

DEFENSE WINS CHAMPIONSHIPS

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- PHILOSOPHY
 - Our goal is to always outwork our opponent and to frustrate them with our relentless defense
 - STARTS IN PRACTICE
 - Expectation of practice must be higher than match night - You will never outwork your opponent if you aren't accountable to that in your own gym
 - For example: if a ball landing uncontested in practice doesn't fire you up like it does in a match, the practice culture must change to get the results you desire
 - How we LEAD matters!
 - Replace the thought of "my players won't..." with "I haven't led them to..."

- PRACTICE
 - Every drill designed with a purpose
 - Ball Control / communication / competitiveness / mental toughness (pressure situations) / conditioning (playing when tired)
 - Change drills (goal of drill) based on the needs of your team
 - Time - be efficient
 - Quality vs Quantity
 - Coaching on the fly

- WARM-UP DRILLS
 - Run Thrus (time + number to target)
 - Pursuit Attack (time + number of catches)
 - 4 person pepper (control)
 - Small Ball (team play - all tips)

- DEFENSIVE DRILLS
 - Fundamental Drills
 - Knee digging
 - Dig to floor
 - Corner Dig (defenders cross)
 - Triple D
 - Sideline D
 - Dig & Recover
 - Add in competition by seeing which group gets the most to target
 - Work feet on recovery ball
 - Offense v Defense
 - Put dots/tape down as boundaries where hitters must hit behind
 - Box Jump with Run Thru (2 min)
 - Conditioning drill - how to fight through when tired / whole group penalized when one person doesn't give full effort
 - Team D & Transition
 - Goal is x amount of transitions
 - Consequences for not touching ball behind block or not getting first ball up

- TEAM PLAY
 - Defense Wins
 - No touch / 1st ball contact = back to 0
 - Prove It
 - 3 little points - have to serve to win the big point

- DEFENSIVE CULTURE
 - Give defenders drills to do when working on offense or blocking
 - Partner work
 - Fundamental defensive work
 - Wall sits
 - Jump Rope
 - Celebrate the grit/hustle even when the play isn't made
 - Accountability for when effort isn't there
 - Adjust drills based on your team's need for effort/grit