

Defensive Systems

By Westside Coaching Staff

Rotation

- Defense rotates toward the attack

Pros:

- Good when you play teams that tip a lot
- Covers line attack well
- Good to use when you have a strong middle blocker(s)

Cons:

- You only have 2 defenders
- Setter has farther to run in transition off of the middle and right side attacks.

Perimeter

- Defense is set up to dig hard hit balls

Pros:

- Have 3 defenders back
- Good when you have smaller blockers
- Covers cross court attack well

Cons:

- Vulnerable to tips
- Back row setter tends to cheat up on left side attack, leaving line open.
- Middle back has to read the attack (line of approach)

Man-Up

Pros:

- Gets your setter closer to the target if you have slower setter
- Puts your best 2 defenders in the back court to defend
- Tips are picked up easily

Cons:

- Must be able to run down balls
- Leaves zone 6 wide open

