



Defensive Movement

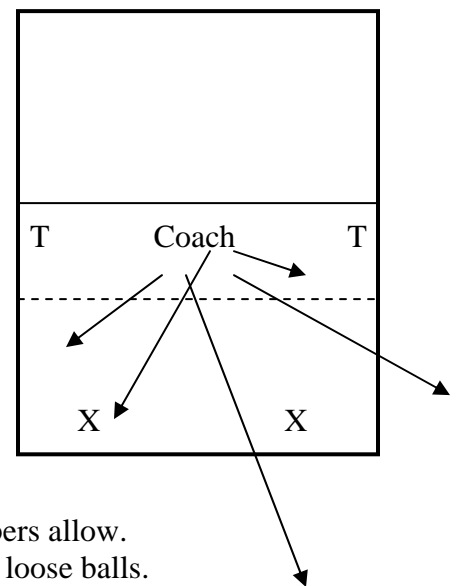
Drill Name: Chinese Two's

Purpose:

- This drill is great for practicing footwork for defensive positioning and anticipating ball trajectory. It's also quite effective for partner communication and reading attack cues.

Description:

- Place two players in position 2 and 4 outside the court. These players will mimic attackers.
- Have a coach set up from position 3 to attack.
- Add two defenders in the back row and have them in position to divide the court evenly.
- Coach will attack, tip or toss run down balls to the defenders.
- The defenders will attempt to play the first contact up into the centre of the court. The second defender will release to the ball and then set this ball to a target in position 2 or 4.
- Defenders will stay until 10 balls have been played successfully to the targets.
- Complete this drill on both sides of the court if numbers allow.
- Have all extra athletes surround the court and collect loose balls.



Alternate Drill:

- Have the coach attack balls from any area in front row. This will change the angle of attack and keep the drill game like.
- Increase the number of successful passes to targets.
- Add a setter in position 3 and allow targets to hit the ball back at defenders. Coaches will toss balls in to the defenders from out of court.
- To increase the difficulty of the drill, allow the 2nd contact to be set either forward or backward to targets in position 2 or 4.



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Key to the Drill:

- Defenders must position themselves to cut off the angle of attack. Ie. if the ball is being attacked to position 5, the defenders will shift to the left side of the court.
- The defender playing the first contact should play the ball up to the centre of the floor. Once this first ball has been played, the 2nd defender should release early to the centre of the floor and pass the ball to position 2 or 4.
- Once defenders recognize who will play the first contact, the other defender should release to become a setter. The release should occur early and the setter should talk to the defender and tell them where they are in the court.
- This 2nd contact should replicate a set to an attacker. The ball should be set high to either post.
- When players begin in ready position, they 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 and general movement easier and more consistent.