



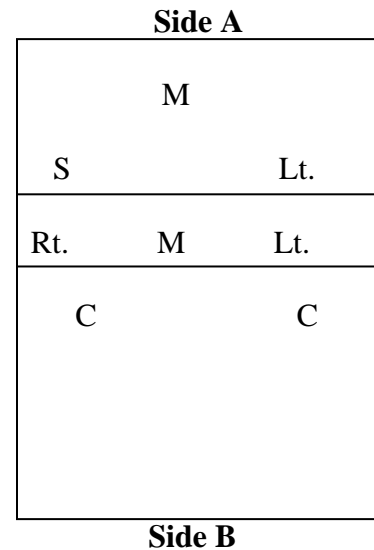
**Drill Name:** Pressure Defense 10-5

**Purpose:** To read appropriate attack cues and react accordingly with blocking strategy and defensive movement.

- This drill is great for defensive movement and staying low, because athletes are not working with a block and they must read cues in order to find themselves in an appropriate position to play the ball. Athletes must also work together and communicate with each other in a pressure situation to get the score under control.

**Description:**

- Side A: 6 people in pre-defense (3 blockers at the net, and 3 defenders back row)
- Other athletes should be ready to come in from the end line. After 3 attacks, back row moves to front row, front row is out, and 3 new athletes fill in back row defense.
- Side B: Coach (s) on box for attack all left, right side (set up at coach's discretion)
- Coaches are up 10-5 and must attack the ball to the defensive side from an attack box/chair.
- Athletes will score a point if they can successfully run a transition attack. Coaches will earn the point if an error is made.
- Coaches should attempt to score. The game is to 25, must win by 2.
- Setter may set any attacker in Right Side, Middle or Left Side (Alternate front and back row setter)



**Alternate Drill:**

- Have attack only from Lt. Side, Rt. Side or Middle.
- Add all 3 attack positions

**Key to the Drill:**

- Blockers must position themselves appropriately at the net. Post blocker should set the block to take the path of the ball with their inside hand. Too often post blockers just take up space and do not accurately set the block. If a block is set properly when a middle blocker closes to the post blocker, and they square their feet and jump, they should find the ball in their hands.
- Blockers should jump straight up, not laterally!
- Defenders must stay low at all times and keep their weight moving forward at all times. Athletes must balance their weight on the balls of foot (not the heels), keeping their knees over toes, and shoulders ahead of their knees.



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- From this position athletes will be able to release forward and laterally, without getting caught with their weight on their heels.
  - Communication is also important in this drill. It is essential that all athletes on the Defense side, talk to each other and decide where the ball is coming from and the type of attack (tip, or hard attack). Constant communication keeps these athletes focused on the task at hand, and helps them work together with their teammates to achieve a goal.
  - Lastly, transition from blocking to an attack position is exceptionally important. After jumping and landing, blockers should transition **HARD** off the net to get into an appropriate attack position along the attack line. Setters should move quickly to the net if they are in a back row position and are not forced to play defense.