

BALL CONTROL & DEFENSE KEY WORDS

INDIVIDUAL DEFENSE - DIGGING

1. READY POSITION -

- a) Feet shoulder width apart with the feet parallel
- b) Weight equally distributed on the insides of the ball of your feet
- c) Hips - over feet and low, knees forward - instead of between the knees.
- d) Arms with a slight bend, out in front of the knees - instead of between the knees.

3. BALANCED POSITION

4. ARMS UNDER THE BALL -

- a) Move so the arms go under the ball
- b) Play the ball as close to the floor as possible

5. LUNGE -

- a) Take a big step to the ball, moving hips forward instead of sitting down

6. RUN IF POSSIBLE -

- a) Use rolls, dives, sprawls only if it is absolutely necessary because it takes a super person effort to get to the ball.
- b) Run first to the ball

7. USE TWO HANDS (OR ARMS) IF POSSIBLE

8. REACT – GO – DIG

- a) This is not the time for decisions
- b) Read the play, make the play

Additional Thoughts:

1. Stay balanced
2. Be stopped when hitter starts her arm swing
3. Digger's line according to your teammate blocking
4. Beat the ball to the spot
5. Digger's Target
6. Setter's Target
7. Tomahawk
8. Overhead Passing – Serve Receive Posture
9. Go to the floor only if you have to, keep your feet, keep your balance
10. Defensive attitude

The following terms will assist you in your development as a defensive player. If you have, any questions make sure to ask your club coach to re-explain each concept.

Best wishes in Volleyball!!

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