

Sandy's Tips and Drills: Defensive Skills

2005-2006 USAV Juniors Season

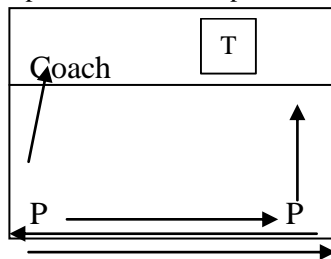
The following are ideas and drills that I used with great success to improve my teams' defensive techniques and ability to win tough competitions.

Intro. To Digging

- See STC Progressions
 - Begin with emphasis on ready position
 - Cont. With Partners throwing (high success) to partner's socks, etc.

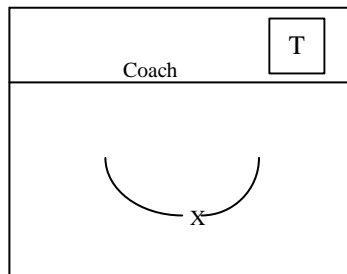
Intro. To Run Through's

- Regular Run Through's
 - Groups of 3's - 9 total reps on left sideline, end line, and right sideline



- Lateral Run Through's
 - Figure 8 Drill: Divide your group into 3 groups.

Coach alternates lob passes out to the right then to the left. 1st player runs to the right, then the next player goes to left, and after immediately run to the end line. If you have even numbers switch directions at the end at the midpoint of the drill.



Intro. To Acceleration Drill

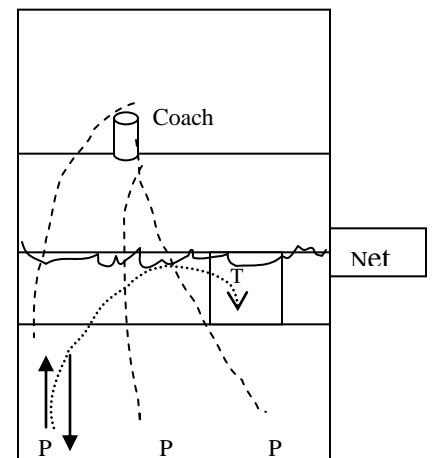
This drill is design for the player to run through a ball to the setter's target and return to the end line by one of several methods: (my favorites)

- 1) Back pedal in posture
- 2) Turn and run
- 3) Defensive shuffles

Divide your team into 3 groups. Diggers, target, and shaggers. Complete the drill by a doing 15 total balls, 10 perfect to the target, etc. Repeat the drill three times (each player having been in LB, CB, and RB). Be aggressive as a coach and toss the balls overhand very fast to force the conditioning aspect.

Intro. To Collapse Dig

- See STC Progressions
 - Tip: The player has to spring off her feet to the ball,



and keep her hips up and away from her legs, and her platform playing the ball.

Intro. To Sprawls

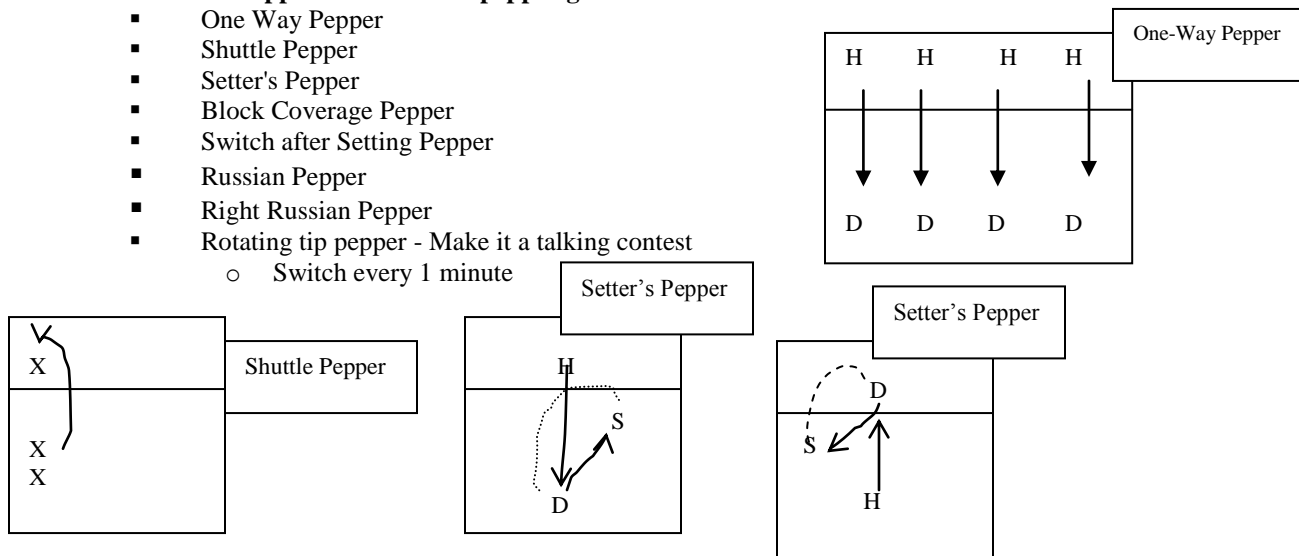
- Emphasize that the player runs through as many balls as possible, the sprawl is for only sharply attacked balls.

Intro. To Rolling

- See STC Progressions - teach a barrel roll if possible. If a player naturally shoulder rolls allow it only if they cannot change.

Discussion of Pepper and different pepper games:

- One Way Pepper
- Shuttle Pepper
- Setter's Pepper
- Block Coverage Pepper
- Switch after Setting Pepper
- Russian Pepper
- Right Russian Pepper
- Rotating tip pepper - Make it a talking contest
 - Switch every 1 minute



- Over the Net – Cross Court Pepper
- To Rotating Deep Court – 4's or 6's

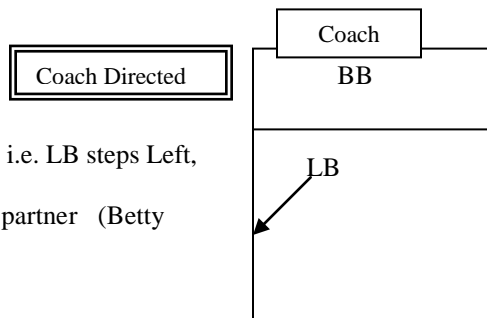
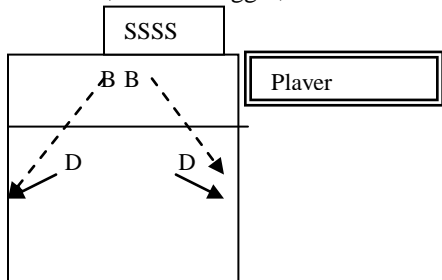
Defensive Footwork Review

Base, Release, Read, Dig Drill

All players are playing LB and RB, do 10 reps of footwork alone

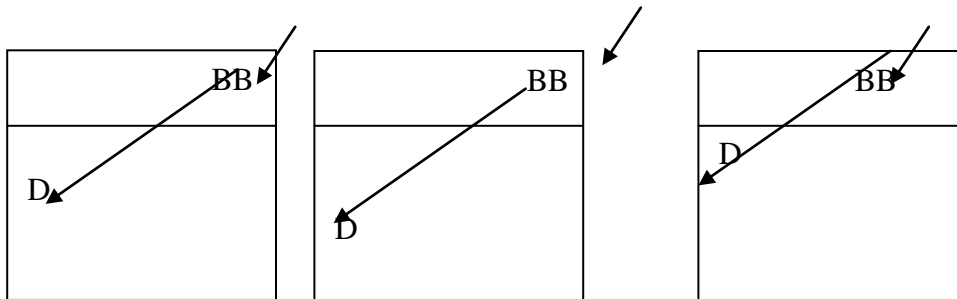
Tip: The player steps with her foot in the direction she intends to go, i.e. LB steps Left, RB steps Right

3's - Player Directed - Player does the footwork and digs a ball from partner (Betty Blaster, Debbie Digger, and Suzie Shagger)



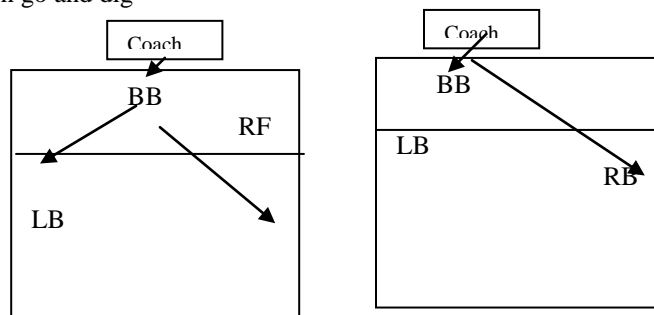
Walk through about staying on your line (according to the block)

Coaches begin with LB on the left sideline and teach about moving up and down the sideline according to the movement of the block. Teach stay on your line - stay out of the shadow of the block.



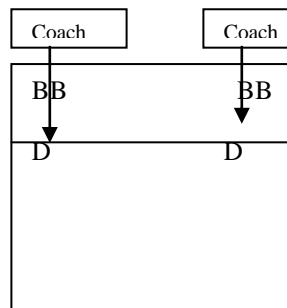
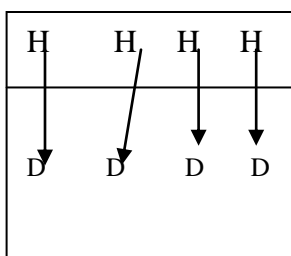
Coach on a box

- Middle Defense with two blockers
- Move the blockers around on the box and teach the digger to move.
- Do 20 balls and switch
- Keep this moving - Groups of 2 block and then go and dig



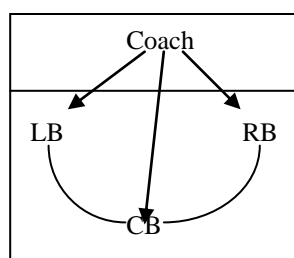
Intro. To Overhead Digging

- Player Directed - Partner in low ready position, defense as if the attacker is going to hit line,
- Partner Practices the hand position x 3
- Key: Get thumbs out of the way. Create a large rebound surface.
- Coach Directed: Coach on a box
- Coach in LF attacking at LB Groups of 3, 6 reps each



3 Person - Switch or Stay

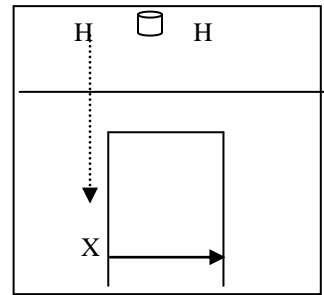
Switch out-groups as soon as an error occurs.
Young groups only have LB and RB switch and not both groups



Free Throw Pit Drill

- Player directed
- Focus on defensive shuffles
- Player must be stopped when the hitter contacts the ball
- Do 10 reps and switch (can be run effective with 5 players per drill)

Free-Throw Pit Drill



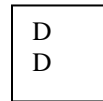
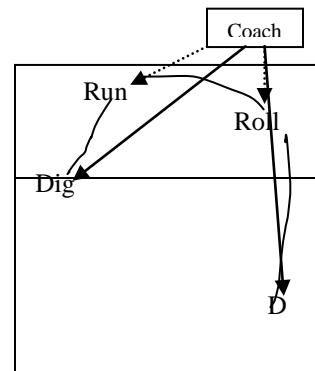
4 Ball Killer Drill:

Groups of 4
Coach on a box

Coach gives the diggers 4 balls in succession. The next begins the drill.
Repeat 3 times and switch groups.

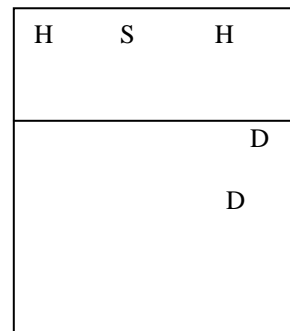
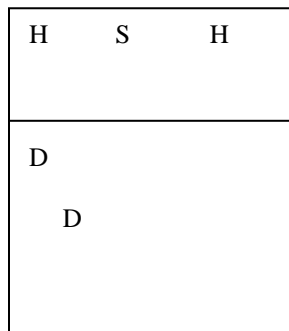
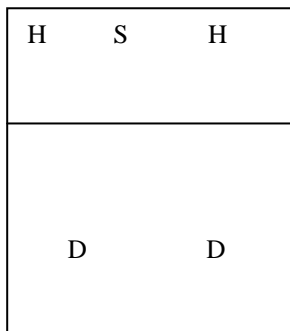
Ball:

- #1 - Hard downward hit for dig or collapse, playable
- #2 - Tip ball short for roll near net
- #3 - Player does a run through for a ball at left 10' line area
- #4 - Digger repositions herself in LB for a Hard Crosscourt hit to Next player.



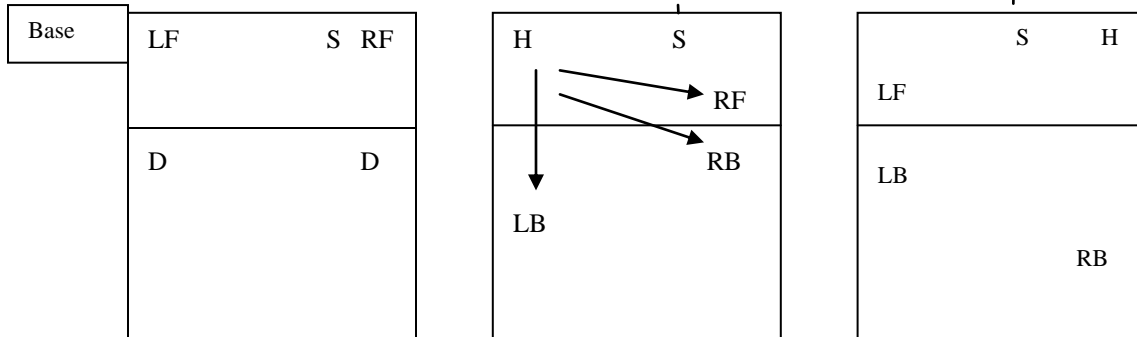
2 Person Parallel

(Goal is 6 consecutive touches)



Dig 10

- Players go from base to a perimeter defense. Make 10 digs before losing control of the ball.
- Players must be at Base position before the setter touches the ball.



Cross-Court Attack Drill

- (6 vs. 6, usually this drill is 3 vs. 3)
- Coach sends in a down ball to the offense (work on going from a base position to Down ball, typically 3 diggers across)
- The offense OH's (use extra players to switch in and out) must attack the ball cross-court the defense digs the ball and then plays the rally out, but the ball must be attacked cross-court.
- -Scoring, offense must kill 7 balls to get out the drill, keep a rally score; defense plays for pride attempting to make the offense frustrated