

Block / Defence Systems

**Volleyball England
Coaching Conference 2015**

Audrey Cooper

Block / Defence systems & structures

Why have a system?

Provides a foundation for playing block / defence
Organisation, Roles & Responsibilities, Accountability
Teamwork

What? How?

Different systems used around the world
GB philosophy & system.....NVL Div 3 team system
Communication.....BtoD and DtoB
Role of Libero and MB with Setter defends
Coaching Cues

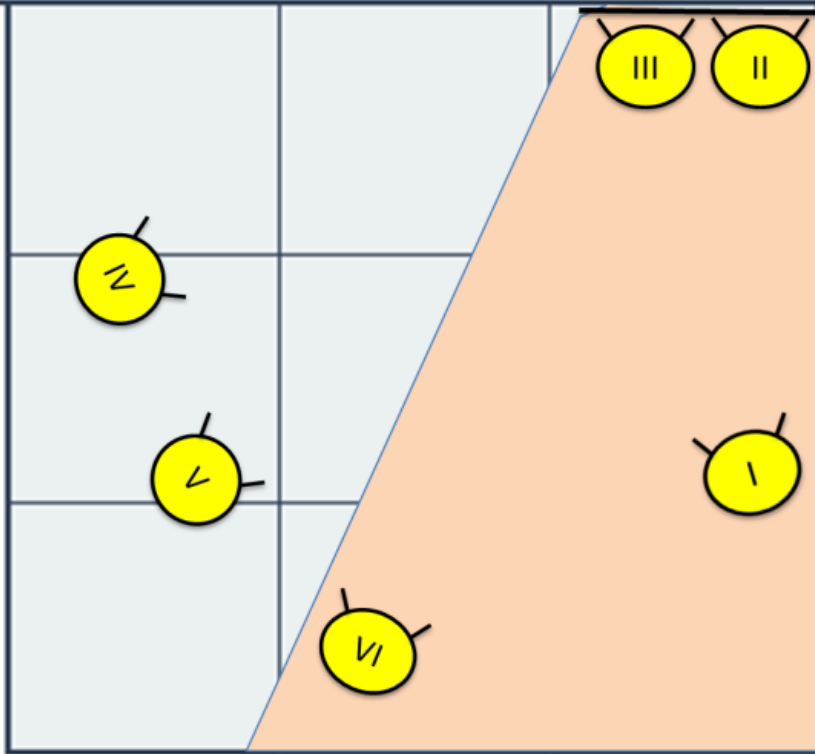
When? Which system?

Always!!

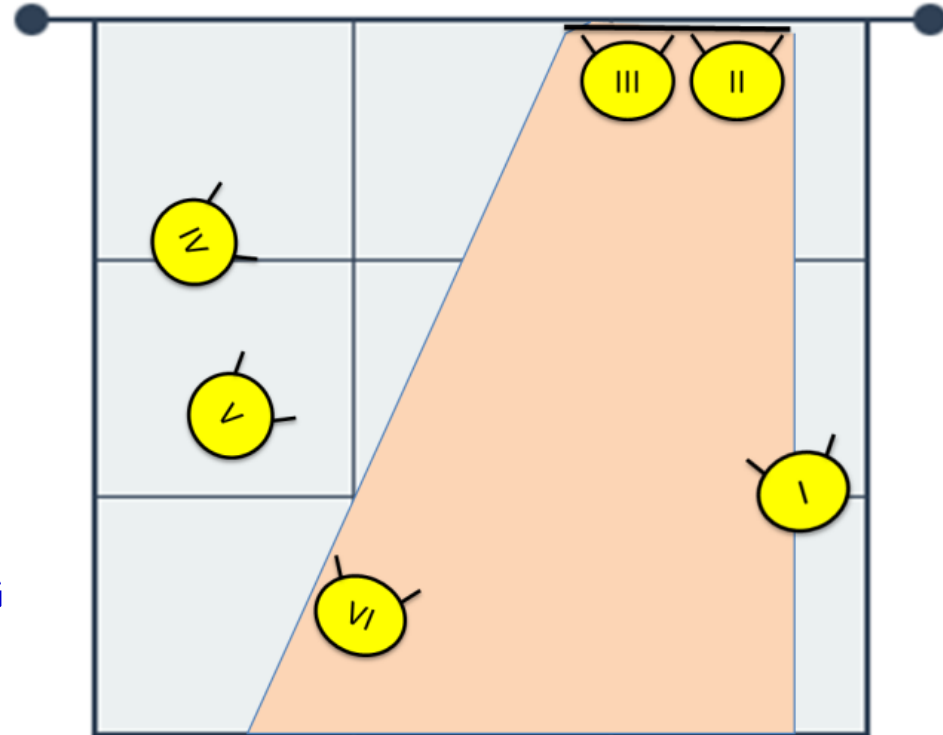
Choosing a system that works for your team.....KISS

Play to strength & weaknesses of the opposition and your team – style of
play, individual players, tendencies

BLOCK / DEFENCE - Left Side Attack

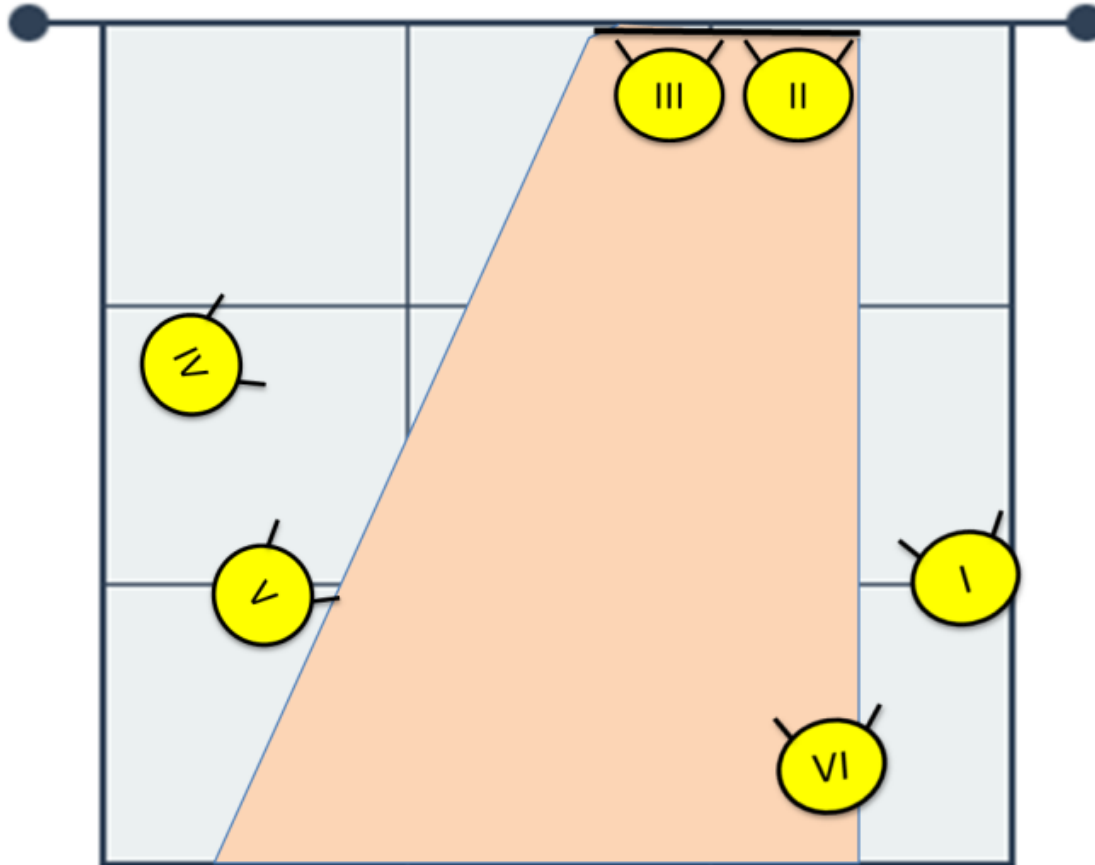


2:4
BLOCKING
1



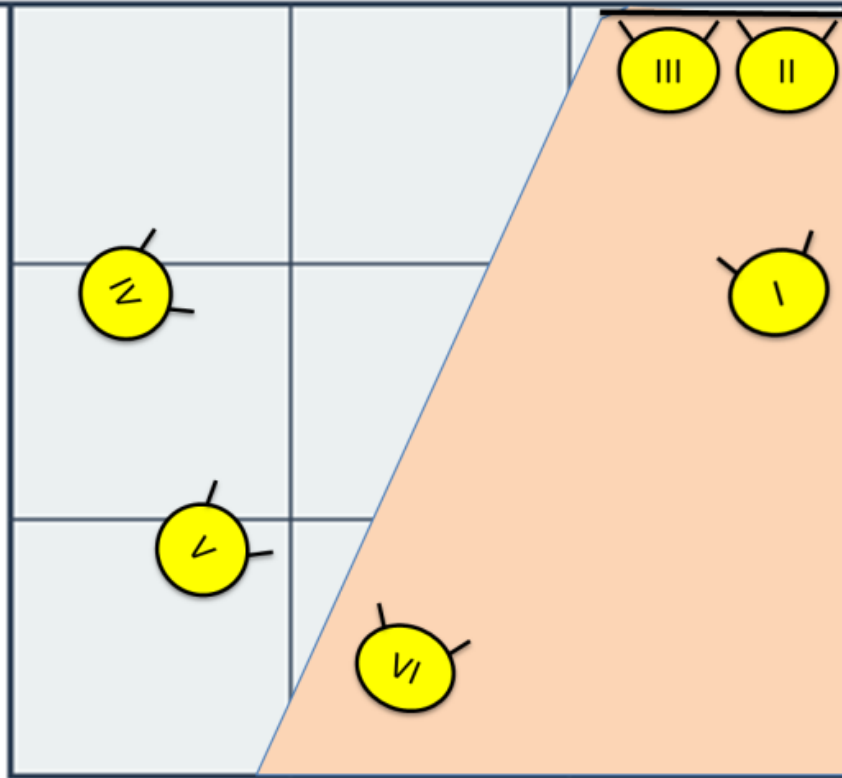
2:4
BLOCKING
2

BLOCK / DEFENCE - Left Side Attack

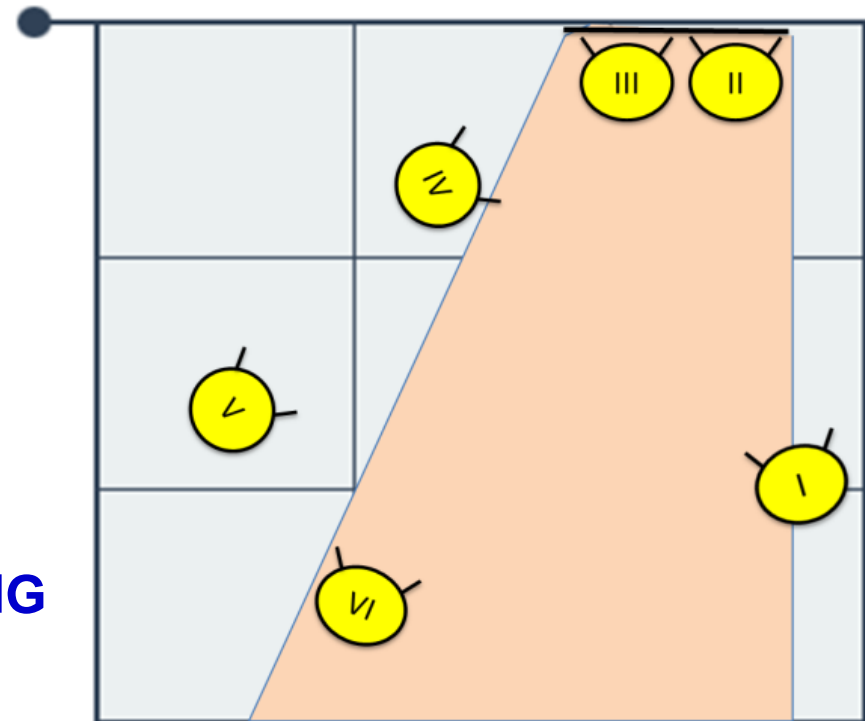


2:4 SPLIT
or 2:2:2

BLOCK / DEFENCE - Left Side Attack

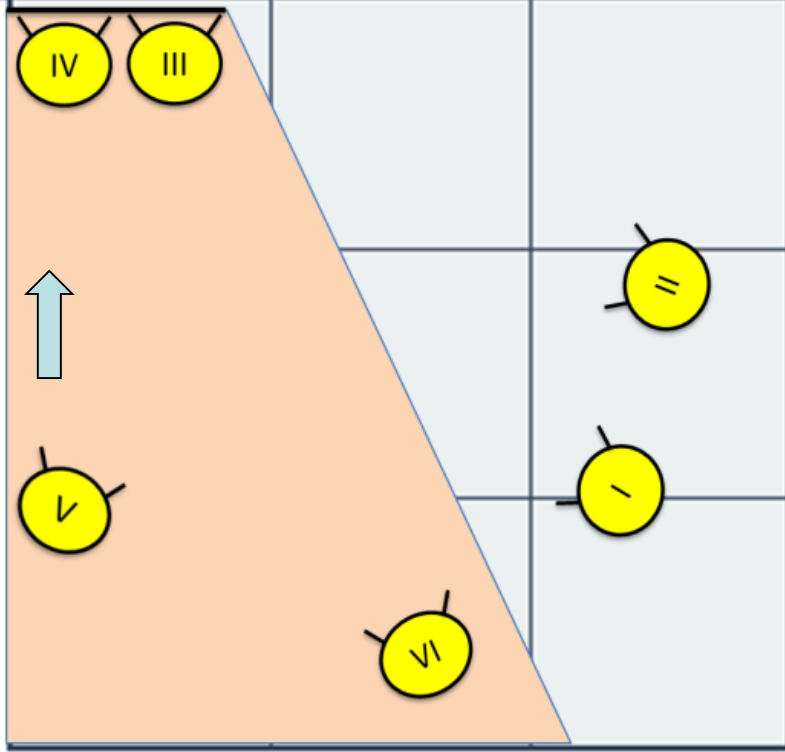


2:1:3
BLOCKING
1



2:1:3
BLOCKING
2

BLOCK / DEFENCE - Right Side + Backcourt 10 Attacks

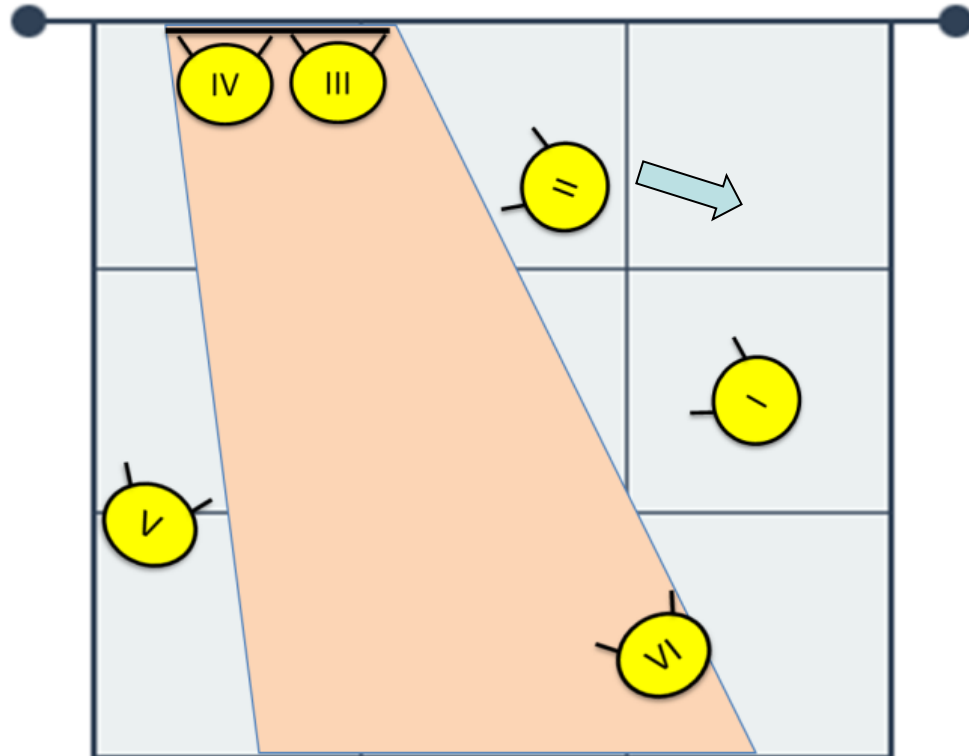


2:4
BLOCKING
1

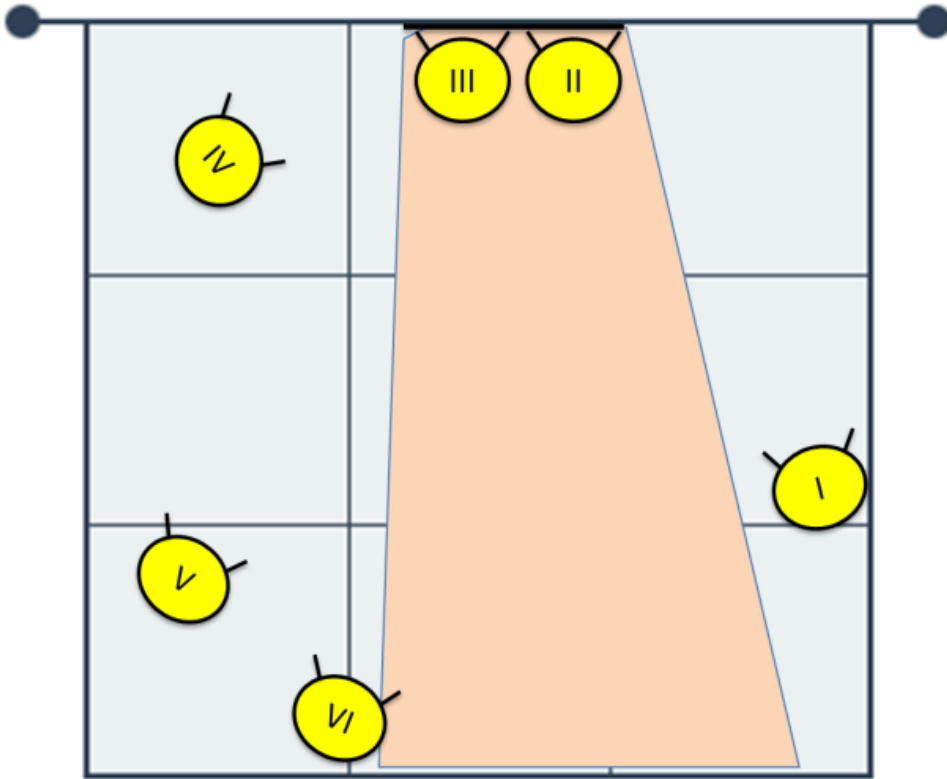
2:1:3
BLOCKING
1
z5 shifts up

2:4
BLOCKING
2
z2 drops to
defend with
z1

2:1:3
BLOCKING
2

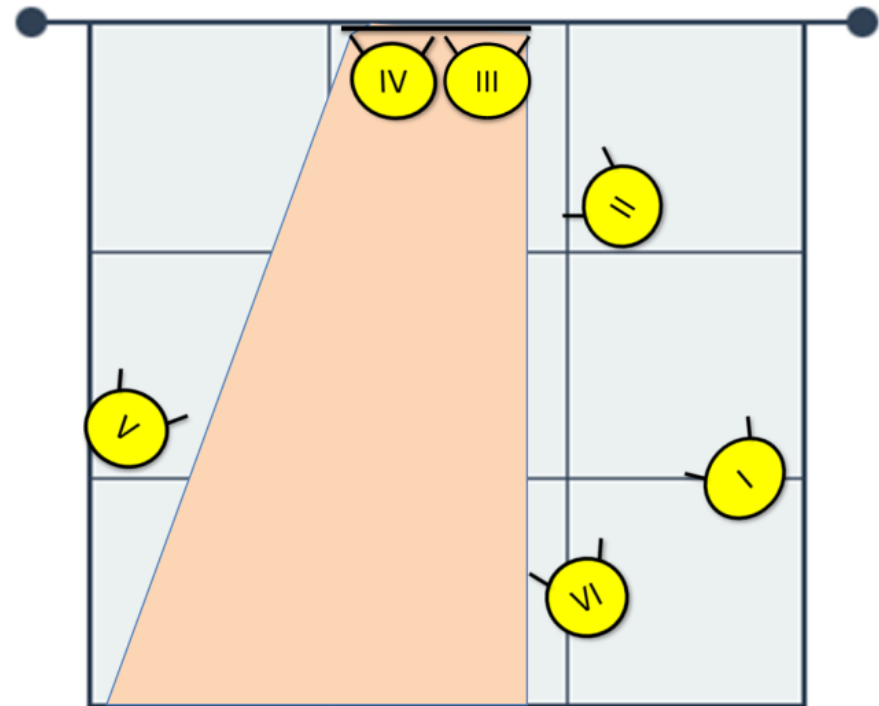


BLOCK / DEFENCE - Middle 'B' and 'A'

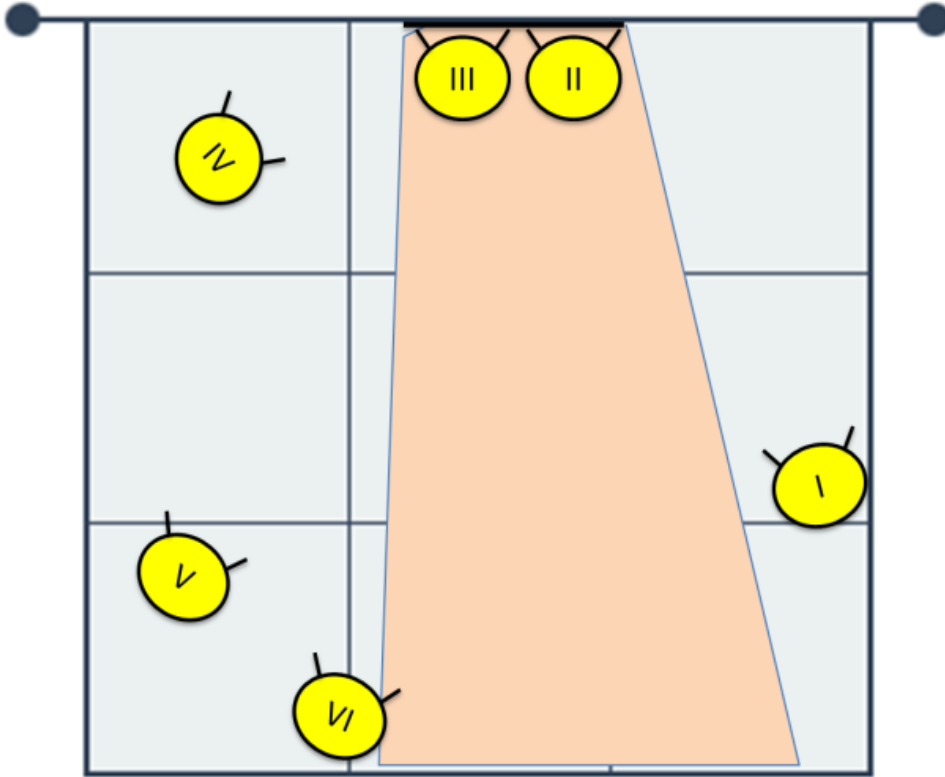


2:1:3
BLOCK
1

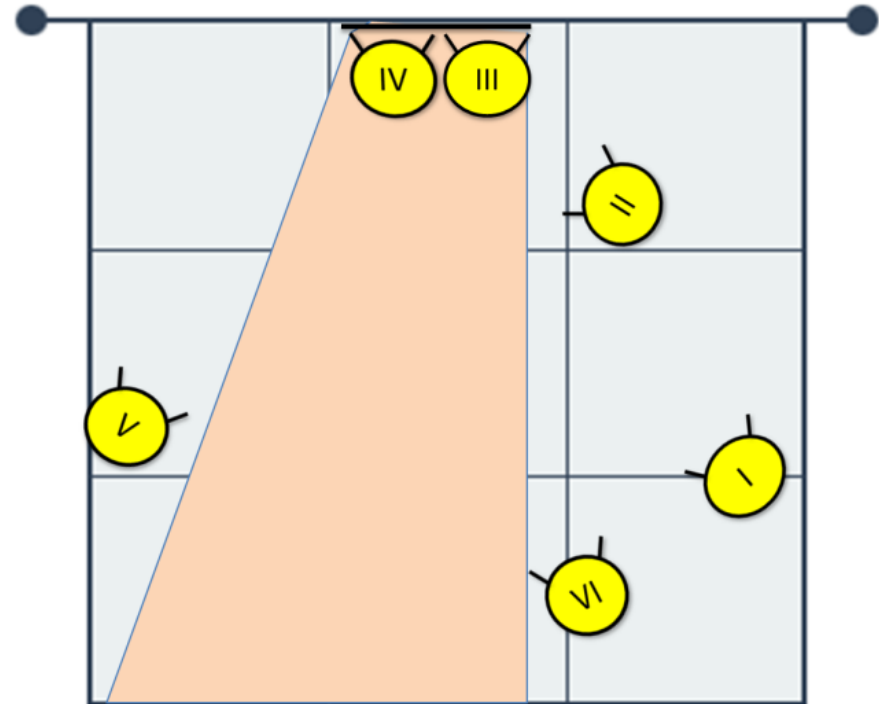
2:1:3
BLOCK
5



BLOCK / DEFENCE - Pipe Attack

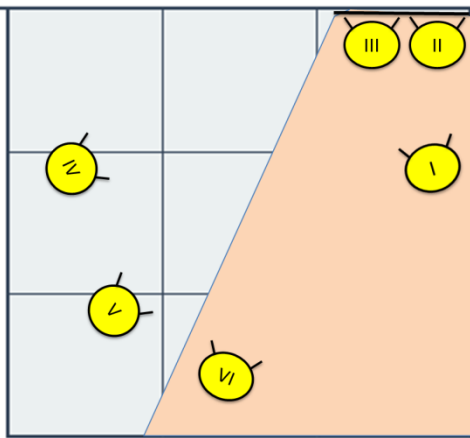


2:1:3
BLOCK
1
z4 blkr on tip

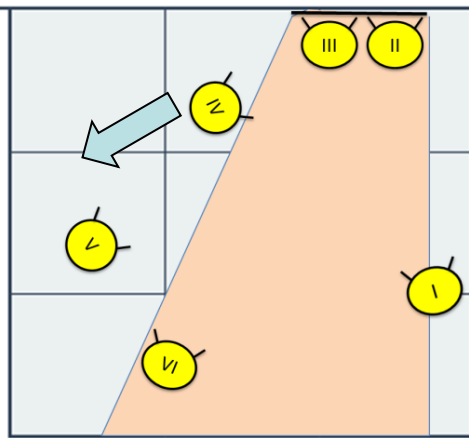


2:1:3
BLOCK
5
z2 blkr on tip

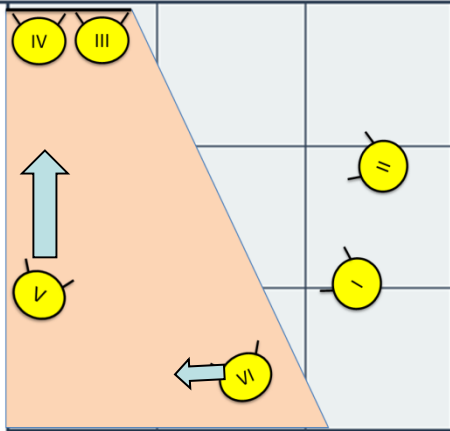
BLOCK / DEFENCE Advanced Game Prep vs Outside Attackers



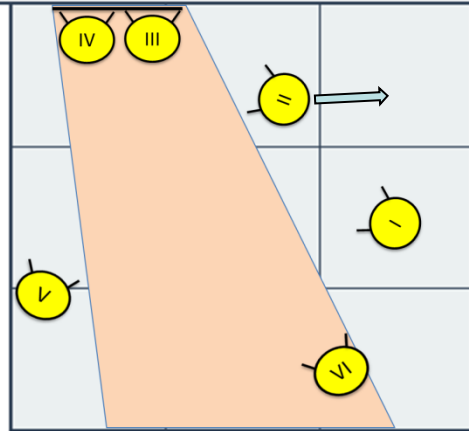
LS Attacks (2:1:3)
BLK 1: #13 & #1



LS Attacks (2:4 & 2:1:3)
BLK 2: #15, 12, 9...14

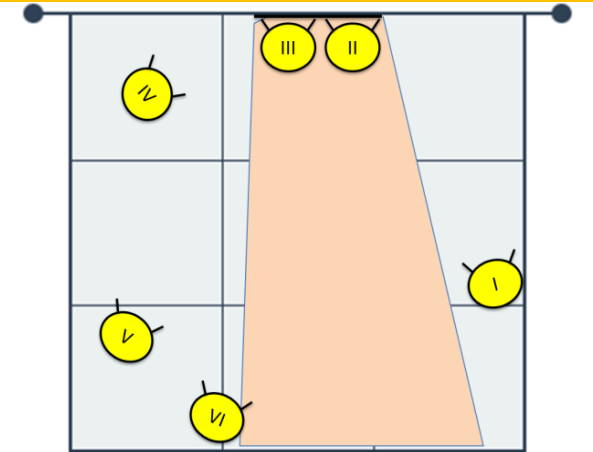


RS & BC10 Attacks
BLK 1: #12... #1 (2:1:3)

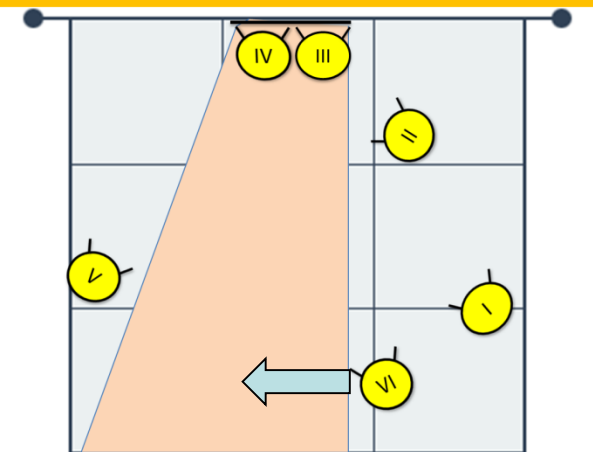


RS & BC10 Attacks
BLK 2: Other attackers
 #15 & #9 2:4

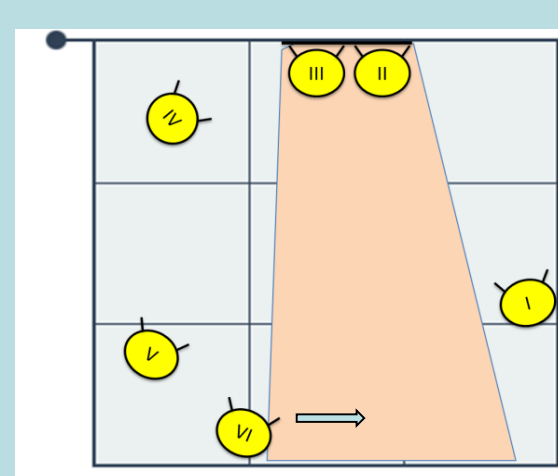
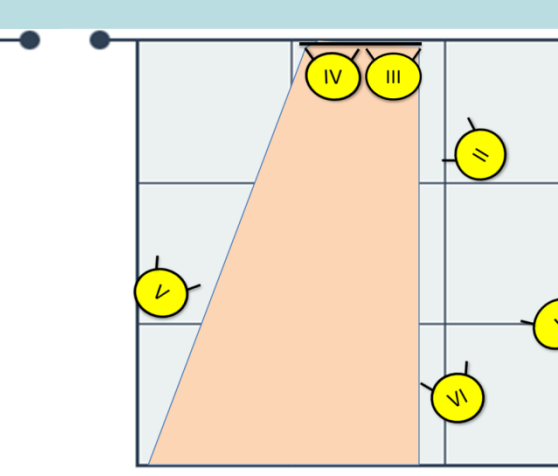
Pipe Attacks **BLK 1: ALL Attackers**

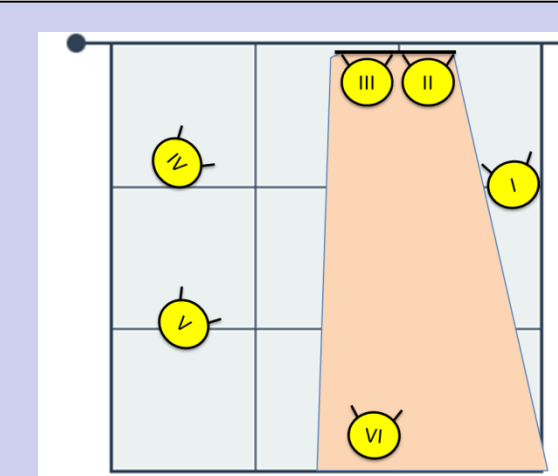
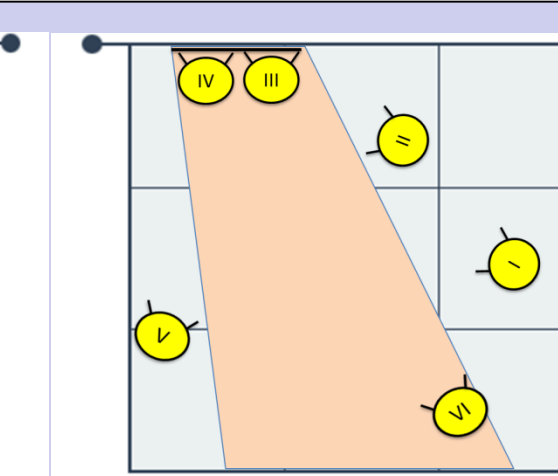


Pipe Attacks **BLK 5: #15 & #12**



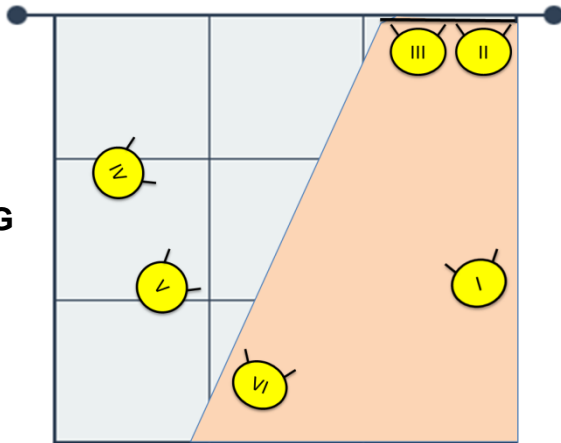
BLOCK / DEFENCE Advanced Game Prep vs Middle Attackers

 <p>A 3x3 grid representing a soccer field. A shaded orange trapezoid is positioned in the center, wider at the top. At the top of the trapezoid are two yellow circles labeled 'III' and 'II'. To the left of the trapezoid, in the top-left square, is a yellow circle labeled 'Z'. In the bottom-left square, a yellow circle labeled 'V' has an arrow pointing right towards the trapezoid. In the bottom-right square, a yellow circle labeled 'VI' has an arrow pointing right towards the trapezoid. In the middle-right square, a yellow circle labeled 'I' is positioned to the right of the trapezoid.</p>	 <p>A 3x3 grid representing a soccer field. A shaded orange trapezoid is positioned in the center, wider at the top. At the top of the trapezoid are two yellow circles labeled 'IV' and 'III'. In the top-right square, a yellow circle labeled 'II' is positioned to the right of the trapezoid. In the middle-left square, a yellow circle labeled 'V' is positioned to the left of the trapezoid. In the middle-right square, a yellow circle labeled 'I' is positioned to the right of the trapezoid. In the bottom-right square, a yellow circle labeled 'VI' is positioned to the right of the trapezoid.</p>
<p>'push A' Attack Take Z1: #18, 8, 3</p>	<p>'A' Attack in front Take Z5: #8 & #18</p>

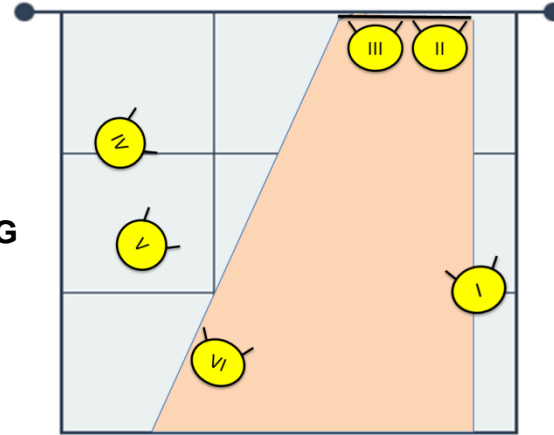
 <p>A 3x3 grid representing a soccer field. A shaded orange trapezoid is positioned in the center, wider at the top. At the top of the trapezoid are two yellow circles labeled 'III' and 'II'. In the top-left square, a yellow circle labeled 'Z' is positioned to the left of the trapezoid. In the middle-left square, a yellow circle labeled 'V' is positioned to the left of the trapezoid. In the bottom-right square, a yellow circle labeled 'VI' is positioned to the right of the trapezoid. In the middle-right square, a yellow circle labeled 'I' is positioned to the right of the trapezoid.</p>	 <p>A 3x3 grid representing a soccer field. A shaded orange trapezoid is positioned in the center, wider at the top. At the top of the trapezoid are two yellow circles labeled 'IV' and 'III'. In the top-right square, a yellow circle labeled 'II' is positioned to the right of the trapezoid. In the middle-left square, a yellow circle labeled 'V' is positioned to the left of the trapezoid. In the middle-right square, a yellow circle labeled 'I' is positioned to the right of the trapezoid. In the bottom-right square, a yellow circle labeled 'VI' is positioned to the right of the trapezoid.</p>
<p>'B' Attack Take Z1: #18, 8, 3</p>	<p>C or SL (Auto) Attack BLK 2: #3, 8, 18</p>

BLOCK / DEFENCE Systems - Overview

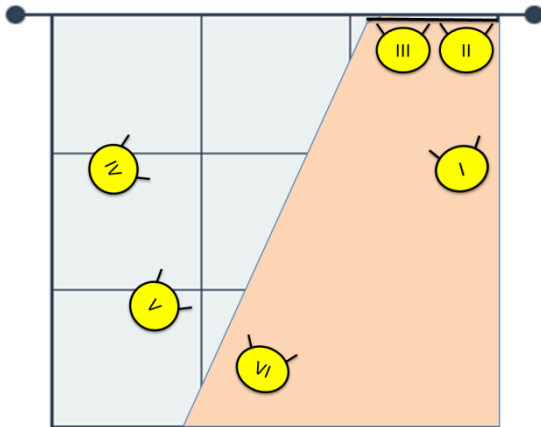
2:4
BLOCKING
1



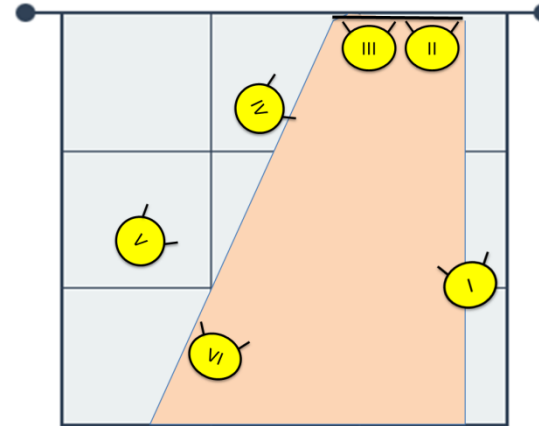
2:4
BLOCKING
2



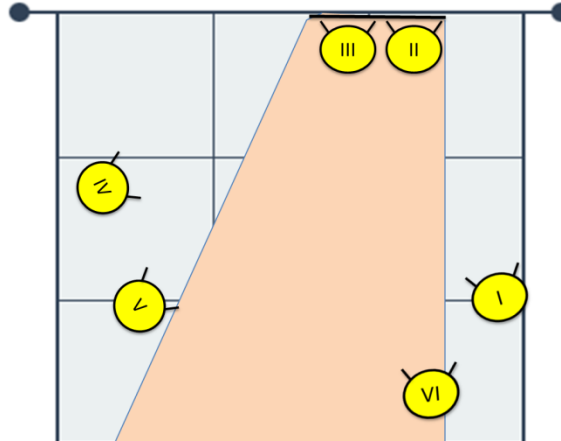
2:1:3
BLOCKING
1



2:1:3
BLOCKING
2



2:4 SPLIT
or 2:2:2



Take aways / coaching cues

- A system provides a foundation to play block / defence (into transition)
- You have options!
- Defence timing – cues/language/modelling
- Movement – into position from base (from net & defence base)
- 2nd ball responsibility – base position
- Zone 6 staying deep
- Role of the off blocker vs Pipe/Middle – tips/off block
- Reading and/or committing
- Height on the ball
- Defence target – high middle
- Communication
 - Defence to blockers & blockers to defence continuous
 - Commentary: 'say what you see' 'say what you will do/take'
- Block / defence is a mentality
- Be patient – it will take time!

Resources: <http://www.fivb.org/en/technical>

