TEAM CANADA VOLLEYBALL

4 intervals

Four major intervals at net to be defended by blockers or defenders.

Prevent every ball from opponent court to finish on our court. Built trust relationship between blockers and defenders to be able to stop the opponent team's attack and transition to counter attack and win the rally

Red zones : situations very tough to dig(wipe off)

Back row players must support blockers & must expect ball to come their way.

Train athletes to read and react, both on blocking and defence.

Mastering motor skills (technique) very important to the system.

Blocking sequence to watch :   Receiver-Ball-Setter-Ball-Attacker

Blocking language:
   Read & React (basic visual cues)

Direction & speed of the set

Also based on game plans, % of sets to positions, hitting angle

   Commit (based on percentage & moment fo the game)

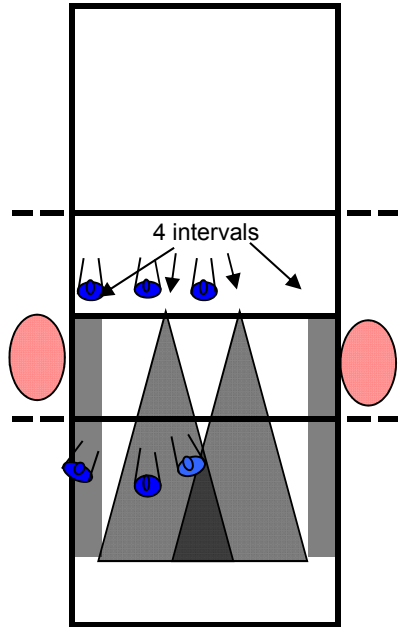*based on percentage & moment fo the game*

   Dedicate

based on percentages or setter tendencies

Pay attention to certains combinations or zone of net

   Help out or Bunch (depends on team strategies)

depends on team strategies

4 intervals

Red zones: Hard situation to defend(wipe-o

Grey zones: Areas of potential gaps that hav
either closed by blockers or covered
defenders

General principles

What? :	Four major intervals at net to be defended by blockers or defenders.
Why?:	Prevent every ball from opponent court to finish on our court.
Base:	Build trust & relationship between blockers and defenders to be able to stop the
	and build transition to counter attack and win the rallye
How?:	Develop blocking and defending skills and conciousness of role and responsibility
	every player.
	Front row players must try to stop ball at the net or deflect ball into our defence
	Back row players must support blockers & must expect ball to come their way.
	Train athlete to "read" or recognize situation and "react" or make a decision
	Cues are mostly visual in volleyball- speed of ball, direction of ball, players in

Basic blocking principles

Basic visual cue for blockers :   Receiver-Ball-Setter-Ball-Attacker

Blocking language:

Read & React-based on information gathering and decision making-can be simple or can

Direction & speed of the set

Also based on game plans, % of sets to positions, hitting angle

Commit

Based on percentage of sets to middle & moment fo the game & sette

Defence and outside blockers should be aware of decision

Priorize

Based on percentages or setter tendencies.

Pay attention to combinations or zones of net-based on memory of previous play or

Help out or Bunch (depends on team strategies)

Depends on team strategies & individual player reading capacity

Basic defensive priciples

Basic defense principles

Basic visual cues for defenders: Receiver-Ball-setter-ball-hitter-ball

Read & React-based on information gathering and decision making-can be simple or can

Direction & speed of the set. Position of blockers and final interventic

Also based on game plans, % of sets to positions, hitting angle

Priorize

Based on percentages or setter and hitter tendencies .

Based on game plan and responsability(i.e.: special adjustments)

Position 4 player :

Blocking: ➡
Block vs opponent position 2 at
Help or bunch vs quick attack &
Triple block on highball situation

Defence ⇢ ▶
Defend sharp diagonal hard hit
Defend tip behind blocker
Defend tip by middle attacker

Movement and block defence is
based on game plan

S

Position 2 player :

Blocking: ➡
Block vs opponent position 4 at
Help or bunch vs "31" & pipe
Triple block on highball situation

Defence ⇢ ▶
Defend sharp diagonal hard hit
Defend tip behind blocker
Defend tip by middle attacker

Movement and block defence is
based on game plan

S

Position 3 players :

Blocking: ➡
Block vs opponent attackers
Read & react or "commit" block
Blocking based on game plan a
setters & hitter tendencies

Defence ⇢ ▶
Defend tip behind outside block
on 1 x 1 situation

Must communicate to other blo
and defence.
Must memorize opponent sette
hitters actions and make decisi
based on game plan.

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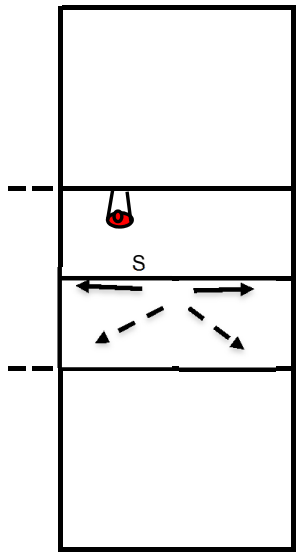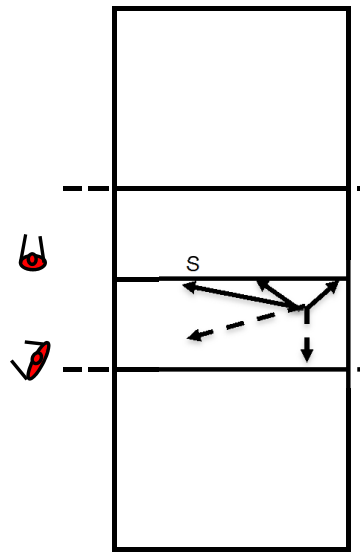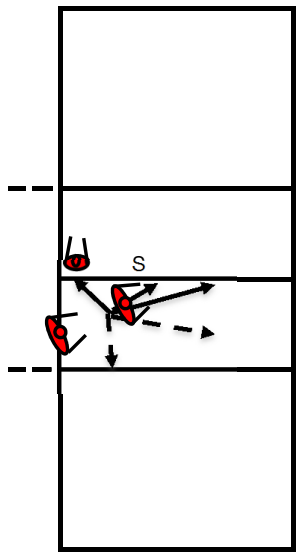
Defensive basic position:

Area of responsibility on good rec
starting position is about 6 meters ba
position 1-6 defenders. About 7 mete
position 6 defender.
Blockers role to funnel or deflect atta
defence. Defender "must defend"
Area of responsibility on bad rece
Starting position is same but position
defenders goes back to 8-9m expecti
2 to 3 man block. Expect tips, rolls or
deflections

specific positioning of some
NB.: position
"shift" or "switch" will likely be required in
relation to game plan.
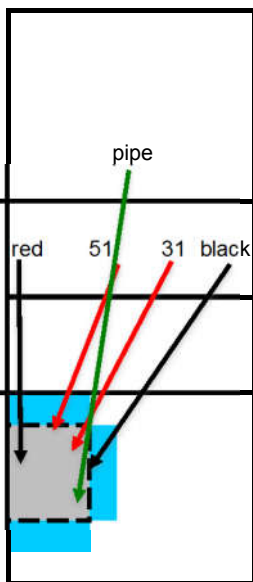
Position 5 defender

pipe

red   51   31   black

Area of responsibility on good rec
Base position is about 6 meters from ne
and 1 meter from sideline. Base position
based on optimizing intervention of play
Move from defending quick set, to pipe,
fast outside set should be quick and effi
Area of respoonsibility on bad rec
Same starting position but in these si
defender should "recognize" situation
3 man block.
2 man block: play outside blocker
3 man block: expect inside wipe, tip a
net to zone 4 or roll to middle court.

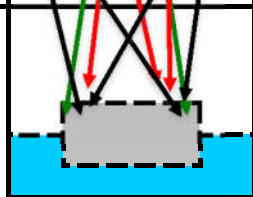## Position 2 defender

pipe

red   51   31   black

Area of responsibility on good rec
Base position is about 6 meters from ne
and 1 meter from sideline. Base position
based on optimizing intervention of play
Move from defending quick set, to pipe,
fast outside set should be quick and effi
Area of responsibility on bad rece
Same starting position but in these si
defender should "recognize" situation
3 man block.
2 man block play outside blocker
3 man block expect inside wipe, tip a
net to zone 2 or roll to middle court.

Position 6 defender

pipe

red   51   31   black

Area of responsibility on good rec
First defend 1st tempo and pipe on perfect
reception
On good reception and fast outside s
(super) first defend "hole in the block

Area of responsibility on bad rece
Since situation should be 2 or 3 man
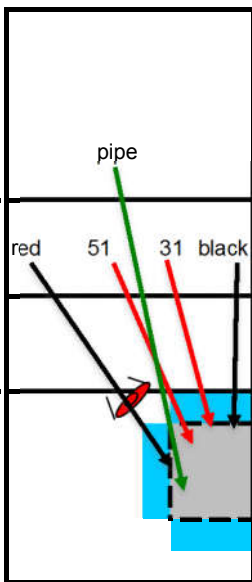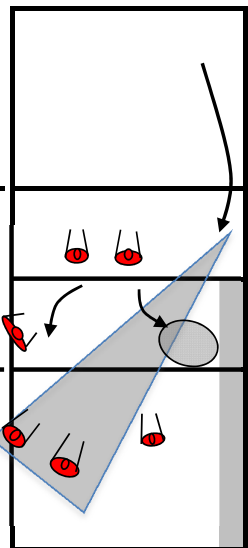area of responsibilty increases ro inc
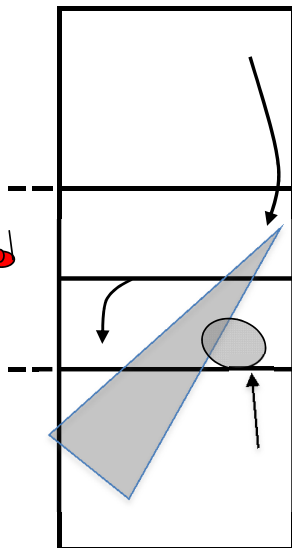end line

TEAM CANADA
VOLLEYBALL

One (1) blocker:

Middle blocker responsible for tips

Our position 4 player must back up to 3 meter line for diagonal hit

Overload diagonal zone with defender

Blocker must have "hand on ball" and be disciplined(good press) taking middle court away

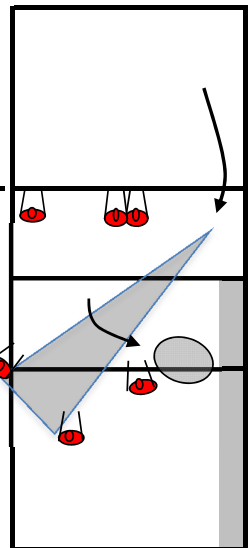Our position 6 defender can come in the court to 8

Two (2) blockers- block

Middle blocker responsible for tips

Our position 4 player must back up to 3 meter line for

Position 2 blocker block solid line

Our position 6 defender first cover area between blockers. When area is closed he must be on end

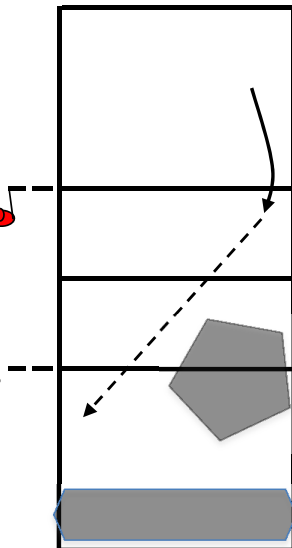Position 1 defender is responsible for tips.

Two (2) blockers- block diagonal:

Position 4 defender must cover tip

Position 1 player to defend line hit

Position 6 defender is responsible for deflexion and deep hits

Position 2 blocker must block diagonal
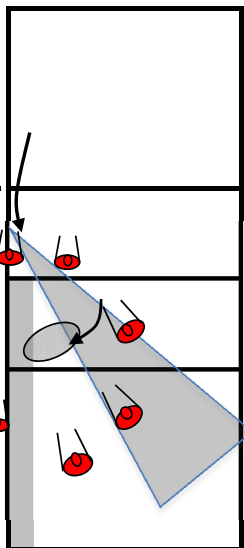
Three (3) blockers- block

Position 1 player responsible for tips

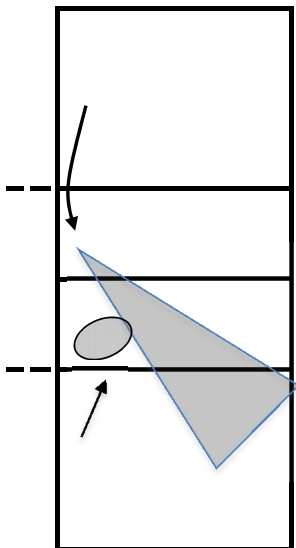Position 6 defender is responsible for deflexion and deep hits. He mus be oon end line.

One (1) blocker:

Middle blocker responsible for tips

Our position 2 player must back up to 3 meter line for diagonal hit

Overload diagonal zone with defenders

Blocker must have "hand on ball" and be disciplined (good press), taking middle court away

Our position 6 defender can come in the court to 8

Two (2) blockers- block

Position 5 defender is responsible for tips

Our position 2 player must back up to 3 meter line for

Position 4 blocker blocks solid line

Our position 6 defender first covers area between blockers. When area is closed, he must be on end

Three (2) blockers- block diagonal:

Position 2 player responsible for tips

Position 5 player to defend line hit

Position 4 blocker must block diagonal
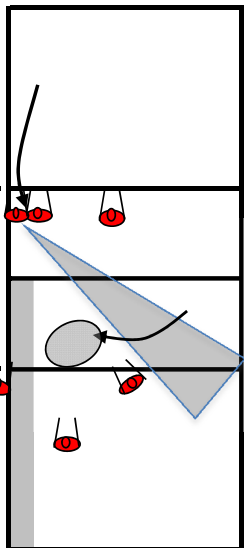
### Three (3) blockers- block

Position 5 player responsible for tips

Position 6 defender is responsible for deflexion and deep hits

Position 4 blocker must block line and other blockers must be disciplined and agressive
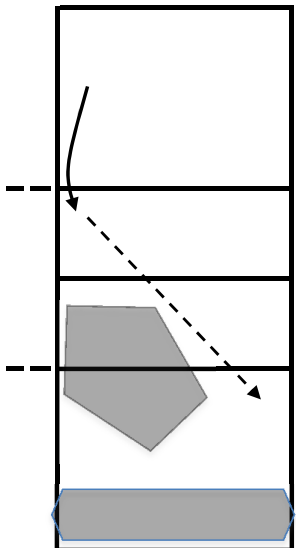
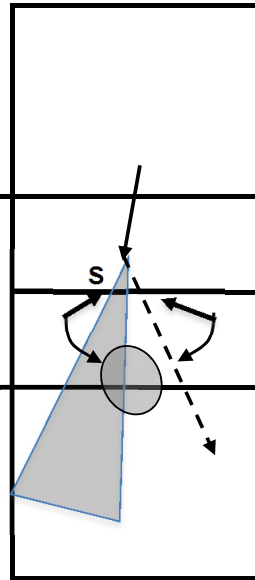# movement and responsibility of players in blocking situation-attack from posi

Block vs 51: block zone 5

Middle blocker take away
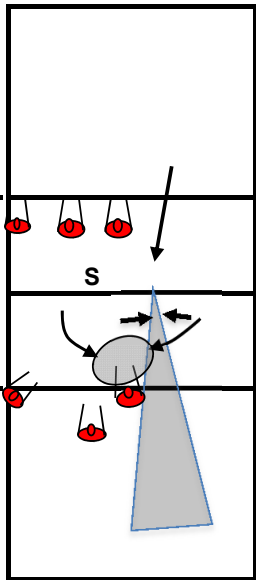zone 5
Position 6 & 1 defenders
defend zone 1-6
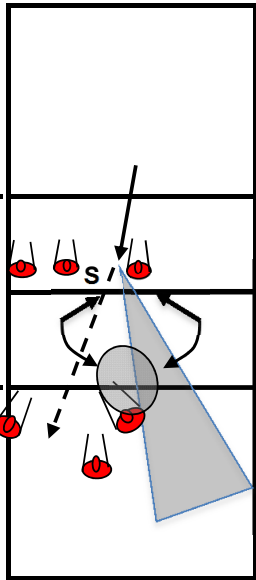
Block vs 51: block zone 1

Middle blocker takes away
zone 1
Position 5 & 6 defenders
defend zone 5-6

Block vs 31:

Middle blocker read & react
to close zone 1
NB.: Middle doesn't front
31 unless told otherwise
Position 6 & 1 defenders
defend zone 1-6

Block vs 61

Middle blocker reads &
reacts to close zone 6
NB.: Middle doesn't front
61 unless told otherwise
Position 5 & 6 defenders
defend zone 5-6