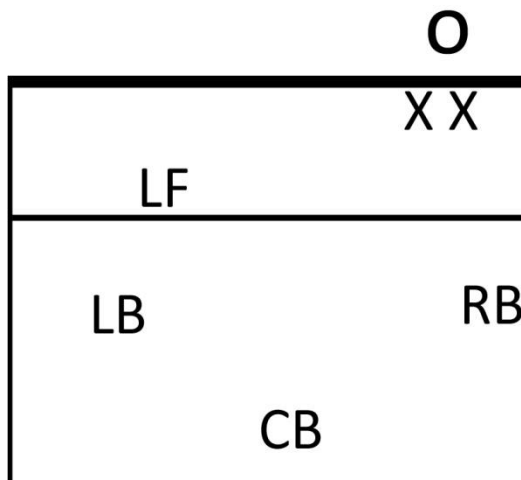




MAN-BACK DEFENSE



The line player’s (LB or RB) outside foot is on the sideline about 14 feet off the net. Hits come to this player so quickly that there is little time to react. If your foot is on the sideline, then any ball outside of it is out of bounds. The blockers should be taking out the space between you and the center back player. How far back you play depends on how fast you can move forward to help with tip coverage on the line. If there is a solid block, you can release and move in for a tip.

The center back’s (CB) main responsibility is the seam, or hole in the block. You need to angle with the approach of the attacker. If the attack is quick, you move up toward the center of the court.

The angle player (LB or RB) has the power angle and should watch the hitter’s approach to gauge what position to take. If the set is tight, you need to move up; if it is off the net, you need to move back. If you cannot see the hitter and ball, you are too deep in the court and behind the block and therefore useless. You should be the “third blocker.” If you were to walk right up from where you are playing defense you should be right next to the inside blocker.

The off blocker (LF or RF) should move ten feet towards the center of the court and ten feet off the net to dig tips. If you move too far off the net you will be in the angle diggers way. You should NOT reach back and take the hard hits but should just defend between them and the net (in the spiking area) and the tips behind the block.