



Defense/Digging

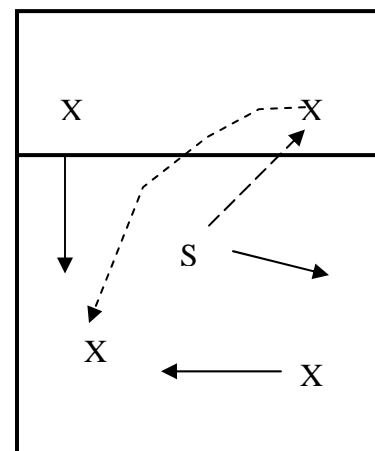
Drill Name: Four Corners

Purpose:

- This drill is great for practicing footwork, foot speed, and Digging.

Description:

- Put a player in each corner of the court.
- Put a setter in the center of the court.
- Toss a ball to the setter, and the setter sets a player in one of the 4 corners.
- The setter moves out of the way, and the other 3 players move to the opposite corner for defense.
- The player who gets set, stays and hits a downball to the defenders who slide into position.
- One of the 3 players digs the ball back to the center of the court.
- Setter moves back into position and sets another player in a different corner.
- The Drill Repeats.



Alternate Drill:

- Take out the setter and have one of the players in the corner set the ball and then dig. Use 4 Players and allow the setter to actively take part in Defense.

Key to the Drill:

- When a defender is moving, the footwork should be a lead step with the foot closest to the direction they want to move in, a crossover step, then a hop to the position.
- The players should be low, knees bent at 90°, the knees should be in front of the toes, and the shoulders should be in front of the knees. This moves an athlete's weight forward, which makes passing easier and more consistent.
- The player's eyes are very important they must follow the ball from the attacker's hands directly to their arms, and then to the target.
- This is very important, because if they lose sight of the ball, their platform will be in the improper position.