



## Read and React Defense

**Drill Name:** Back Court Defense

**Purpose:** To read appropriate attack cues and react accordingly with 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 order to get the appropriate number of contacts to finish the drill.

### Description:

- Side A: setter in position 2 ½ with Lines of Attackers and Passer
- Side B: 3 Defenders in Pre-Defense (No Blockers) and Target in position 2 ½
- Coach gives Side A Free Ball to run attack
- Setter may set any attacker in Right Side, Middle or Left Side
- Defense must dig a total of 10 balls to the target to finish the drill
- When success criteria is met, Attackers and Defenders switch positions

X	X	X
X	X	<b>P</b> X
<b>S</b>		
		<b>T</b>
<b>D</b>		<b>D</b>
<b>D</b>		

### Alternate Drill:

- Add 3 Blockers on Side B
- Defense must now read according to the Block
- Award Points: give 2 points for a Block, 1 point for a Dig
- Defense must get 15 points to finish

### Key to the Drill:

- Defenders must stay low at all times and keep their weight moving forward at all times. Athletes must balance their weight on their toes (not the heels), keep their knees over toes, and shoulders are also forward. From this position athletes will be able to release forward and not get 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, if it is a 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.
- It is important for athletes to stay in their Pre-Defense position until the set is made, adjustments then take place, contact is made by the attackers and final movement is made to play the ball.