



## Basic Defensive Movement

**Drill Name:** Shadow Defense

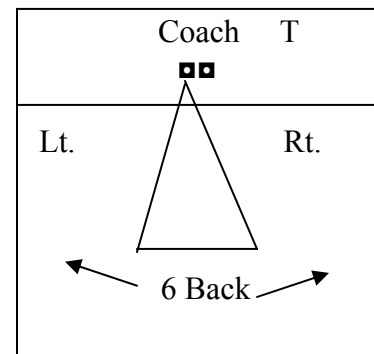
**Purpose:** To allow for proper defensive movement outside the shadow of the block

- This drill is great for challenging athletes to position themselves defensively according to the position of the block and the attack angle. Too often athletes find themselves out of position in the shadow (the space taken by the blockers) of the block. Athletes need to be in a position where they can see the ball, the attacker's angle of approach, and the attacker's hand. To be in the correct position, defenders should be able to play a ball on the midline (center) of the body between the knees.

### Description:

- Coach should position themselves in position 3 (Middle Front Row) and place an athlete standing directly in front of them with arms up (block screen).
- 3 Defenders (Back Row) will set up in Pre-Defense.
- Place a Target in 2 ½
- Coach will attack balls at the defenders always changing the angle of attack and defenders must shift accordingly.
- Coach should toss the ball to the height of a set for a specified Middle attack (ie. 51, 53).
- After passing 3 balls (coach should specify amount) defenders will switch with another athlete.
- Middle or Libero in 6 Back should shift Left or Right depending on the attack angle, and Defenders in position 1 and 5 should stand their ground and make slight adjustments with their foot work to cut the ball off.
- Everyone not in the drill should help collect balls so the coach doesn't run out!

### One side of the court



NOTE: Triangle Indicates the Shadow of the Block for a Middle Attack Straight To the Net!

### Alternate Drill:

- Change the number of successful digs to finish the drill (ie 15-20).
- If coach runs out of balls, there should be a consequence for everyone.
- Coach can move to attack from Lt. and Rt. side but remember to move the blocking screen!



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**Key to the Drill:**

- Athletes need to be very aware of their positioning when the coach makes contact with the ball for an attack. Athletes need to shift when the ball is tossed (mimicking when the set is made) according to the coaches feet, shoulders and arm swing, and be stopped (platform not moving and feet set) when passing/digging contact is made with the ball.
- Athletes CANNOT be in the shadow when the coach hits the ball!