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# Team Defense: Blocking and Back Row Systems

**Types of Defense**

1. Perimeter
2. Rotation
3. Stack Line
4. Stack Cross
5. Man-up
6. Solo Defense

**Tactical**

1. Which defense should I run? You should make the decision based on the strengths of your athletes compared to the strengths of your opponent.
2. How do I determine which player I use as a libero? I believe the libero should be the best serve receiver, leader, and competitor. She may not be your best defender. You can hide DS's in serve receive. You can have quiet, inexperienced athletes as a role player.
3. Which position should the **libero** play? Left back or middle back. It will be based on the size of your blockers and what defense you are running. Chart a match…if your best defender(s) are not getting the most attempts, you need to put them in position so they are. In general smaller middles and bigger RS blockers will channel the ball to left back while MB's that don't close well or small RS blockers will channel the ball to middle back.
4. How should I use **commit blocking**? It is a risk you must take if you are not able to defend a team straight up.
   - Commit blocking gives your blockers fewer choices allows them to make a better move to block one hitter (good for small blockers who need to max jump or slow blockers who need a head start).
   - Commit blocking forces your opponent's weakest hitter(s) beat you.

**Evaluation of a successful block (individual or team):**

- ✓ Stuff blocks per set
- ✓ Blocking errors per game (net, undiggable tools, poor line-up or timing that allowed an open net kill)
- ✓ Rating system (i.e. stuff, positive touch, channel vs net error, tooled, not up at all)
- ✓ Point scoring percentage/transition kills
- ✓ Opponent hitting percentage

**Evaluation of a successful dig (individual or team):**

- ✓ Digs per set
- ✓ Dig % (chart the number of attempts in each player's zone and how many successful digs she had)
- ✓ Opponent hitting percentage
- ✓ Rating system similar to serve receive
- ✓ Percentage of off-speed shots scoring (great defensive teams don't let tips score!)

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# Blocking Schemes

| Verbal Call | Description | Hand signal |
|---|---|---|
| No commit (default) | All hitters read and react | Right hand fist (or no call) |
| Middle Commit | Get in front and jump with MIDDLE hitter | Right hand "C" |
| Left Side Commit | Get in front and jump with the LEFT SIDE hitter (they may not be on the left side in serve receive) | Right hand "1" |
| Right Side Commit | Get in front and jump with the RIGHT SIDE hitter (they may not be on the right side in serve receive) | Right hand "2" |
| Pop | Outside blockers move from bunch base or neutral base to antenna after the ball is passed | Left hand pinky (LS) and/or thumb (RS) |
| Middle Blocker's Movement with Offensive Middle's Approach | | |
| Read (default with bunch base) | Our MB stays in the middle of the court | Right hand fist (or no call) |
| Shade (default with neutral base) | Our MB takes one step in the direction of their MB's quick attack approach | Right Hand, full hand |
| Front (default with spread base) | Get completely in front of quick attack, don't jump | Right hand "Ok" |
| Middle Blocker Channel of A's/Wides | | |
| Channel their MB cross body/RB (default) | Our MB lines up nose on the ball (LF tries to help block) therefore the hitter's open shot is cross body, Center back should read outside our Middles right hand | Right hand fist (or no call) |
| Channel their MB wrist away/LB | Our MB lines up left hand on the ball (LF tries to help block) therefore the hitter's open shot is straight on or wrist away, Center back should read seam | Left hand forming an "L" (forcing to LB) |

## Concepts:

- A commit call is only for the first set (usually when the opponent is serve receiving)
- We are committing to a person, not a zone.
- If we are in a commit to a hitter, they should always have 2 blockers in front of them (on time).
- If they set the other 1/2 of the court away from our commit, our MB will pull off to get tips. The back row defense and 1 blocker are in charge of the hitters/setter we are committing away from.
- The "commit" was the right call if any of the hitters hit an off-speed shot. Don't let it score!
- A coach may verbalize from the bench that our middle is only blocking 1/2 of the court (like a commit but not *jumping* with a specific hitter)
- Our middle's movement (shade or front) with their middle is not a commit, therefore our MB is still responsible to block the full net.
- The default line-up is always in effect unless otherwise designated by a scouting report or the bench during a match.

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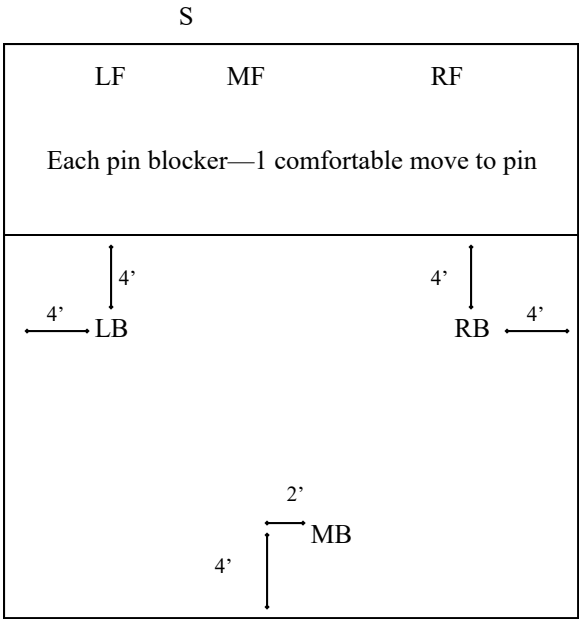
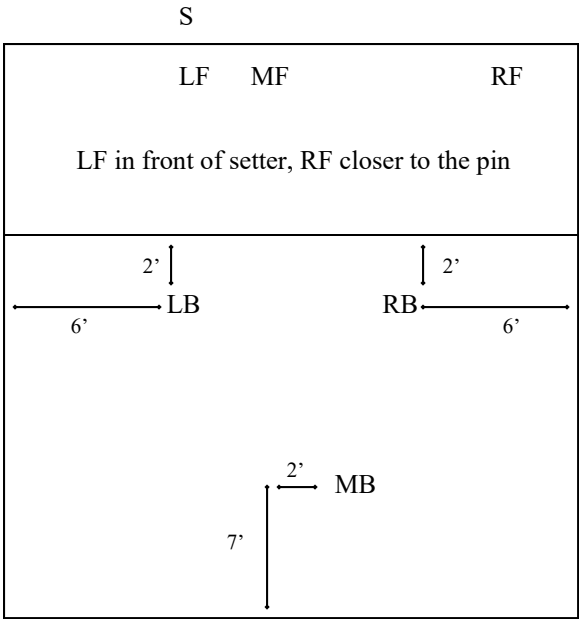
# DEFAULT BASE

**Ball is on other side of net**

## Back row Setter




## Front row Setter



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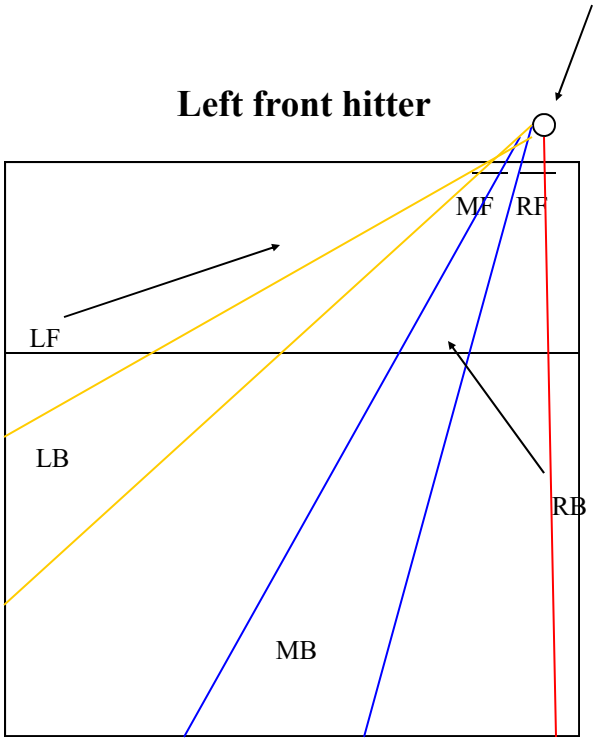
# Perimeter Defense

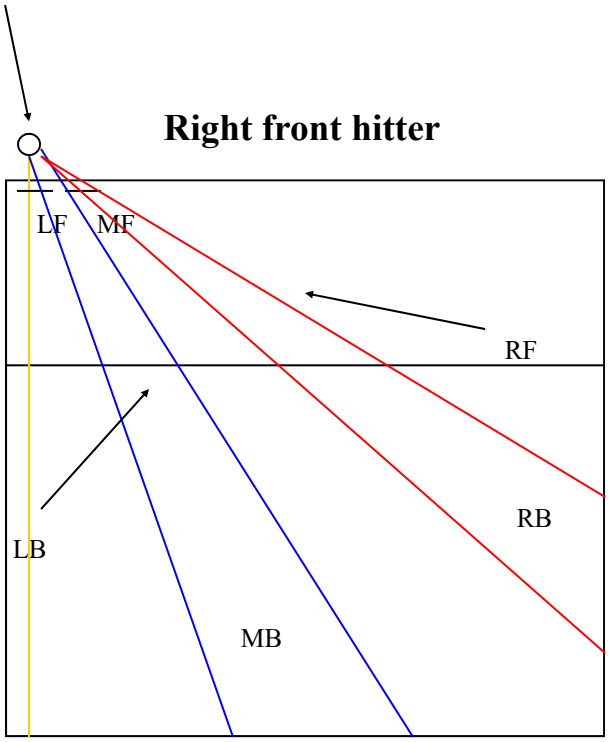
## Blocking "Ball"

***DEFAULT***

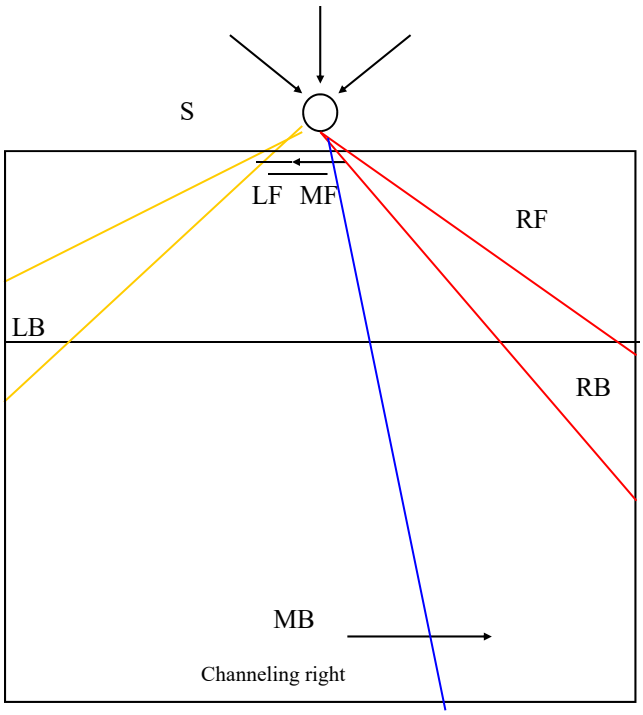
### Left front hitter



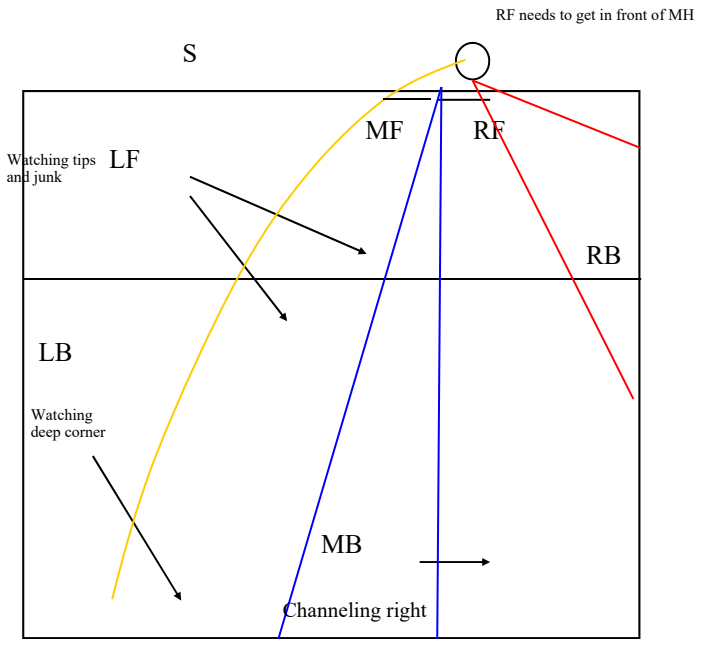

### Right front hitter




### Middle hitter on the A




### Middle hitter on the C



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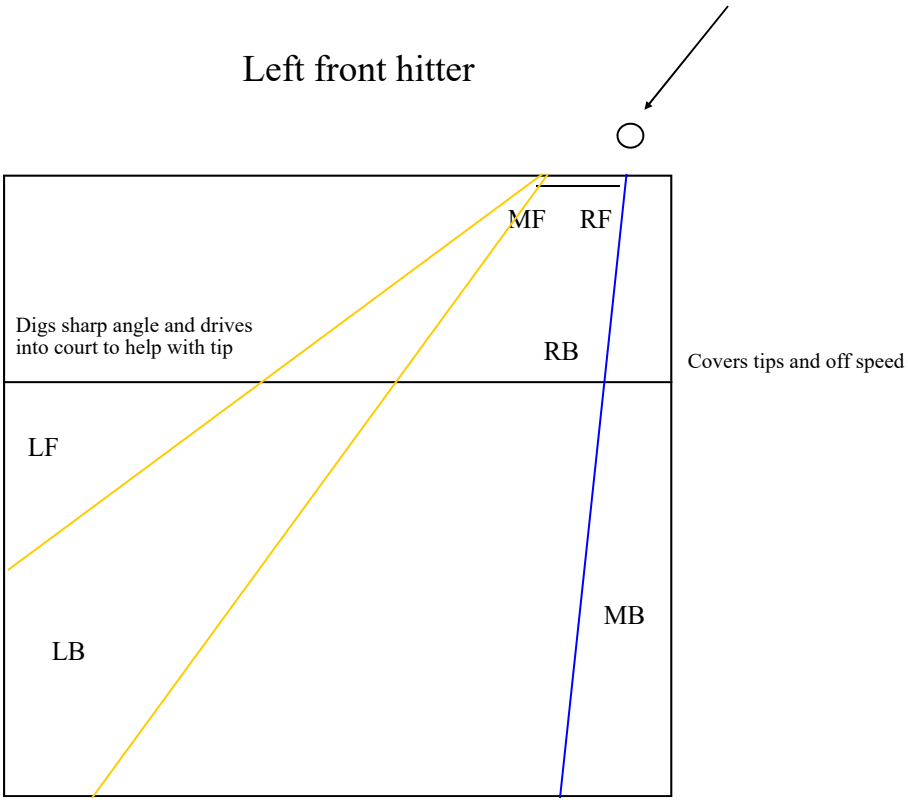
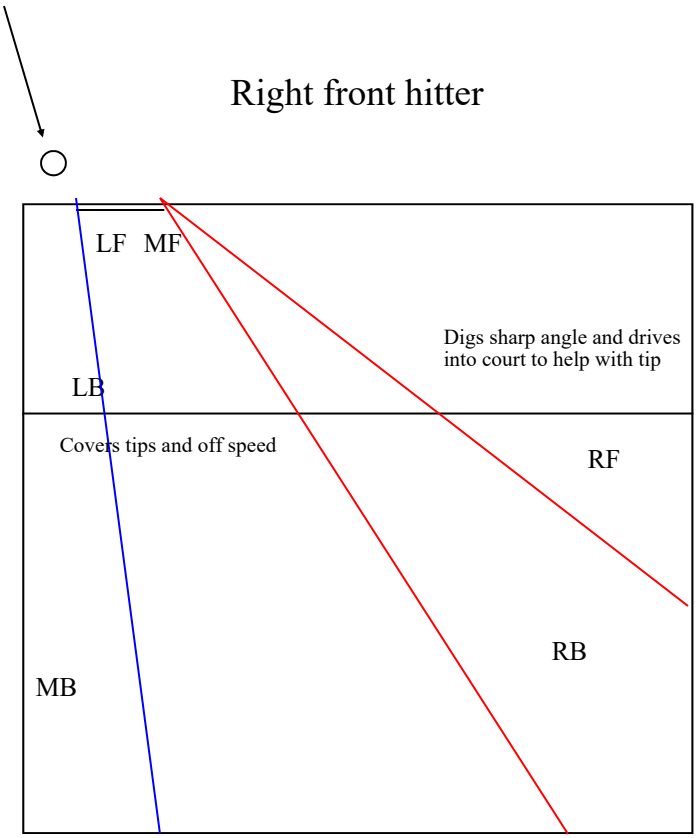
# Rotation Defense
## Blocking Ball

Left front hitter




Right front hitter



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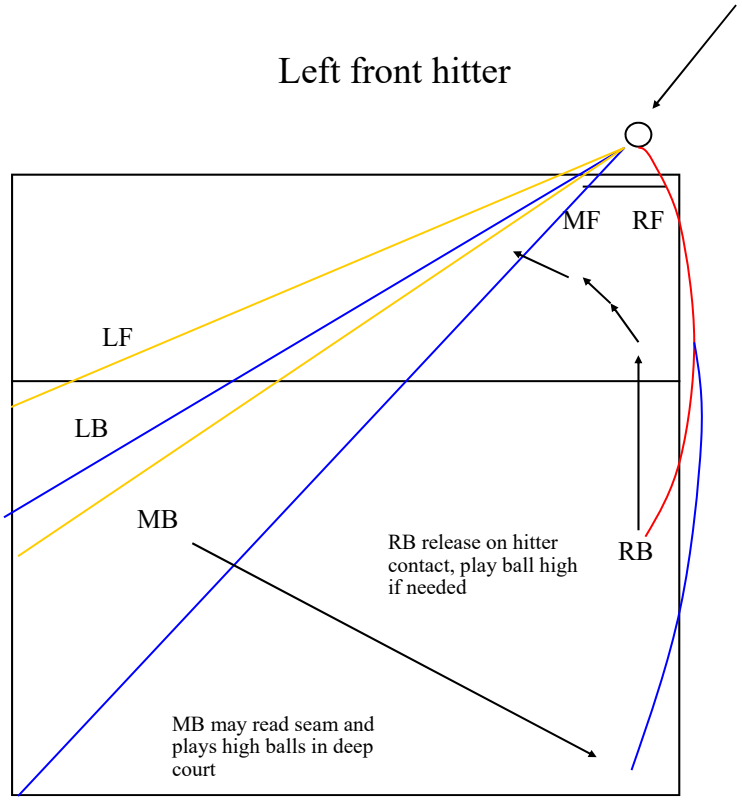
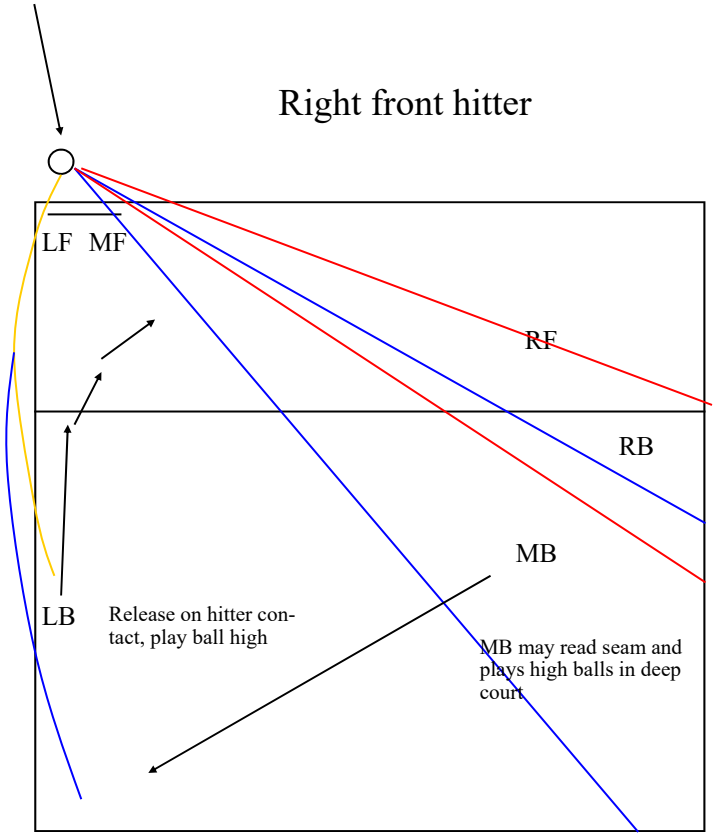
# Stack Cross Defense

**Blockers take line**

Left front hitter




Right front hitter



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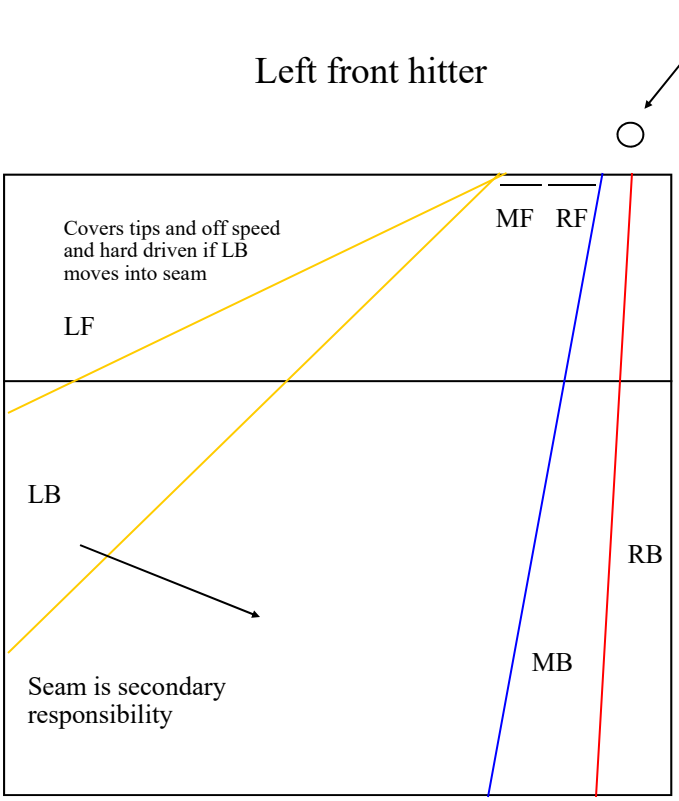
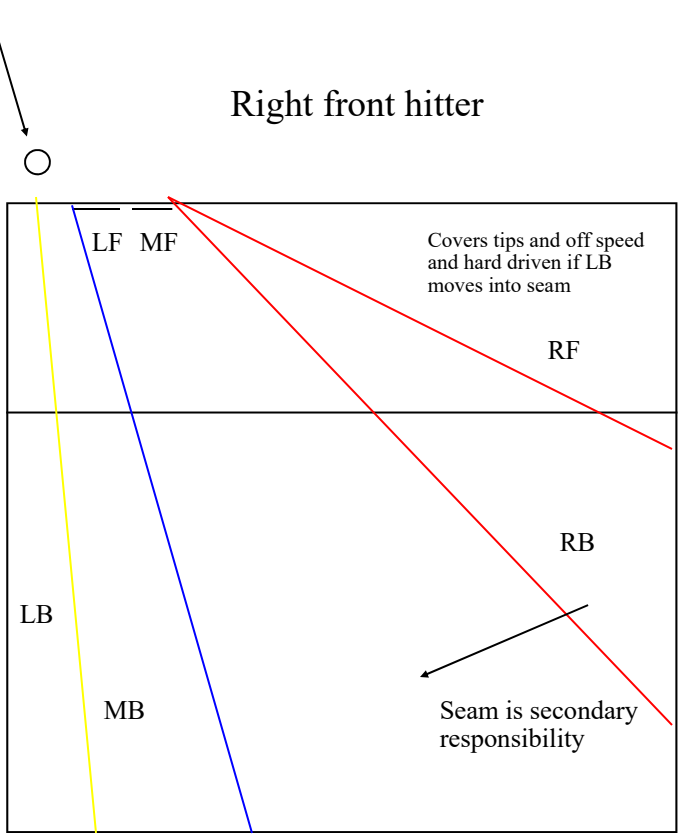
# Stack Line Defense

**Blockers take cross court**

Left front hitter




Right front hitter



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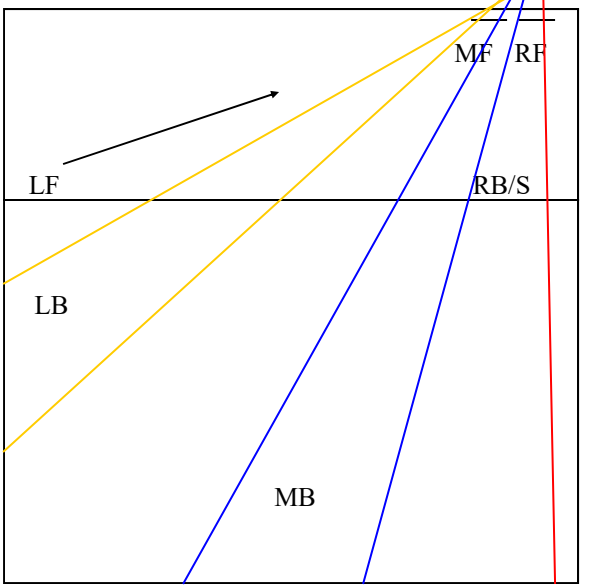
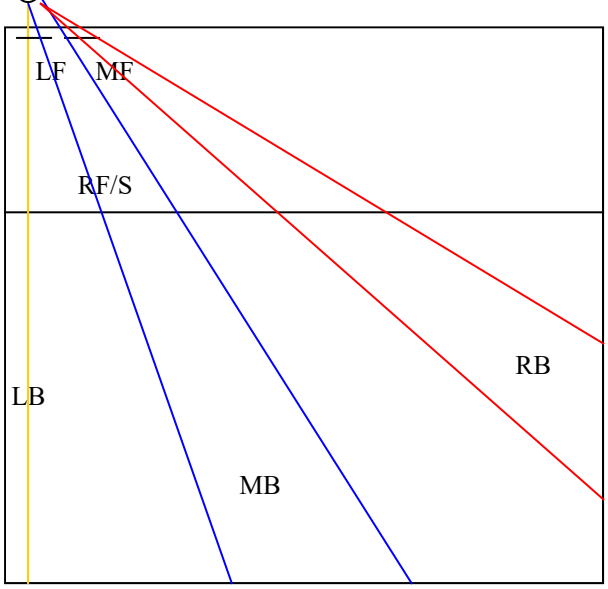
# Man-up Defense

## Blocking Ball

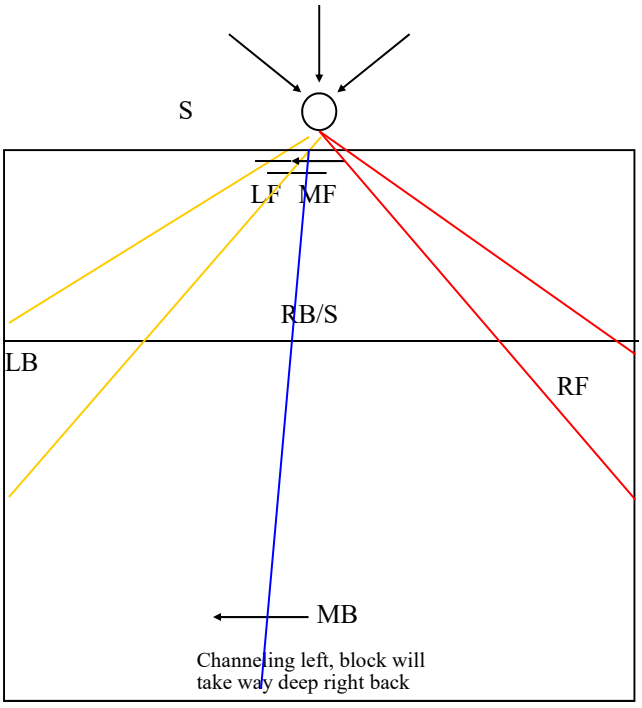
### Left front hitter

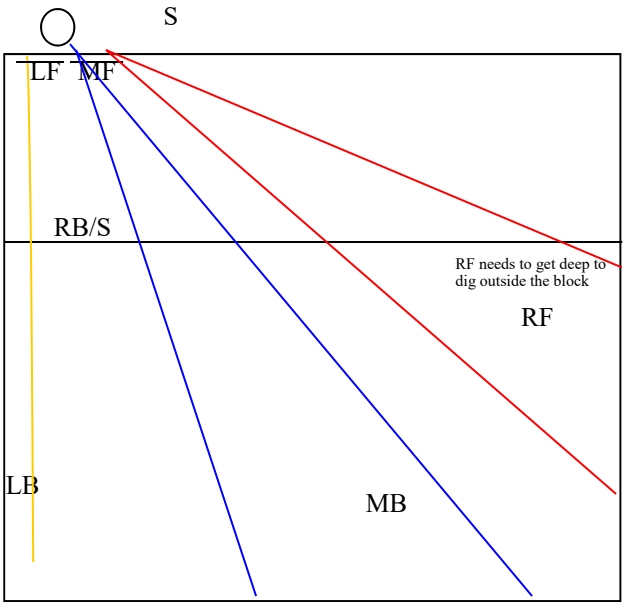



### Right front hitter with your setter front row




### Middle hitter on the A




### Right front hitter with your setter back row