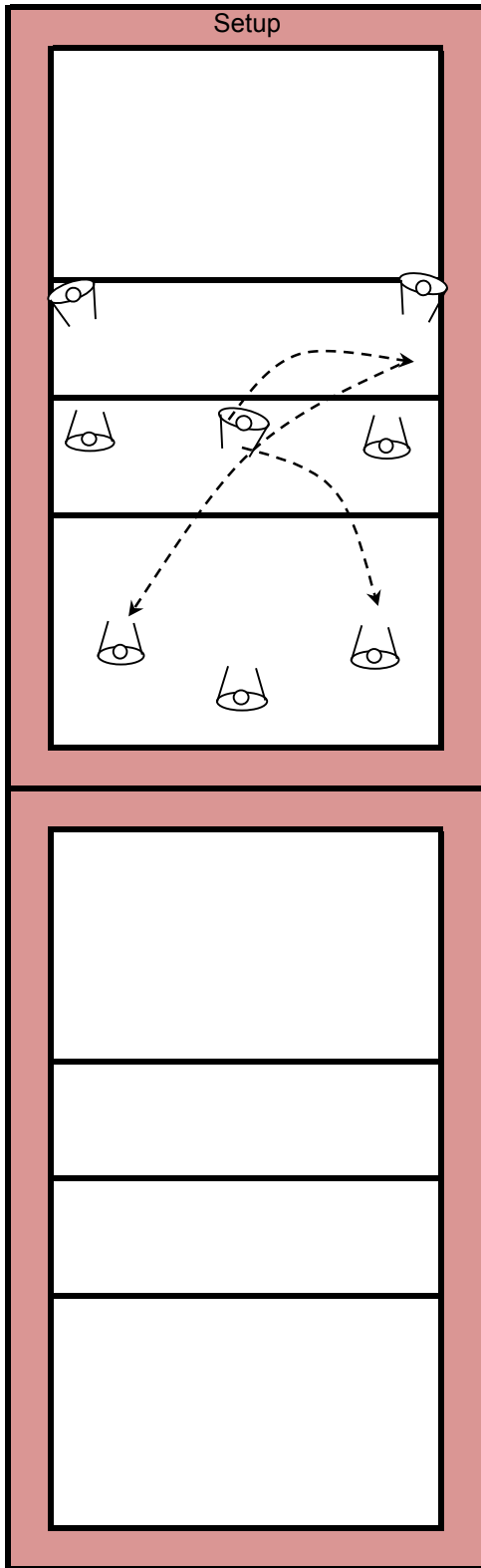


Recommended # of Athletes: 10 +

5 Person D



Set-up

Set up a 3 athletes in the back row with a blocker in position 2 and 4 and the Coach set up in position 3. Also add 2 athletes ready to swing on the opposite side of the net in power and right side.

Conditions:

Coach introduces ball into the court in a variety of manners either tipping or attacking it himself at the 3 defenders, or tossing the ball over the net to the two attacker on the opposite side that attack against 1 blocker at the 3 defenders. Go for an extended amount of time and then switch.

Purpose/Goal

Develop ready defence from a variety of different attacks.

Works on digging balls behind a block

Success criteria

Athletes can dig and react to most balls as the coach introduces them

Reference Points

Remember positional defence and adjust to where the attack is coming from.

Light on their feet, ready for any different type of ball.

Variations

Simplification

More Difficult

Legend: Ball's Route = - - - - -> Players Rotation => Players = 