



BACKCOURT DEFENSE CHECKLIST

PRE-SERVE

- Verbally establish defensive assignment/position.
- Identify where the setter is, as well as the number & location of eligible attackers.
- Know the style of offense (high outside, play-set combo, quick-set, dumps, etc.) and identify the probably options.

BALL IS SERVED

- Quickly assume final correct floor position. The act of serving is completely separate from the act of running to your starting defensive position.

BALL IS PASSED

- Is the opponent's first pass coming over the net? If not, watch the quality of the pass and assess the setter's options. Sometime during flight of the pass glance at the attackers to read and verbalize the developing play. Then focus your attention to the setter as the pass arrives.

BALL IS SET

- Watch the setter deliver the ball. On higher sets, follow the set no further than its apex to determine the type & location (wide, inside, back-row, tight, etc.). Use proper footwork to adjust to appropriate floor position while watching the approach angle and body language of the attacker.
- Assume final floor and body position. Be still and balanced right before the contact.
- Assume "mental ready position." Know a tip is coming before it happens, be ready for the hard driven ball first, be able to react from your position (you're on a specific spot but responsible for an area).

BALL IS ATTACKED

- React → Pursue → Retrieve
- React in the direction of the attack. NEVER let a ball hit the floor without maximum effort to prevent it
- Remember Rules 1 & 2!!