

SITUATIONS

The defense confronts certain situations that are outside the responsibilities of the standard blocking and backcourt strategies. These require planned changes.

The Free Ball

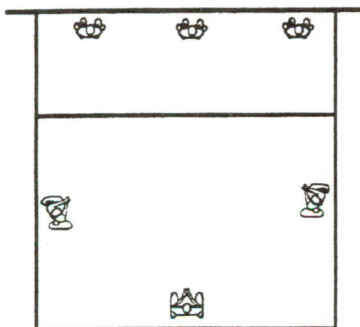
A team's free-ball formation can make use of as many as five receivers or as few as two receivers.

Setter in Back Row:

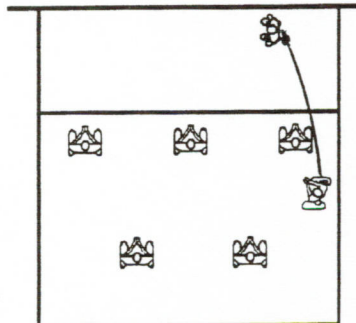
When a team sees that the opponents are going to "free ball" the ball over the net, the setter heads to the net. The front row blockers all back up to the attack line to pass the ball. The left-back and middle-back diggers rotate to the right and position themselves in the gaps created by the retreating front court players. Players should overhead pass the ball whenever possible. This technique is more accurate than the underhand pass.

Setter in Front Row:

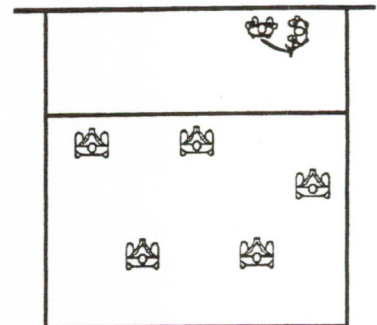
When a team sees that the opponents are going to "free ball" the ball over the net, the setter turns from her blocking position and faces her teammates to receive the first pass. The remaining front row blockers all back up to the attack line to pass the ball. The left-back, middle-back, and right-back diggers rotate to the right and position themselves in the gaps created by the retreating front court players. Players should overhead pass the ball whenever possible. This technique is more accurate than the underhand pass.



Perimeter Defense



Free Ball:
Setter is Right Back



Free Ball:
Setter is Right Front

The Down Ball

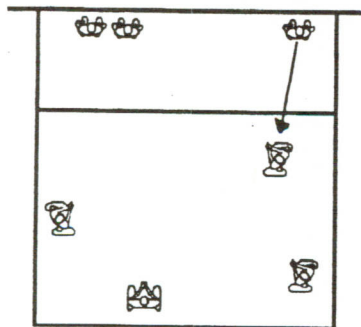
Sometimes the attacker is not in position to deliver a hard spike, but is still able to spike the ball from a standing position. The defensive team has a choice to try to block the attack or to have all defenders position themselves to receive the ball much like the free ball situation. If the blockers do not have time to get back and receive the ball, they

should wait at the net until the ball clears their position. Then they should go to their attack positions. The backcourt diggers make the necessary adjustments to cover those court positions left vacant by the blockers staying at the net.

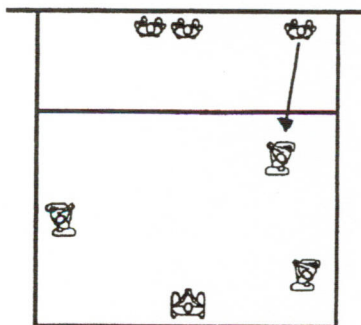
The Back-Row Attack

Blockers first concentrate on the front-row hitters, who receive a majority of the sets. The blockers shift their focus to the back-row attacker after the ball has been set.

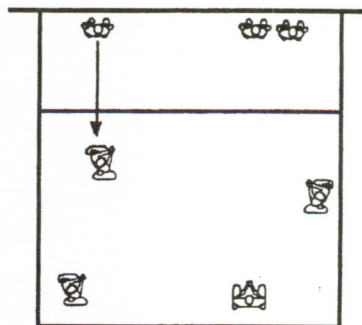
The blockers delay their jump on the back-row attack. The backcourt defenders usually position themselves deeper in the court.



Zone "C" attack



Zone "B" attack

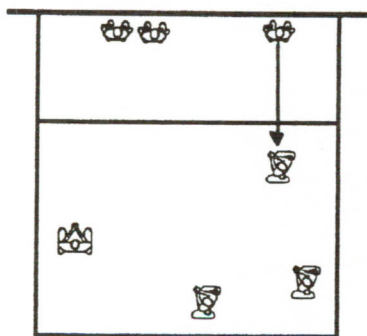


Zone "A" attack

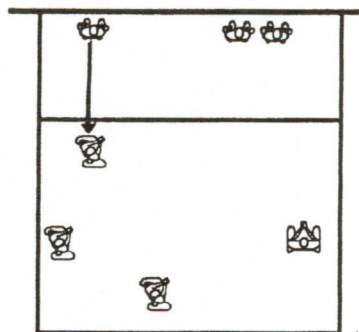
The Deep Set

On a deep set, a front-row hitter usually hits the ball cross-court.

The defense, on a deep set, forms its block farther inside the court than usual. The line diggers may move forward toward the center of the court. However, the back row does not give up the line as the ball may bounce off the blockers' hands towards the sidelines.



Deep Set: Right Sideline



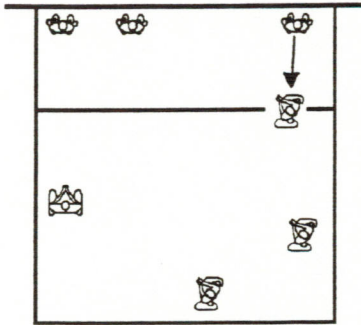
Deep Set: Left Sideline

The Split Block

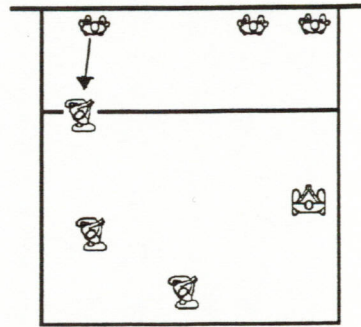
Occasionally the defense confronts an attacker whose favorite shot is the sharp angle either left or right. The spike from this player goes around the block.

The defense splits its blockers, covering the sharp angles. The blockers leave a

or forces the attacker from her favorite shot.



Split Block: Left Sideline



Split Block: Right Sideline