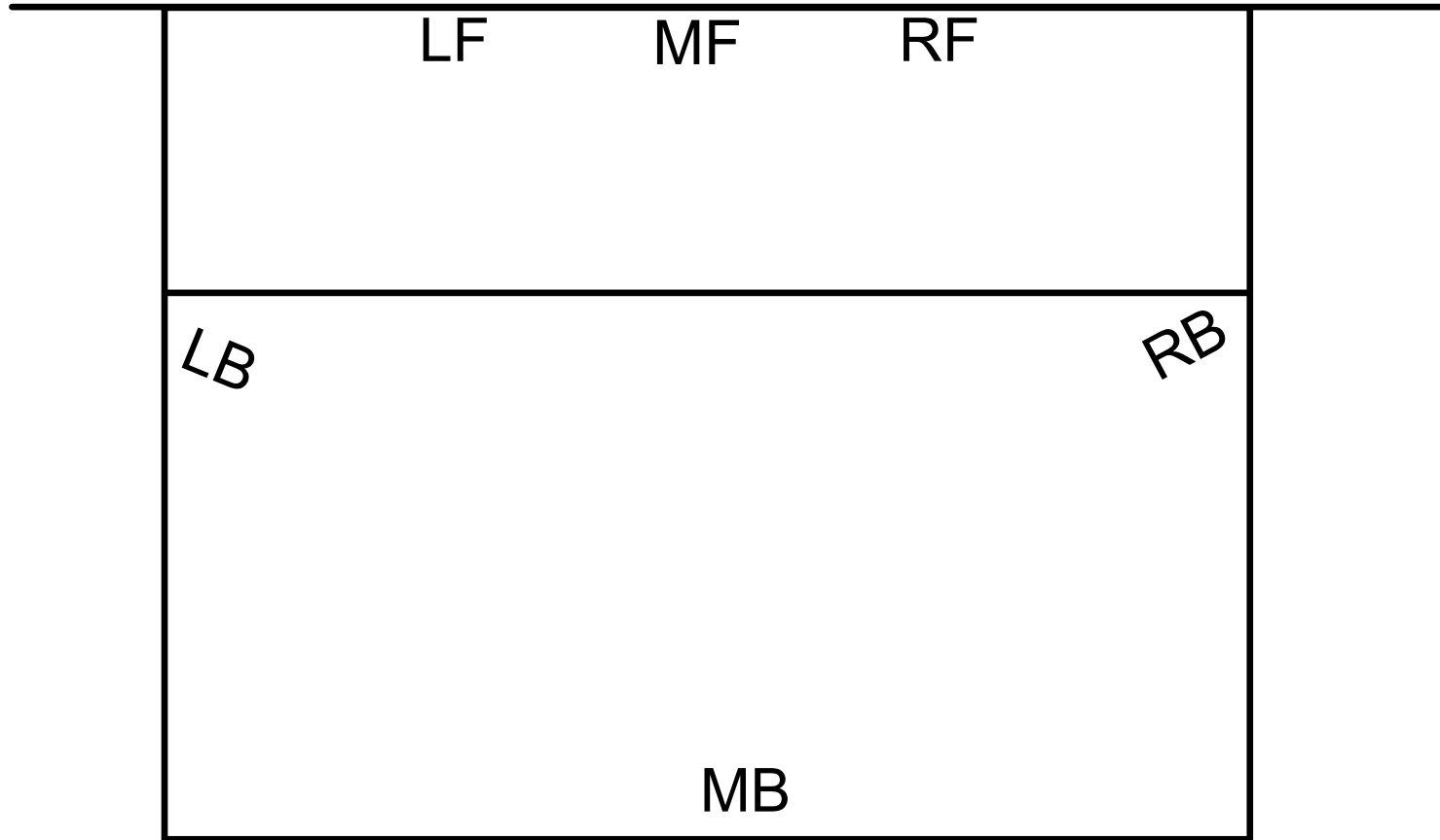


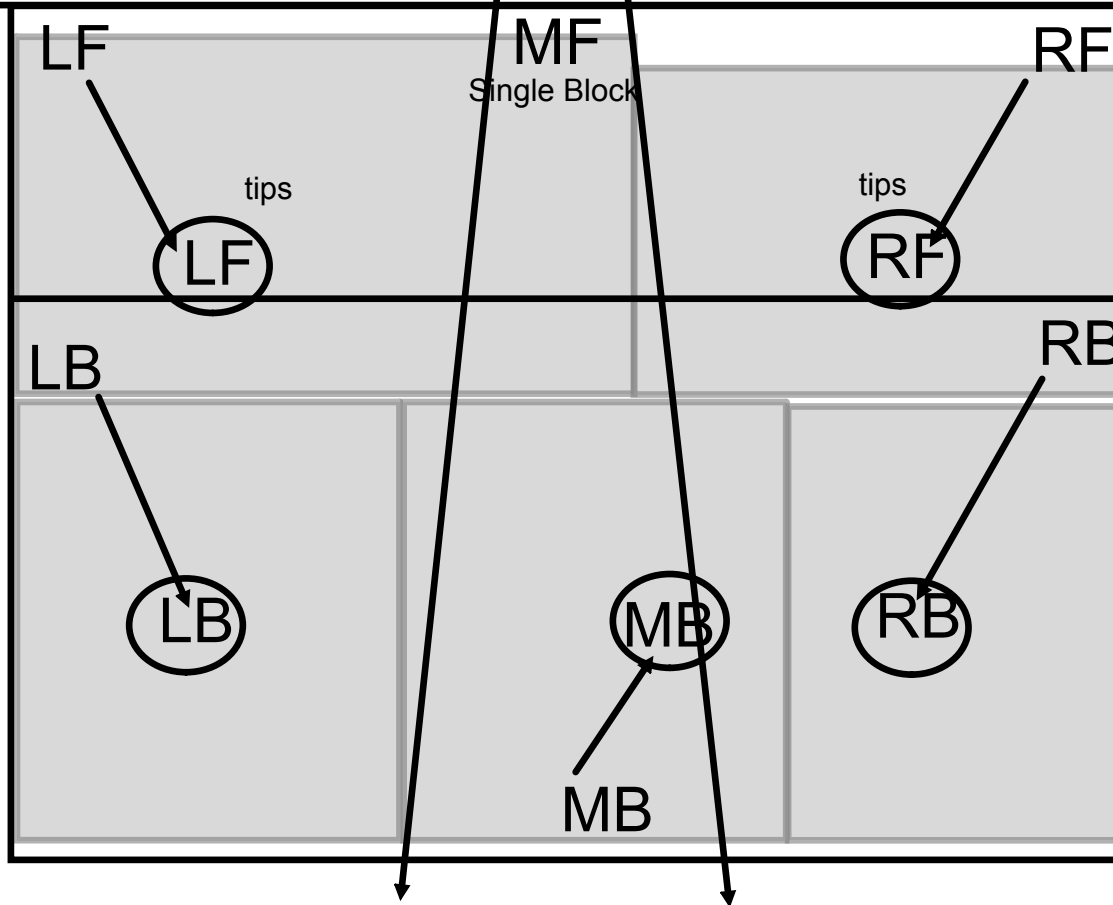
# Volleyball Basics 2

- Swing Blocking Base
- Defense for a back row attack
- Perimeter defense
  - +double blocking middle
  - +defense for hut, push, & 32
- Advanced Sets

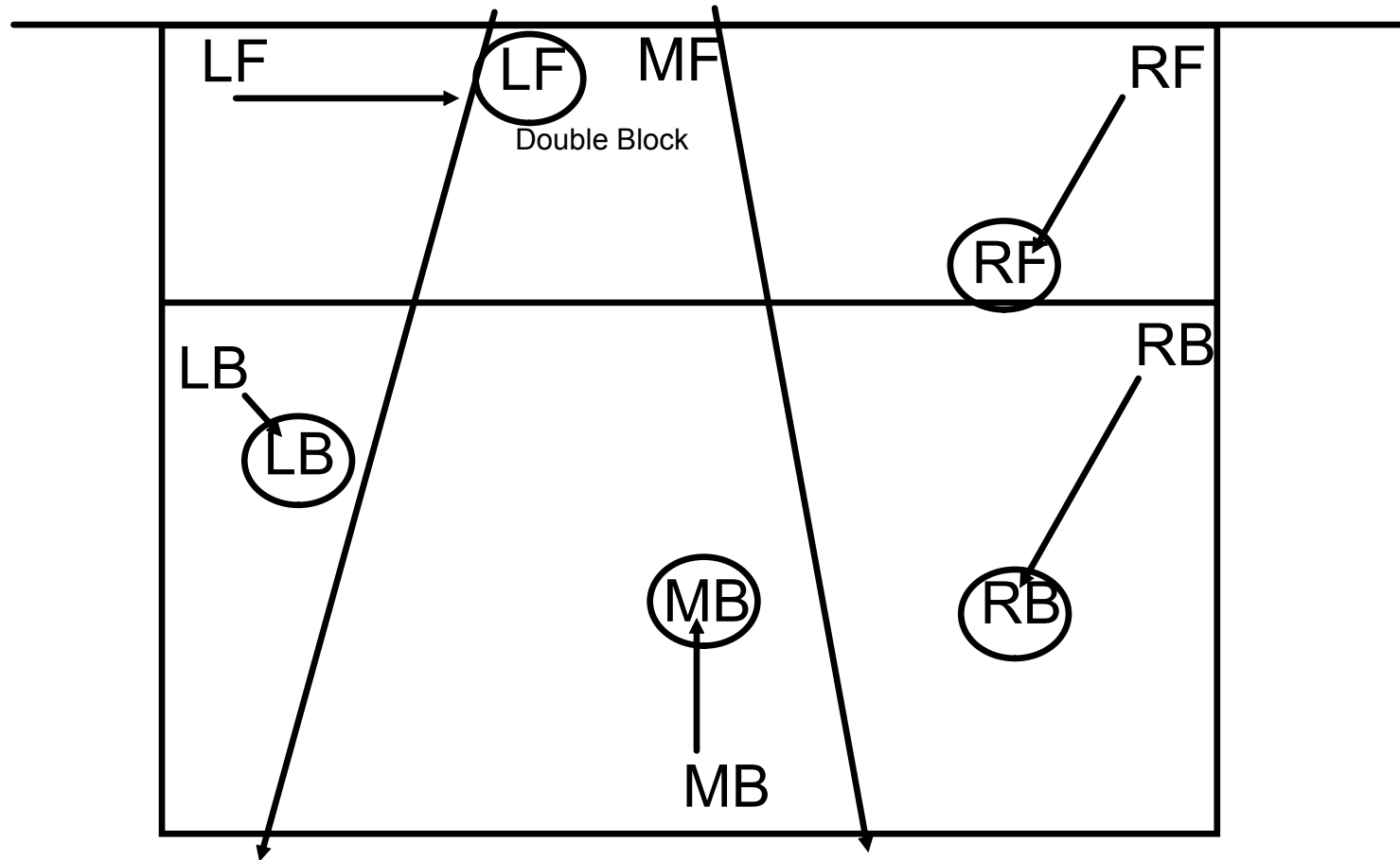
# "Base" for Swing Blocking



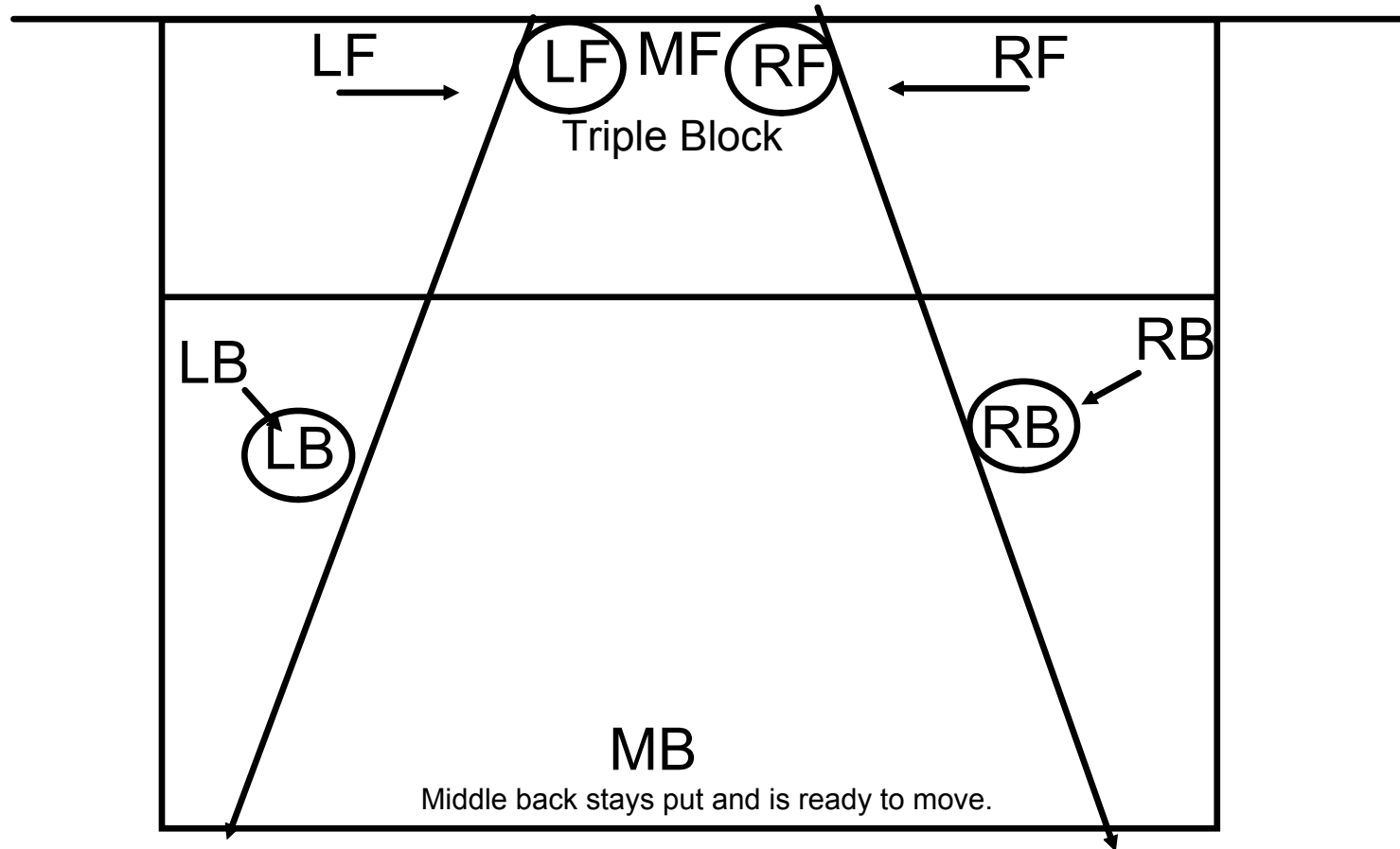
**"Down"**-where you need to be when your opponent jumps & hits the ball from the back row OR when your opponent stands on the ground and hits from the back row.



**"Down"**-where you need to be when your opponent jumps & hits the ball from the back row.



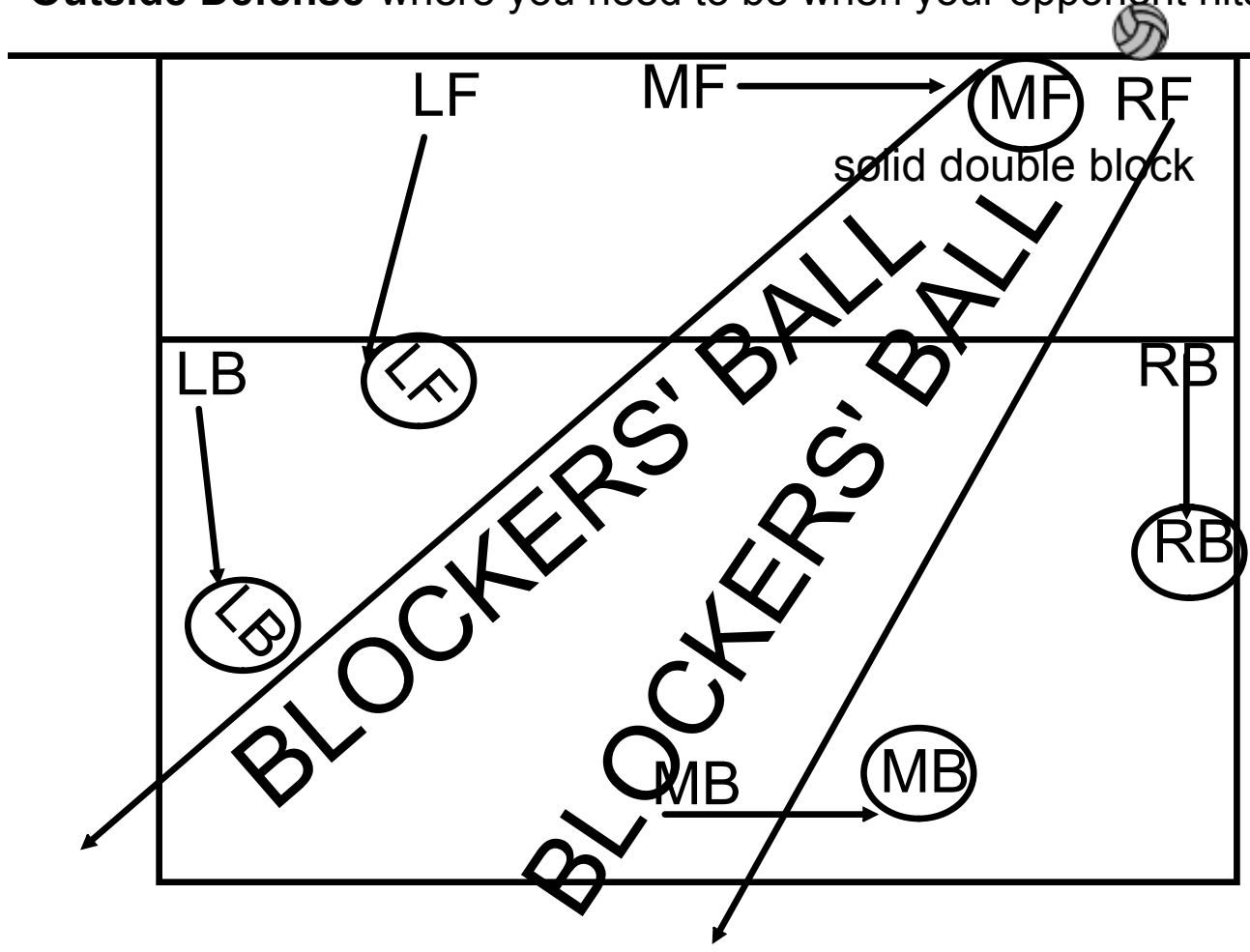
**"Down"**-where you need to be when your opponent jumps & hits the ball from the back row.



# Defensive Spots

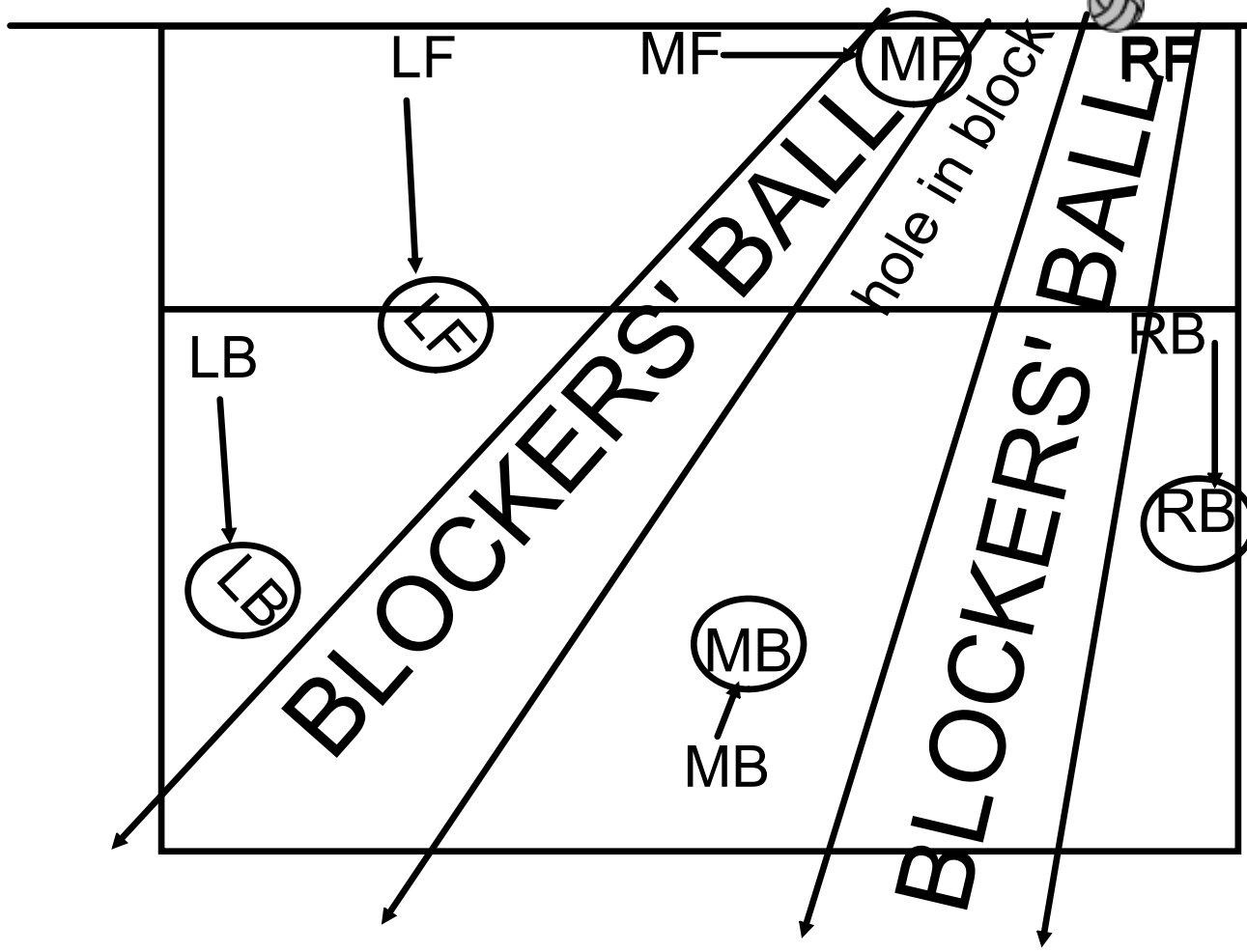
- In defense we move from our "base" to defense based on where the ball is set by our opponent.
- There are different defensive spots for each of the sets.
- Each spot has different responsibilities.
- We play what's called a perimeter defense.

**Outside Defense**-where you need to be when your opponent hits a 4 or a hut.



Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

# Outside Defense-where you need to be when your opponent hits a 4 or a hut.

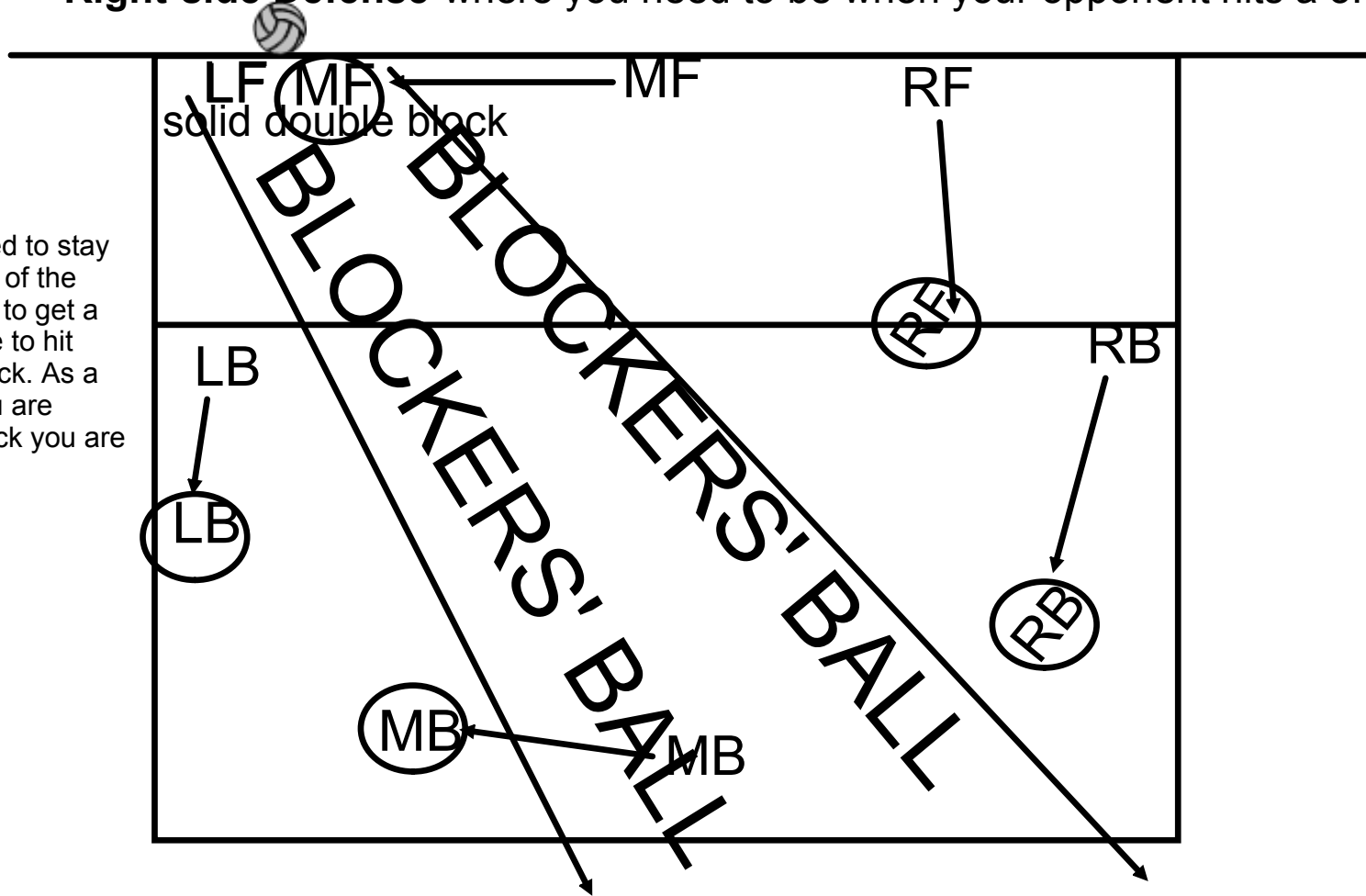


Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

If there's a hole in the block then the MB needs to step up into the hole and expect a solid hit.



# Right-side Defense-where you need to be when your opponent hits a 5.

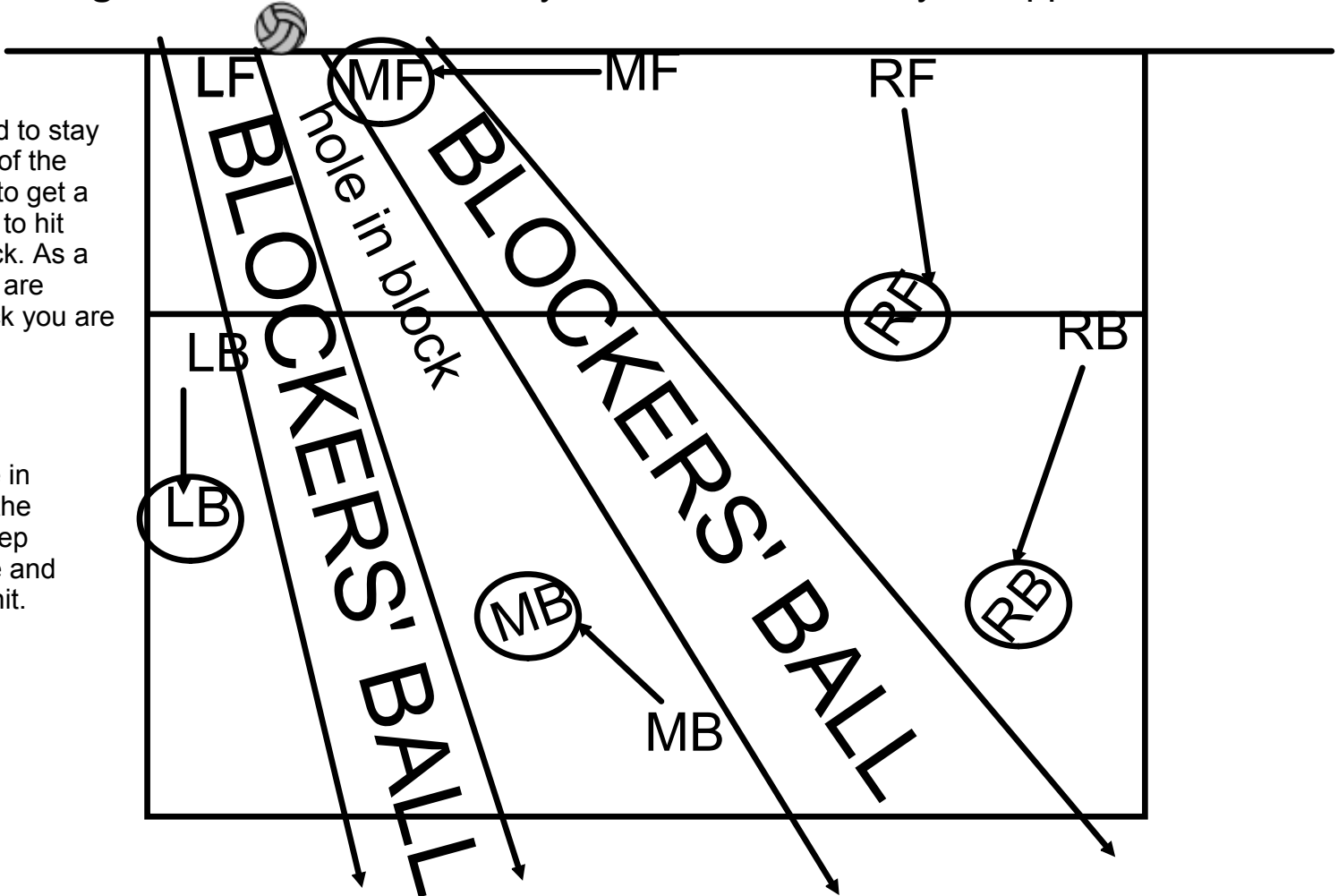


Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

# Right-side Defense-where you need to be when your opponent hits a 5.

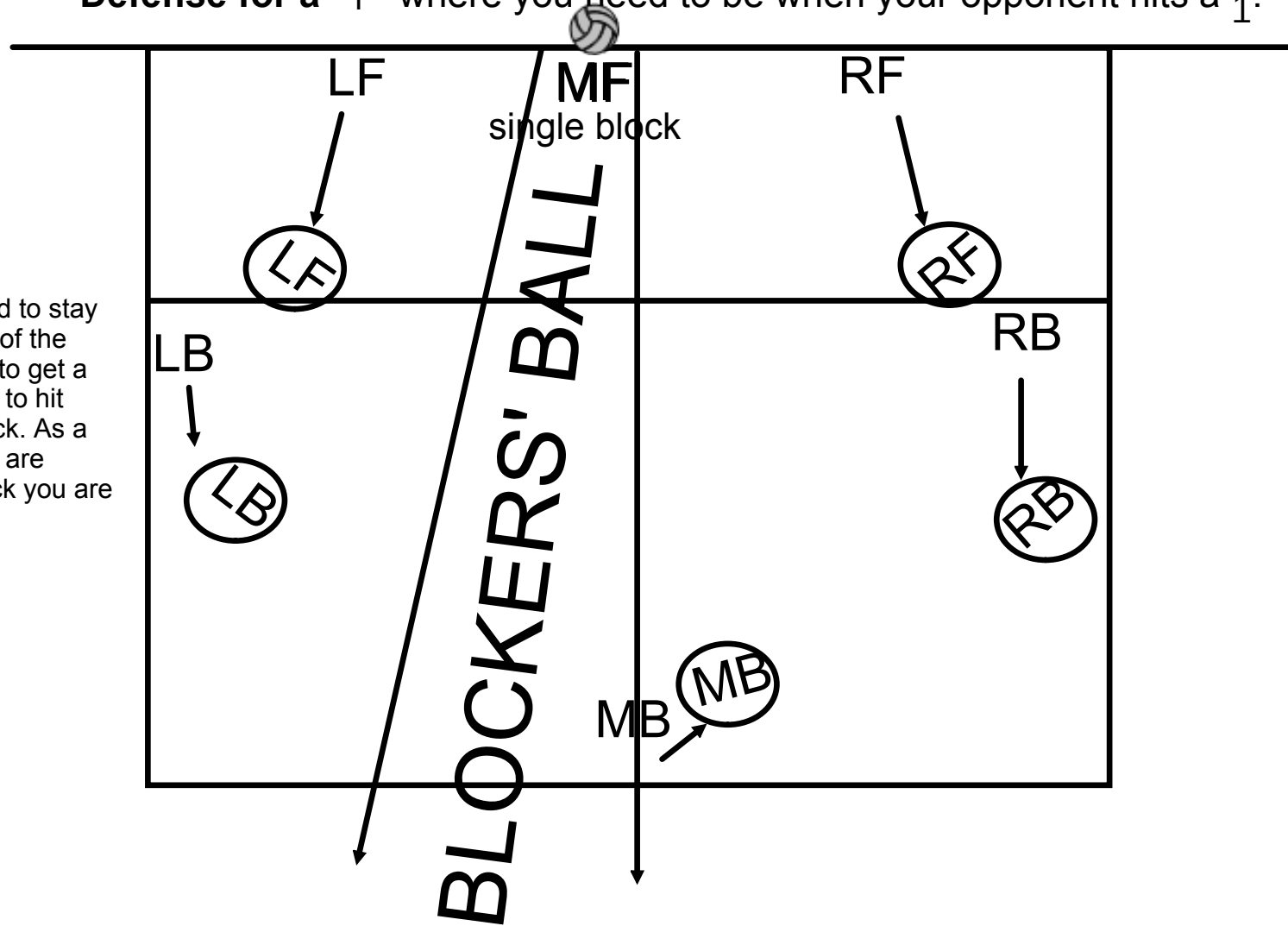
Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

If there's a hole in the block then the MB needs to step up into the hole and expect a solid hit.



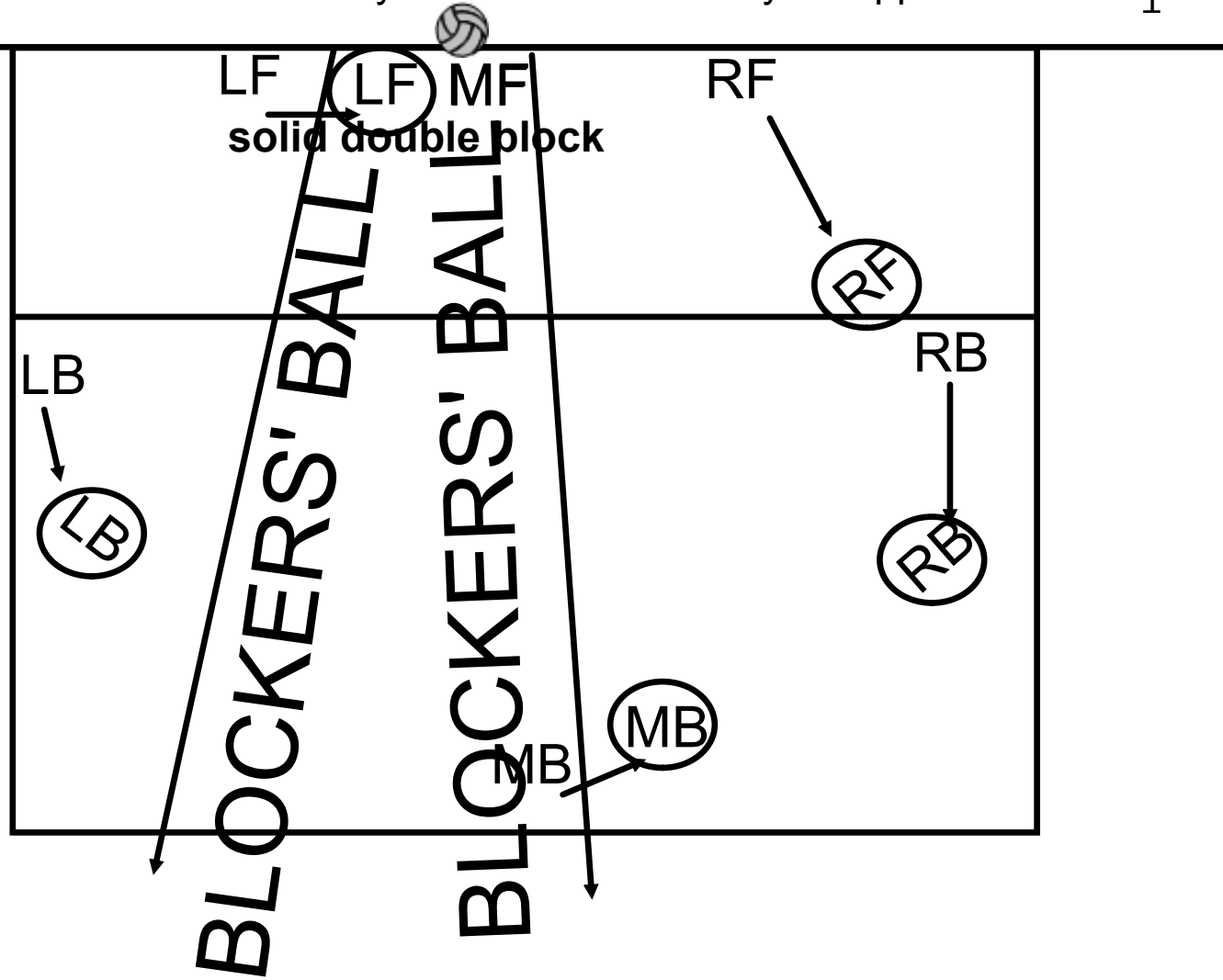
# Defense for a "1"-where you need to be when your opponent hits a 1.

Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.



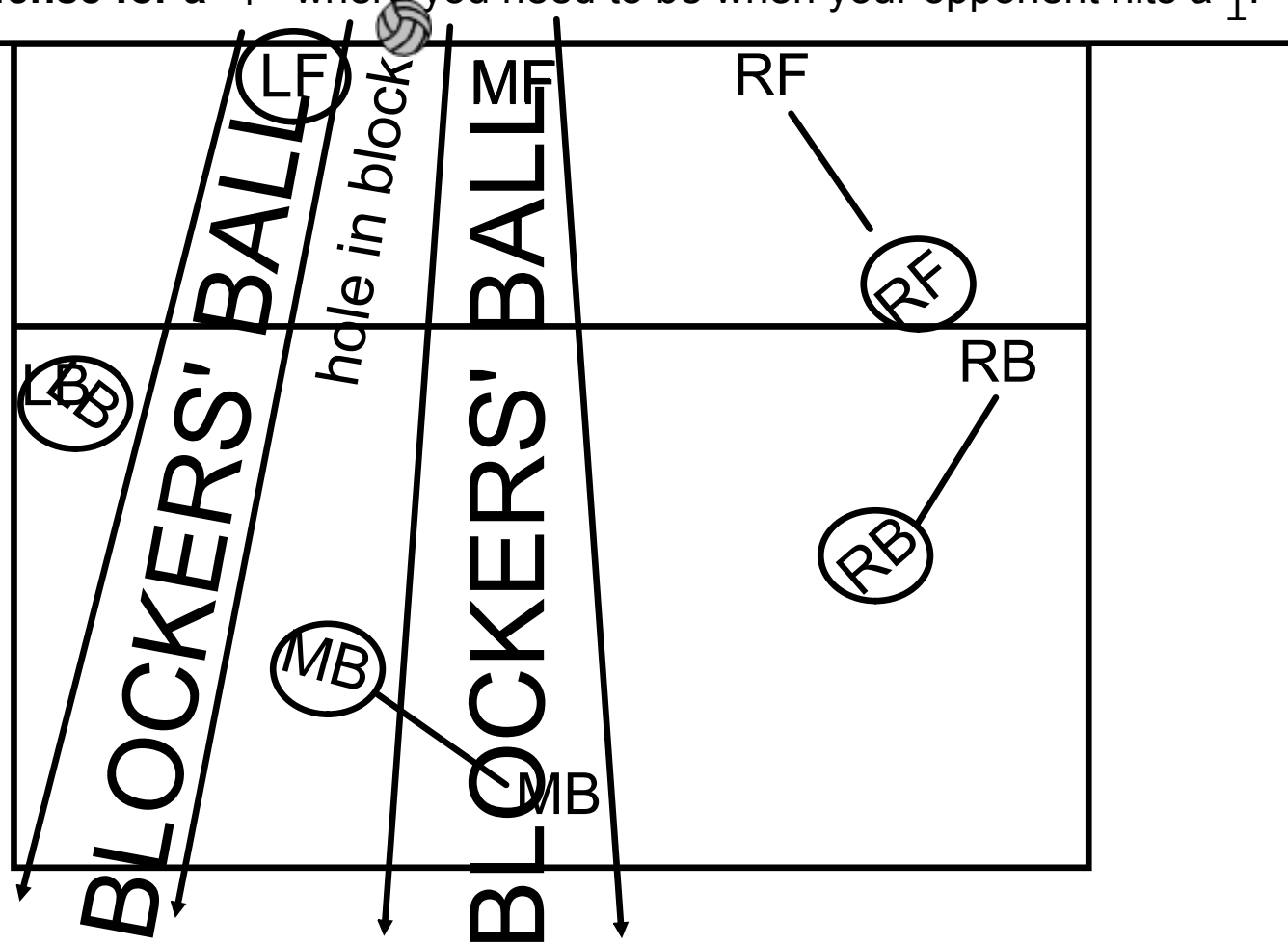
# Defense for a "1"-where you need to be when your opponent hits a 1.

Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.



# Defense for a "1"-where you need to be when your opponent hits a 1.

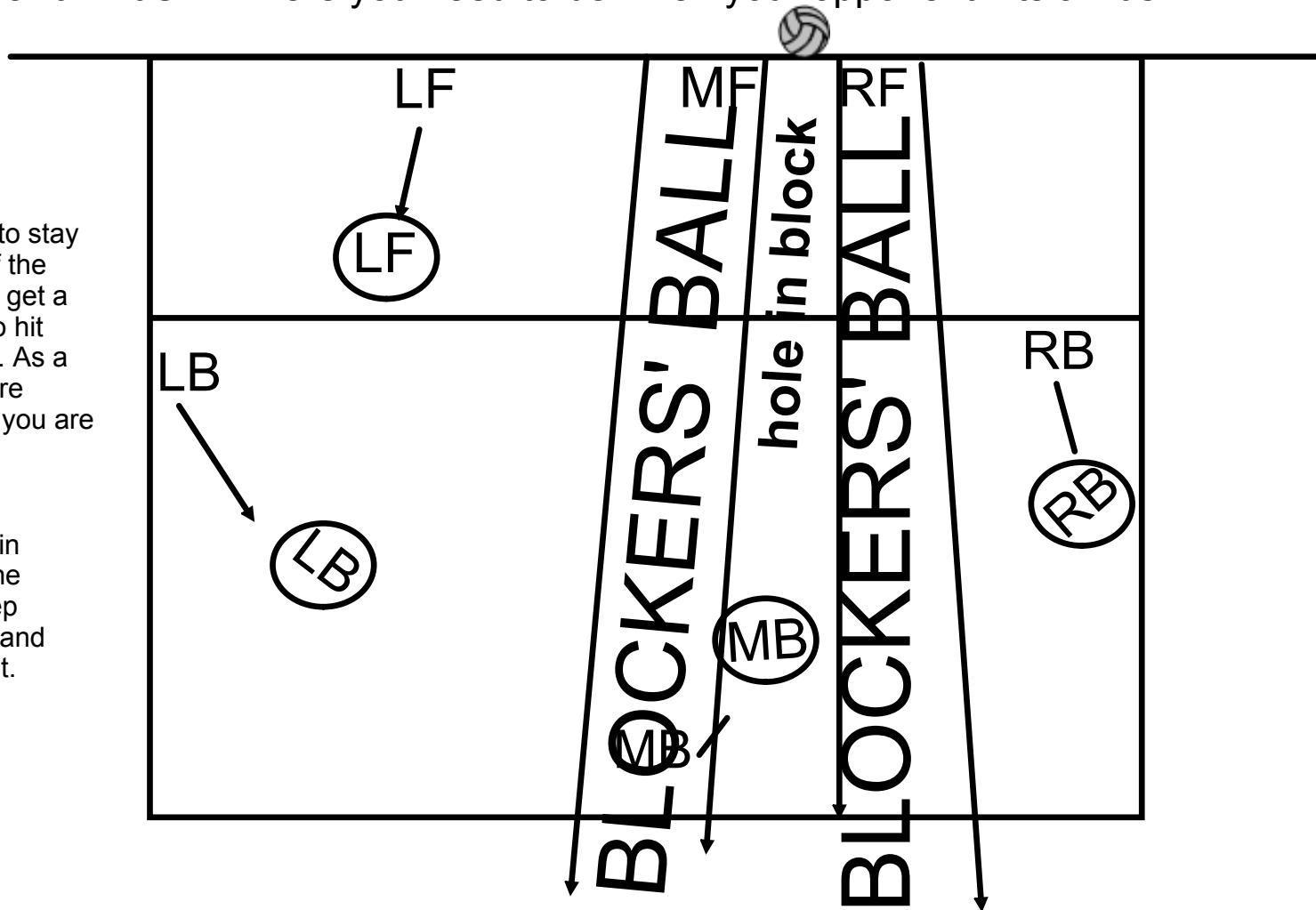
Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.



## Defense for a "Push"-where you need to be when your opponent hits a Push.

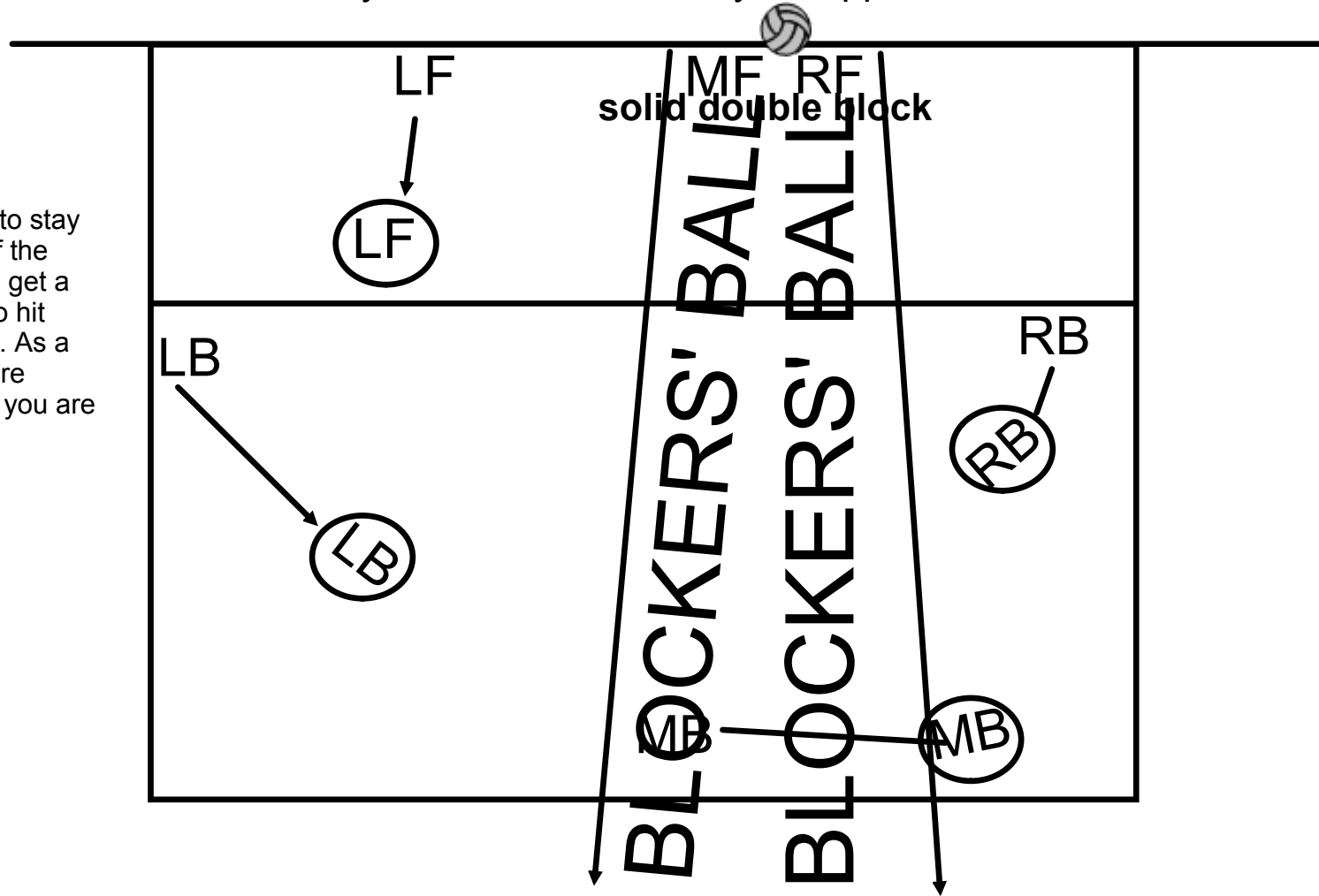
Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

If there's a hole in the block then the MB needs to step up into the hole and expect a solid hit.



# Defense for a "Push"-where you need to be when your opponent hits a Push.

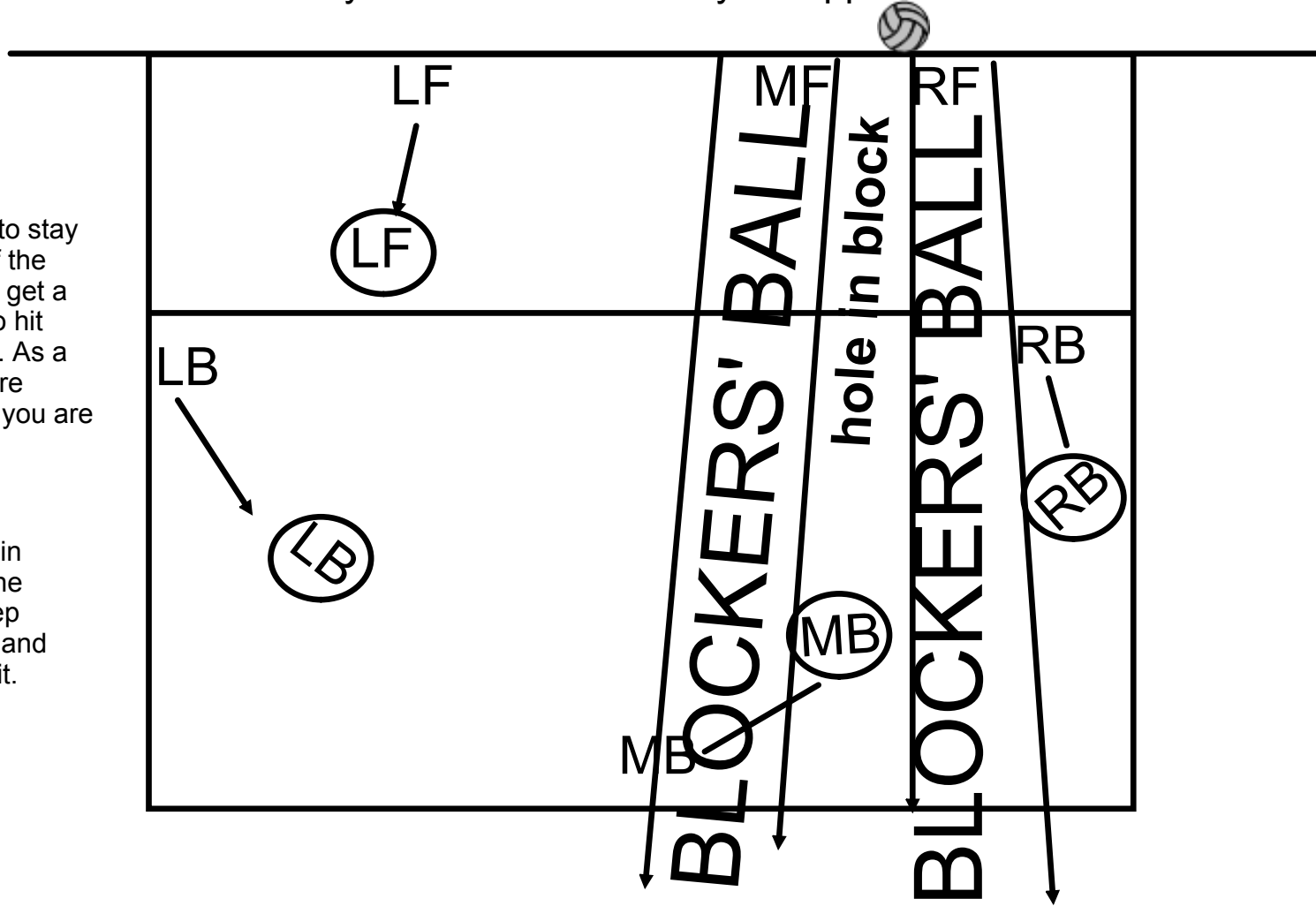
Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.



# Defense for a "32"-where you need to be when your opponent hits a 32.

Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.

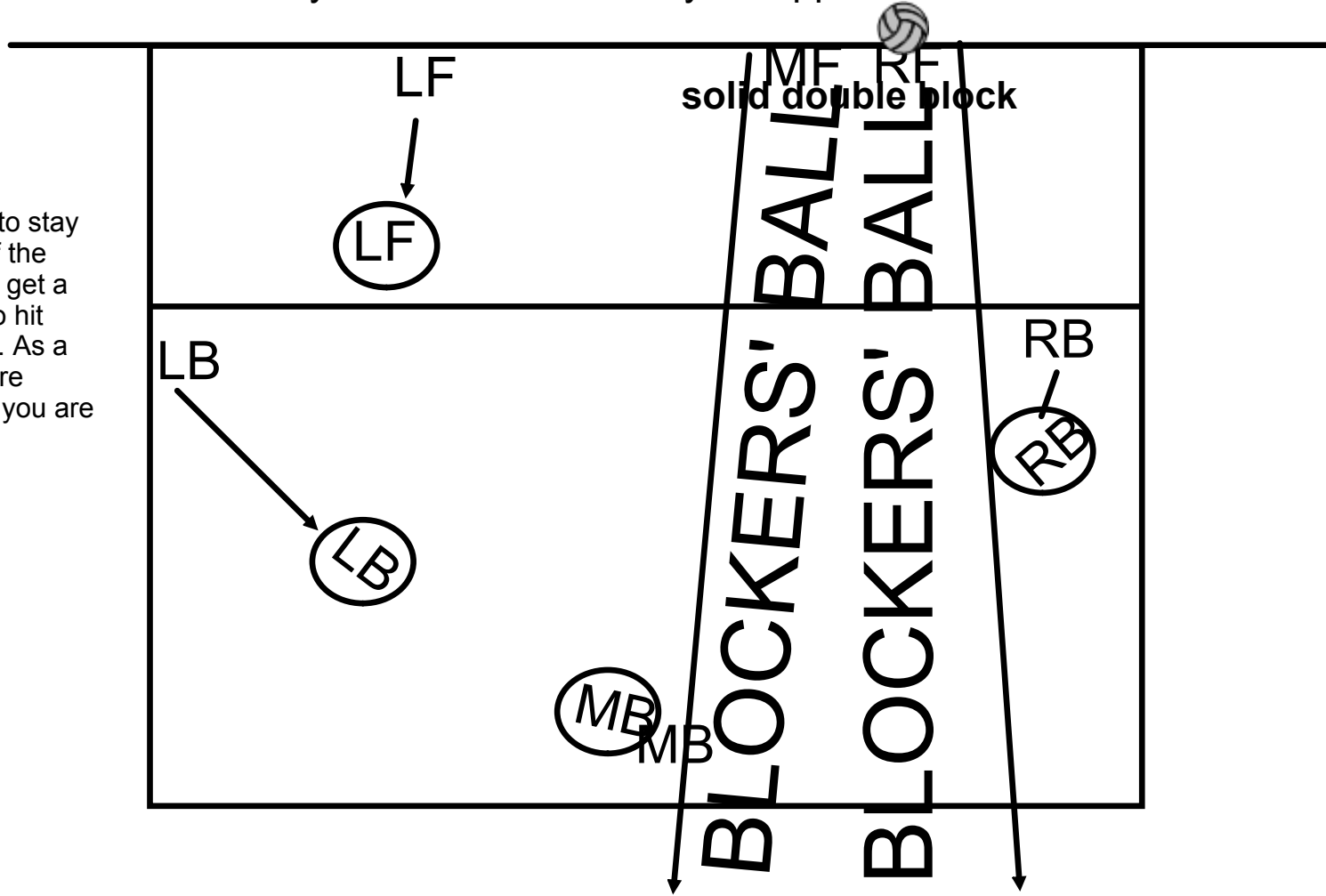
If there's a hole in the block then the MB needs to step up into the hole and expect a solid hit.





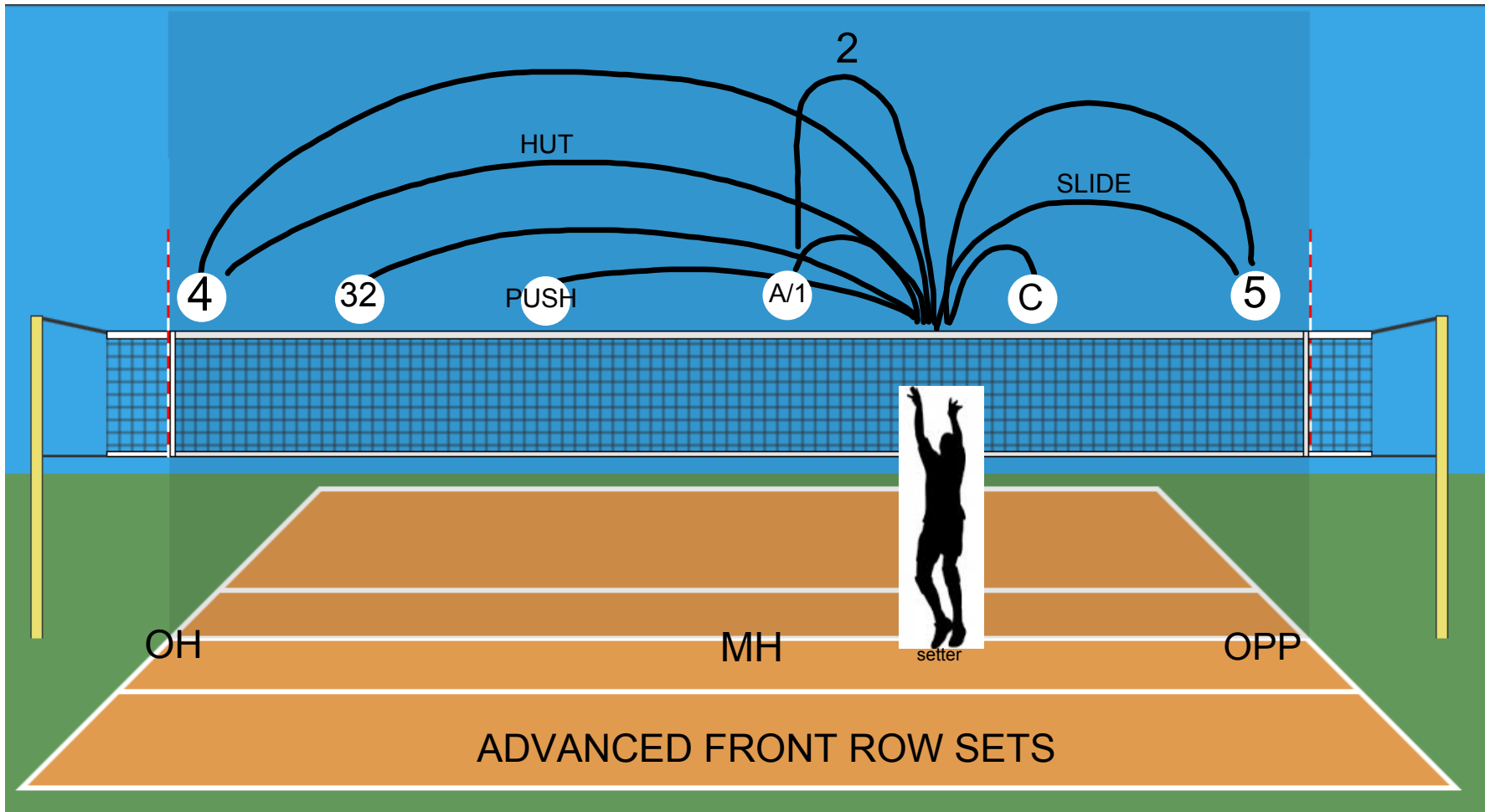
# Defense for a "32"-where you need to be when your opponent hits a 32.

Defenders need to stay out of the path of the block. In order to get a kill hitters have to hit around the block. As a defender if you are behind the block you are out of position.



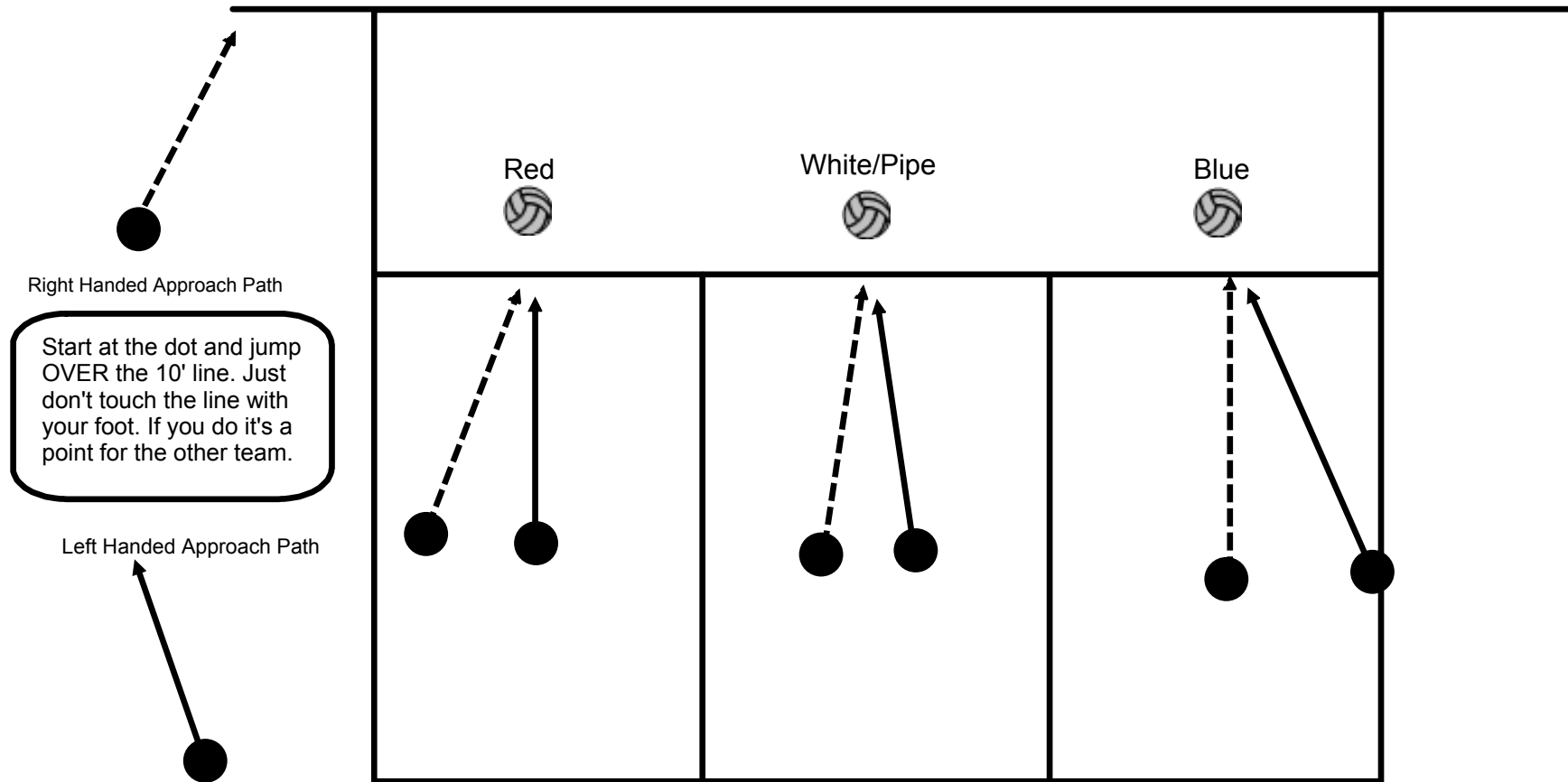
# Hitting

- Each position learns how to hit different sets.
- There are basic and advanced sets for both the front row and back row hitters.
- OH/OPP start approaching when their set reaches its peak.
- MH hit what are called "quick sets" and approach when the ball passes their shoulder.
- If your base is back row you can only jump and hit BEHIND the 10' line.
  - +You can jump BEHIND the line and land in front of it, you just can't touch the line with your foot when you jump.



# BASIC BACK ROW SETS

These are all set at the height of a 4.



# Advanced BACK ROW SETS

