Goal for Blockers (area vs stuff)

Numbers of players blocking (1, 2, or 3)

Positioning of your blockers

- Angle (cross court), line or straight on the ball



Fluid Defensive systems

Combine systems to provide the best defense against their offense

PRACTICE and know your opponents tendencies

Examples

Defensive Positioning

Balls of Feet

Medium to low position

Body forward and butt down

Meet the ball with the ball

Defensive area

Proper positioning occurs
PRIOR to the attacker's
contact with the ball.



Keys to Great Defense

Eyes on the hitter, not the ball

Good defensive positioning

Stopped on contact

Moving around your block

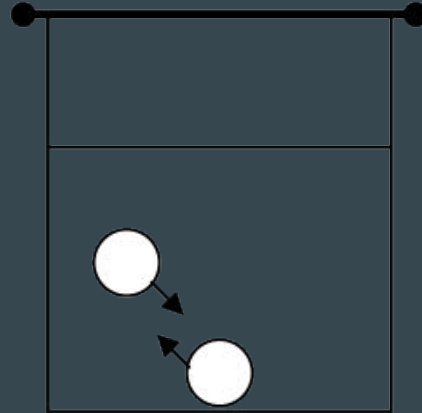
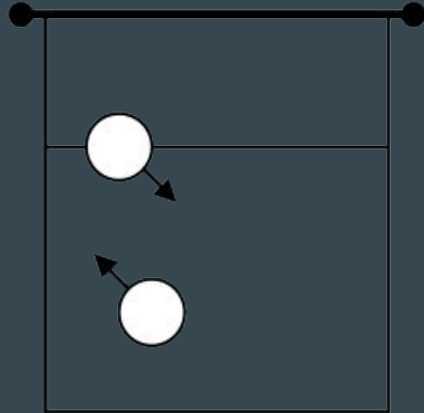
Staying on your feet

Digging with either platform or overhead

Parallel Movement

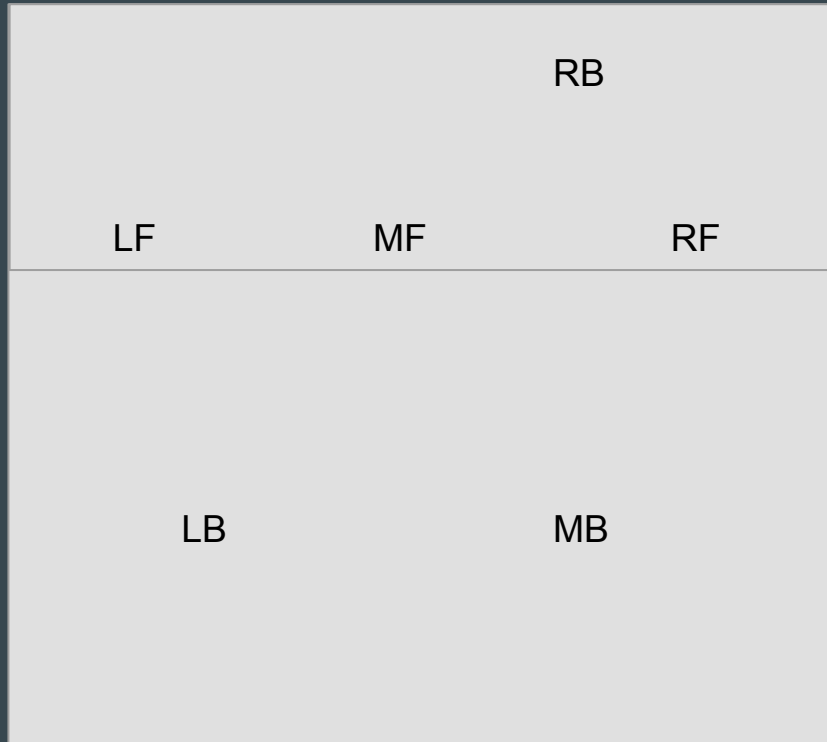
All systems require parallel movement

Allows for more efficient digging



Transitioning

Free Ball Transitions



Practice Practice Practice

Timing - setter sets

Incorporate into warm up

Vision

SO IMPORTANT

Watch your players eyes and head

Train in practice

Ball - Setter - Ball - Hitter - Ball

Defensive Culture

Intensity

Effort

Communication

Fast paced drills, fast paced practice

Set expectations



Team Strategy

What are you trying to defend?

What are you giving up?

Assess your teams strengths vs your opponents

Drills

Team Defense Drills

Individual Defense Drills

Send your players drills ahead of practice

Bring energy and passion to your drills

Expectations during drills

References

<https://www.theartofcoachingvolleyball.com/defensive-systems/>

<https://setupforvolleyball.com/how-to-dive-in-volleyball/>

<https://www.improveyourvolley.com/volleyball-positions-and-rotations.html>

<https://www.improveyourvolley.com/defense-volleyball.html>