

IHSVCA Fall Clinic - 2022

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Session One

Defensive Training Drills

A. Serving, Passing, and Defense Philosophy Statement

Defense – “The Great Equalizer” – much like Kareem, Ewing, or Shaq; a great backcourt defense can make up for many shortcomings at the net

*The one skill in which attitude and effort are more important than talent.
If you have both – a terrific attitude and elite talent – you will be a great defender.*

B. Partner Defensive Drills

1. Passing with partner
 - a. forearm
 - b. overhead
 - c. various heights
 - d. various movements (L-R, Front-Back)
 - e. Pea drill
2. Partner Defensive Series
(Important to demo and emphasize the proper toss - high two-hand snap)
 - a. basic dig from toss / from attack
 - b. shuffle-dig from toss
 - c. crossover-dig from toss (determine what works best)
 - d. knee-drop and dig
 - e. collapse and dig (knee turns in or knee turns out)
 - f. collapse, dig and roll (break down rolling technique)
 - g. run-thru in front
 - h. bounce over the head and pursue
 - i. overhead dig from toss / from attack
 - finger dig of softer attack
 - palm/hand dig of harder attack
3. Pepper Series
 - a. pass to self and tip to partner
 - b. regular pepper (attack, dig, set, continue)
 - c. one partner attack (ten swings and switch)
 - d. dig to self and set to partner who attacks again
 - e. three-player pepper (add setter in the middle)

C. Digging Drills

1. Dig and Set (new favorite defensive drill)
 - a. three primary defenders (rb, mb, lb)
 - b. first player digs, second player sets to lf or rf

2. One-ball dig (typical digging by position)
3. Two-ball dig (dig hard hit ball, run-thru off-speed shot)
4. Three-ball dig (dig two hard hit balls, run-thru third ball)
 - keep track of how many times each player controls each ball to target and establish a competition. This increases focus. It is not good enough just to dig the ball. Think “dig for kills”.
5. Towel Digging (place towels at net to represent block and teach defense to dig around block)
6. 2 on 2 over-net games (10' and full court)
7. Box Digging to all positions (3 coaches)
8. Coach on 3 or Coach on 4
9. Close range digging - save your arm and speed up player reactions (more control to focus on specific defensive movement or skill)

“Seven Sins of Defense”

1. *Poor defensive positioning (or posture)*
2. *Not being set on contact – still moving laterally or unnecessary jump-hop*
3. *Giving up the easy points (tips, setter dumps, roll shots)*
4. *Digging behind the block – no understanding of defensive principles*
5. *Poor footwork and/or going to the floor too soon , thus not reaching the ball to make the play*
6. *Wasting poor blockers at the net*
7. *Lack of ability to dig (or defend) with your hands (overhead dig)*