

DYNAMICS OF COACHING TEAM DEFENSE

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I. Goal of Defense:

- A. Webster – Guarding against an opponents’ attack
- B. Rose – To develop thru training of belief and attitude among a group to work together to prevent the ball from contacting the floor on their side of the net.

II. Options Regarding A Team’s Defense:

- A. Serve all service aces and have 100% efficiently on your teams serve reception. This way you will never have to train for develop a defensive game plan.
- B. Block every ball that crosses the net and frustrate your opponent. There is some validity to specialization for a player who is a “blocking machine.”
- C. Dig every ball that is not blocked and hope to frustrate your opponent into error production.
- D. Focus strictly on offense and hope your opponent has done the same.
- E. Develop a philosophy that encompasses the need to both block and dig while maximizing the potential of your present team.

III. Team Considerations:

- A. Responsibility and personnel in which to develop the role of the block.
 - 1. Multiple players with potential to block
 - 2. Accurate assessment of your blocking potential
 - 3. Specialization of players-libero
 - 4. Offensive potential of the block
 - 5. Rotational effect of your block
 - 6. Approach to Blocking Errors
- B. Relationship between your blocking philosophy and your backcourt preparation.
 - 1. Determine where the players should play (80% of balls land within 1 meter of end line/sideline)
 - a. Good acceleration and lateral pursuit

- b. Good ball control with minimal movement
“Maintain Balance”
 - c. Drills give players the opportunity to show their strength as well as weakness
2. Allow players to work in two positions yet specialize in one
 3. Specialization should be encouraged and feel good about the tall contributions short players can make for you team.

IV. Role of Practice in Developing Team Defense:

- A. Try to make drills as game like possible.
 1. Block a hitter
 2. Dig a hitter with live blockers involved
 3. Etc.
 - B. Train players to respond to all of the potential events and contacts:
 1. Overpass off of serve
 2. Setter dump-both Front row/Back row
 3. Quick attack at setter – away from setter
 4. Secondary Tempo on play set
 5. High Set
 - C. Emphasize the importance to the players of the need to overlap areas of responsibility.
 1. Front row/Back row on cross court attack
 2. Back row/Middle back on deep contact
 3. Green light theory on defense
 4. Red light theory on defense
- V. You must coordinate the block and the backcourt defense if you hope to advance to the area of transition – remember that transition wins!