

6:00-6:20pm Classroom Session - Holts

Understanding Defensive Schemes of the COVBC

Coaches and Players Handouts

6:25-6:50pm Setter Warmup and Training - Holts

Movement and Ball Handling, All Setters

6:25-6:50pm Warm-up And Stretching - Coaches

Movement and Ball Handling, All Teams

6:55-7:55pm Drill Stations - Coaches (20 Minutes Each)

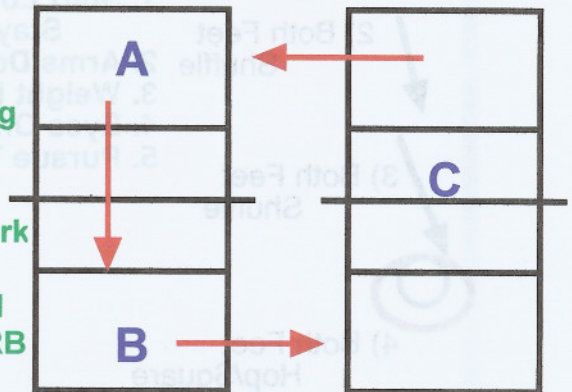
Station and Team Training, All Teams

COURT A - Perimeter Defense Footwork and Dig
 Digging Line versus Outside and Back
 Attacks from LB and RB (Wings)

COURT B - Rotation/Perimeter Defense Footwork
 and Dig

Digging Cross Court versus Outside and
 Back Attacks from LF/LB and RF/RB

COURT C - Team Practice Court



Footwork Pattern Explanation On Back Of This Sheet

Coaches Will Drill Their Teams In Each Station

6:55-7:15pm Drill Stations I - Coaches (20 Minutes Each)

STATION A - 14's

STATION B - 15's

STATION C - 16's

7:15-7:35pm Drill Stations II - Coaches (20 Minutes Each)

STATION A - 16's

STATION B - 14's

STATION C - 15's

7:35-7:55pm Drill Stations III - Coaches (20 Minutes Each)

STATION A - 15's

STATION B - 16's

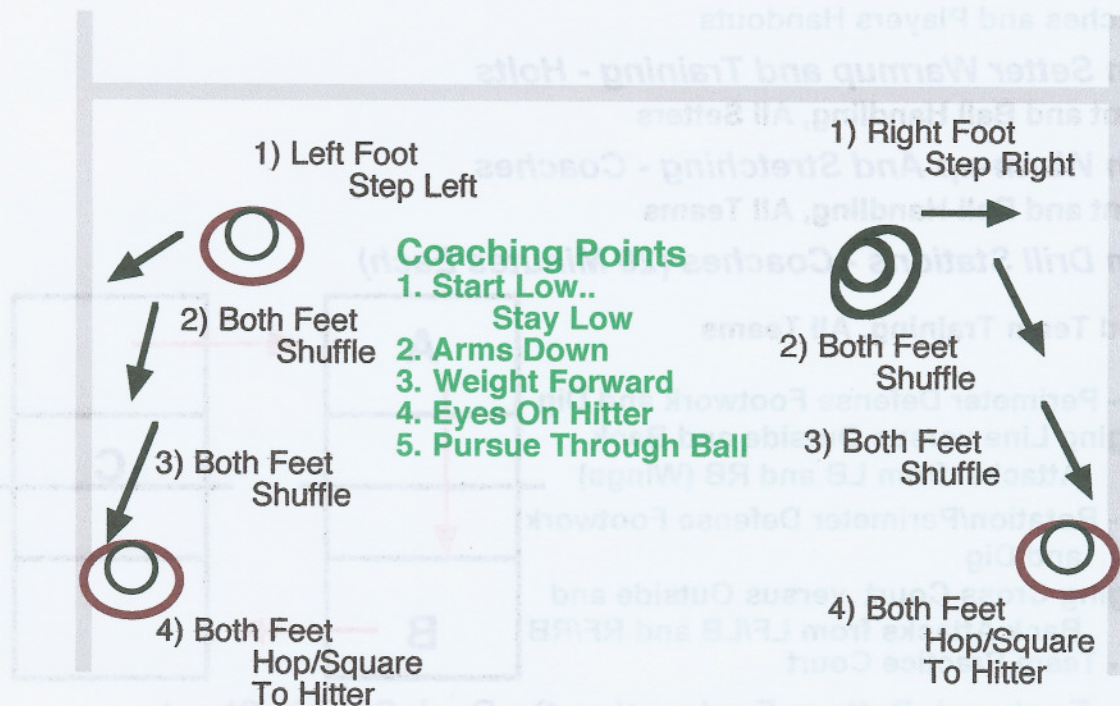
STATION C - 14's

“Commitment to the team - there is no such thing as in-between, you are either in or out”.... Pat Riley (NBA Coach)

REMEMBER: We MUST be OFF the courts by 8:00pm!!!!

FOOTWORK PATTERNS OF THE CENTRAL OHIO VBC

Perimeter Defense RB versus Outside Attack and LB versus Back Attack, (Station A)



Rotation/Perimeter Defense RF/RB versus Back Attack and LF/LB versus Outside Attack, (Station B)



ESTABLISHING A DEFENSIVE SCHEME FOR THE TEAM

Establishing a reliable defensive scheme for the team involves some trial and error and some luck. Consider these points when deciding on a defensive scheme:

1. No defense will stop everything from a skilled opponent. Try to stop or at least alter what your opponent does best.
2. Put the players in the best position to make the best plays on the opponent's attack. Not all players are good blockers and not all players are good diggers.
3. Be willing to make small adjustments to the basic scheme to enhance the team's ability to stop a majority of the opponent's attack.

There is no easy way to play defense.

THE DEFENSIVE PROGRESSION

No matter what the defensive scheme ends up being, rotation or perimeter, a *DEFENSIVE PROGRESSION* is used to transition from offense to defense. The steps of the *DEFENSIVE PROGRESSION* will remain the same for any defense.

STEP ONE - BASE POSITION, immediately after the ball is put into the opponent's court, offensive players transition to defense by moving into the *BASE POSITION*, the place on the court that a player occupies prior to determining the location of the opponent's attack pattern.

STEP TWO - READ POSITION, immediately after the opponent's attack location (OUTSIDE, MIDDLE, BACK) is recognized, players move into the *READ POSITION*, the place on the court that a player occupies when awaiting the opponent's attack.

Note: Blockers DO NOT go to a Read Position but to their blocking assignment.

STEP THREE - ADJUST, after reaching the READ POSITION, each digger will probably need to make a small ADJUSTMENT in their position to be able to read the attack (i.e. Not being directly behind the block and not having a line of sight to the attacker).

STEP FOUR - DIG or PURSUE (REACT), immediately after the ball is attacked by the opponent, *REACT BY DIGGING OR PURSUING* the ball. Most good attackers will try to attack where you are not instead of where you are. You must REACT to the ball by learning through drills and repetition, what the attacker is going to do. The attacker also is governed by a progression, an ATTACK PROGRESSION (i.e.: 1-Hard Hit; 2-Roll Shot; 3-Tip), when attacking the ball. If the defender (YOU) thinks about what is happening, you will probably lose.

Good defense is played by disciplined players.

**Discipline is: Knowing what to do; Knowing when to do it;
Doing it to the best of your abilities;
Doing it that way every single time.**

Bob Knight

STANDARD BASE POSITION

This is a diagram of a standard base position used by the COVBC. Small adjustments can be made to allow positioning of the players to maximize their efficiency to defend the attack.

Identify SETTER
Call "Setter Live"
or "Setter Down"



Identify HITTERS
Call "Numbers"



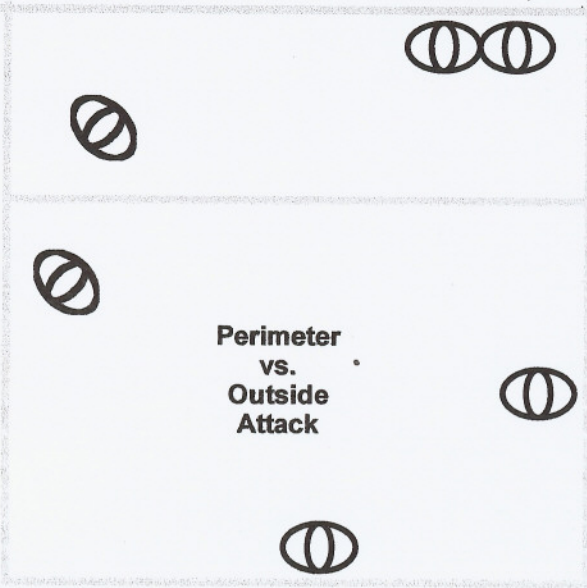
Read First Pass, if there will
be second contact LOCATE
your PRIMARY HITTER



Read First Pass (Overpass),
if there will be second contact
ANTICIPATE Tip or Dump

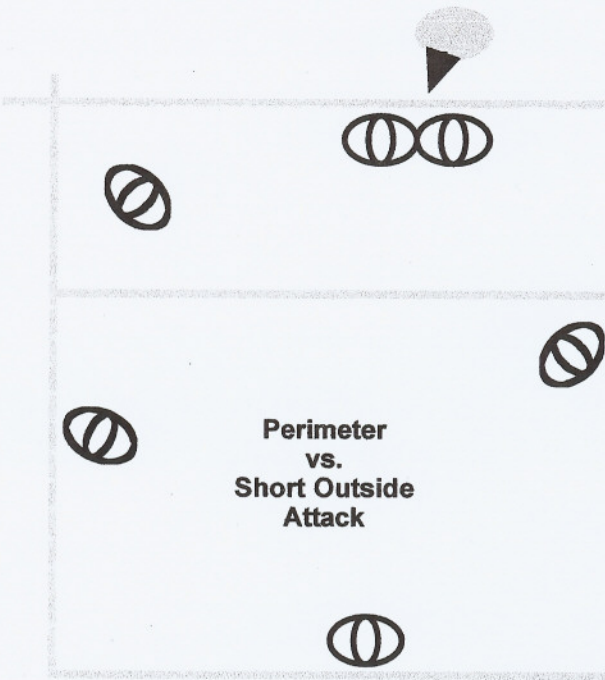


Read First Pass (Overpass),
if there will be second contact
release back



Perimeter
vs.
Outside
Attack

This diagram shows a rectangular perimeter with a defender (grey circle with a black triangle) positioned at the top center. Two attacker icons (ovals with a vertical line) are located just inside the perimeter at the top edge. Other attacker icons are positioned at the top-left, middle-left, middle-right, and bottom-center of the perimeter.



Perimeter
vs.
Short Outside
Attack

This diagram shows a rectangular perimeter with a defender (grey circle with a black triangle) positioned at the top right. Two attacker icons are located just outside the perimeter at the top right corner. Other attacker icons are positioned at the top-left, middle-left, middle-right, and bottom-center of the perimeter.



Perimeter
vs.
Middle
Attack

This diagram shows a rectangular perimeter with a defender (grey circle with a black triangle) positioned at the top left. Two attacker icons are located just inside the perimeter at the top left edge. Other attacker icons are positioned at the top-right, middle-right, middle-right, and bottom-center of the perimeter.

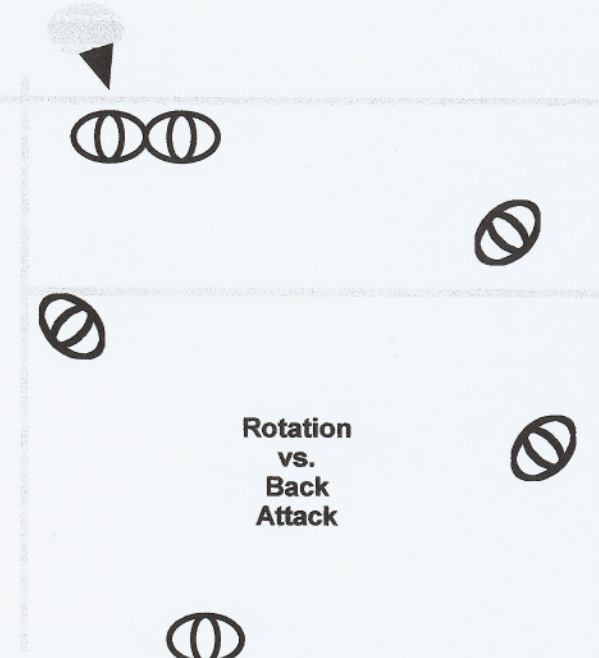
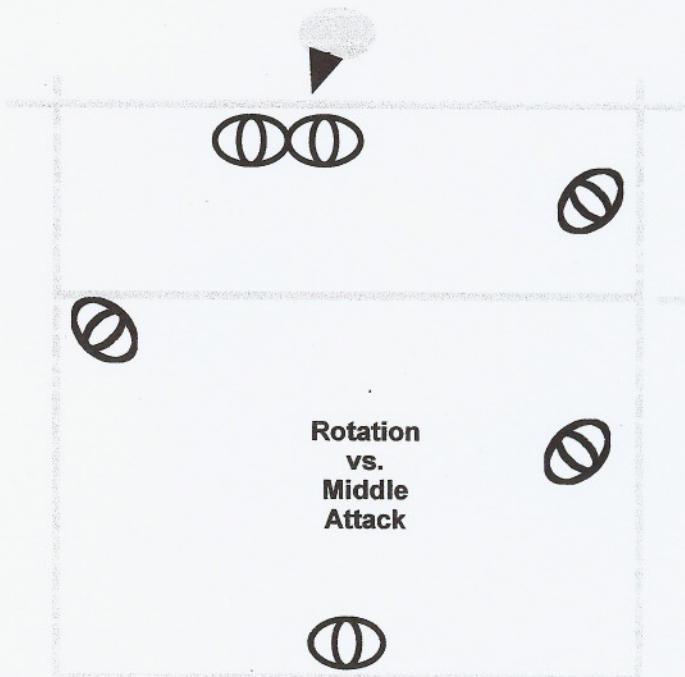
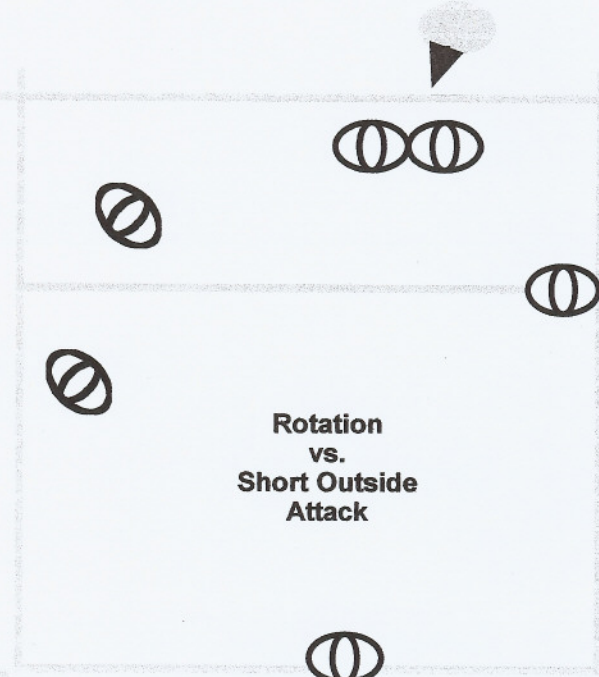
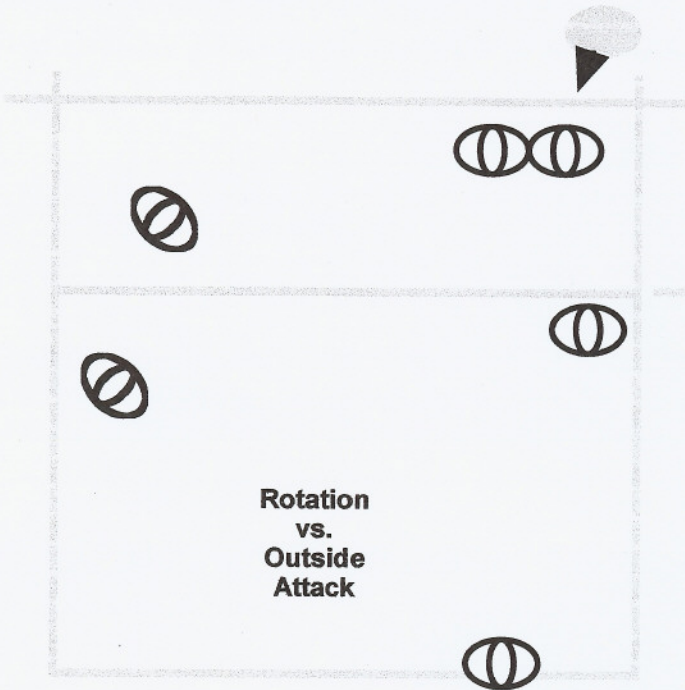


Perimeter
vs.
Back
Attack

This diagram shows a rectangular perimeter with a defender (grey circle with a black triangle) positioned at the top left. Two attacker icons are located just outside the perimeter at the top left corner. Other attacker icons are positioned at the top-right, middle-right, middle-right, and bottom-center of the perimeter.

STANDARD READ POSITION(S)

These are a diagrams of standard read positions used in the COVBC. Illustrated are both a rotation and perimeter scheme using two blockers Block 2 (Cross-court) instead of Block 1 (Line).



DEFENSIVE VARIABLES

Listed below are some variables of the attacking team that may or may not influence the placement of the READ POSITIONS of the defense.

1. Dominant Hand (Hitting Hand) of the Attackers
2. Approach Patterns of the Attackers
3. Tendencies of the Attackers
4. Location of the Primary Attacker(s)

DEFENSIVE RULES

Listed below are some rules that must apply.

1. Double block all attacks
2. Blockers must jump to block even if late getting to the blocking area
3. Outside blockers must understand they are responsible for blocking any and all outside attacks
4. Outside blockers must turn both hands to the center of the court when blocking
5. Wings (RB and LB) are responsible for any second contact tip or dump
6. Wings (RB and LB) must step up (Split the Distance) anytime the blocker in front of them (RF or LF) step inside to double block
7. Pursue all attacks forward toward the attacker, except the MB who must pursue left and right on the end line

FREE BALL RULES AND POSITION

Listed below are the rules governing freeball attacks against our teams.

1. Pass low and fast, Attack fast
2. Middle Hitters must be ready to run TEMPO ONE attacks
3. Treat Downballs as a Freeball
4. Believe that we will attack 100% of that we will achieve a minimum of 33% freeballs given to us, Believe kills from those attacks

