

IHSVCA Fall Clinic - 2022

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Session Two and into Session Three

Developing a Defensive System to fit Your Team - Discussion on Criteria and On-Court Defensive Drills

- A. Level of play
 1. High School – Club – College
 2. Each situation creates unique challenges in putting a defense together
- B. What are philosophies and objectives of coaching staff?
 1. Offensive or defensive oriented
 2. Willing to train and develop skills
 3. Desire to compete at highest level
 4. Want to provide opportunities for kids to play
- C. Determine strengths of coaching staff
 1. Ability to teach and develops skills
 - a. Blocking
 - b. Serving
 - c. Digging
- D. Evaluate and understand your personnel
 1. Experience per position
 2. Blocking potential
 3. Backcourt defense potential
 4. Toughness and desire of athletes
 5. Setting situation – ability, height, athleticism
- E. Knowledge of your key opponents on your schedule (tournament opponents)
 1. How will you need to defend primary opponents?
 2. Plan a strategy from early on to defend those teams
- F. Determine your defensive system – based on strength and weaknesses of your team
 1. Perimeter – for most athletic teams – read, react, and run balls down
 2. Box – Adjustable defense to respond to different situations
 3. Player-up – Productive in keeping soft-shots off the floor, but setter plays first ball often
 4. Rotation – Effective in taking specific shots, but much movement for defensive players
- G. What is best way to defend each opponent (Diggers knowledge of blocking schemes)
 1. Block line and dig angle?
 2. Block inside and dig line?
 3. Take angle or cut-back from middles?
 4. Prevent any soft-shots from falling?
- H. Blocking systems for the basic levels of defense
 1. Three-blocker systems (standard)
 2. Two-blocker systems (when you have smaller players who cannot effectively block)
 3. One-blocker system (when teams are really small and have a couple of capable blockers)
 4. At many levels – more diggers are greater than more blockers
- I. Libero usage
 1. Developing one (Libero) or many defensive specialists – train more players
 2. Left-back or middle-back position for libero
 3. Playing six-rotation player vs. defensive specialist (pros and cons at different levels of play)
 4. The value of an effective setter in the libero position
- J. Video Analysis – Just discuss vs. show for practical purposes – the power of Volleymetrics

1. Defending 2-hitter rotations
 2. Defending big-time attacker
- K. Conclusion
1. Thoroughly evaluate your own personnel – know their abilities
 2. Understand how you need to defend your key opponents
 3. Be creative in putting a practical defense together

Potential on-court drills to incorporate blocking into your system as time allows...

- A. Three primary aspects of establishing your team defensive system
 - a. Serving – will determine many aspects of blocking
 - b. Blocking – will dictate the assignments of your diggers
 - c. Digging – discipline effort to keep ball off the floor with control
- B. Establish defensive techniques to build a backcourt defense in early stages of training
- C. Blocking footwork drills
 - a. 1-step, 2-step, 3-step
 - b. Team blocking footwork
 - c. Shuffle and go blocking footwork (discuss philosophy vs. two hitters - or pre-determined plan)
- D. Technical blocking work (one and two-person drills) Good progression for most ages
 - a. Foam ball blocking drill
 - b. Penetration blocking
 - c. Block coaches on box (utilize light balls)
 - d. Block live attack
 - e. Discuss blocking vision / sequencing
- E. Add diggers (team) to digging live attack and pin blockers (no middle-blocker at first) - All of this to focus on blocking game plan for your traditional defense – or your specific plan for upcoming opponent
 - a. Defend LS attacker
 - b. Defend RS attacker
 - c. Defend Middle attacker (emphasize help from pin-blockers on middle)
- F. The following drill may be at a higher level, but you can adjust to fit your needs...
(Add middle-blocker for full team defensive system (Establish a blocking / digging scheme) – discuss variables of defending two and three hitter rotations - utilize whatever offensive concerns you have)
 - a. vs. LS
 - b. vs. RS
 - c. vs. LS and RS
 - d. vs. Middle (in front and behind)
 - e. vs. B – 4
 - f. vs. 9 – A or C
 - g. vs. all 3 front row attackers – various options
 - h. vs. 4 – slide – pipe
- G. Review – conclude – questions...