



## **DEFENSIVE TIPS**

- Defensive tactics should be based on the probabilities of the opponent's offense.
- It is desirable to put the best defensive players in positions to which most balls are hit.
- What you do before the ball is hit is at least as important as what you do after the ball is hit.
- Back-row defense must be coordinated with the front-row block; that is you cover the area the front row doesn't block.
- The ingredient required to make a great defensive player is a burning, intense, determined, focused, courageous desire to be a great defensive player.
- Someone must have tip coverage on EVERY play.
- You are responsible for a defensive area, not just a precise spot.
- Get to your spot early and stop when the offense contacts the ball so you can move in the direction of the hit. Of course some attacks will have to be dug on the run, but the optimal choice is to stop.
- Balls hit between two positions should be taken by the player shorter in the court (who goes in front), and deeper player should go behind (called scissoring).
- The angle digger should be able to SEE THE BALL. If she can't, it is most likely because she is behind the block, and therefore useless. This player should be a "third" blocker. If she were to walk right up from the usual position, she would be next to the inside blocker.
- If the ball is set tight, you should move up in the court. If it is off the net, you should back off the net.
- Know the opposing hitters tendencies, whether they hit deep, short, line, angle, tip lots, and so on.
- If the angle area where the ball could be attacked is covered by a blocker so the hitter can't hit to that area, the angle back row player can release and move to the back corner for a possible deep hit.
- Nothing can take the steam out of a team faster than having their best hit dug or blocked. Technique cannot compensate for attitude on defense. The best defense is one that will not let a ball touch the floor. Instill this desire within yourself and you will be surprised just how many "ungettable" balls get gotten!