

## 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. Rotation Defense. This defense is usually used when your blocking is strong and can be a threat in your defensive scheme.
- 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 the tip behind the block or around the block.
  - Middle back pulls line to take the deep line attack or fills the seam in the block if it's not closed

1) Defensive look- Blocking the Outside

2) Defensive look- Blocking the Rightside

3) Defensive look- Blocking the Middle

