

Defensive Structures:

The following defenses, utilize different strengths for all teams to know and use throughout the season. **Depending on age groups & abilities, ALL teams will benefit from learning ALL the defenses early in season.** Having the ability to shift defenses quickly will benefit you in long tournaments and against different teams. \triangle = Base, \longrightarrow = Read/ Transition, \otimes = Player

- B. Perimeter Defense. This is a higher level defense that typically allows the block to take angle and leave line open. The back row players take a deeper line shot while middle back fills the seam or reads the block to take to the best shoulder angle.
- Off Side Blockers always take sharp tip angle. Make sure they are not too deep in transition. Inside the 10 foot area and pulled in slightly.
 - Wings (right & left back) take a drop –step-hop approach to transition. Use hands on higher balls going line and stay on toes to pursue tips behind the block down line.
 - Middle back fills the seam first and if the block is closed, they take to the best angle of the attacker's approach and arm. The line in each diagram shows this.

1) Defensive look- Blocking the Outside

2) Defensive look- Blocking the Right side

3) Defensive look- Blocking the Middle

