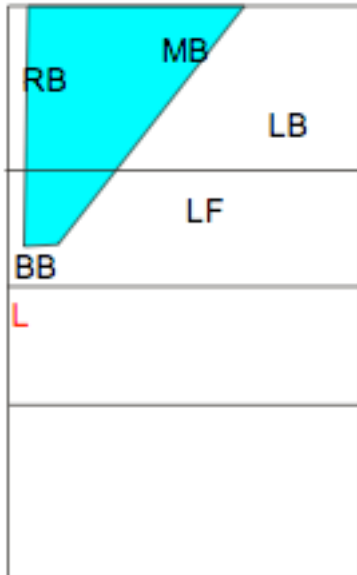



Defensive Strategies

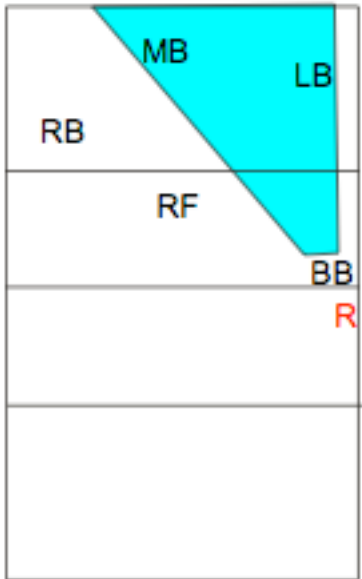
Perimeter Defense:

Against a left-side hitter:



- The blockers are primarily responsible for taking away the line shot.
- The LF player is responsible for tips.
- The RB player is responsible for anything down the line and tips straight over the block.
- The LB player is responsible for the cross-court shot outside of the block and the extreme angle.
- The MB is responsible for any seam that is left in the block. If the block is closed then the MB player reads the hitter and adjusts to the best position on the end line to cover. MB is responsible for the entire backline.

Against a right-side hitter:



- The blockers are primarily responsible for taking away the line shot.
- The RF player is responsible for tips.
- The LB player is responsible for anything down the line and tips straight over the block.
- The RB player is responsible for the cross-court shot outside of the block and the extreme angle.
- The MB is responsible for any seam that is left in the block. If the block is closed then the MB player reads the hitter and adjusts to the best position on the end line to cover. MB is responsible for the entire backline.

Things to Note:

- Perimeter is designed to set up around the boundaries of the hitting area and keep all hits in front of the defense.
- In a perimeter defense the players must be able to read and react to the offense as well as the defense (especially if the block does not close).
- The defensive players need to freelance a bit and make good judgments on what is happening and adjust to stop the offense.
- Strengths:
 - Perimeter defense works particularly well if you are up against a very strong outside hitter because it will generally funnel that hitter to hit against your best defender (usually your Lib if she's in LB), or have her free to roam a huge area of the court (if she's in MB).

- Perimeter is geared to prepare for big, strong, deep shots from the opposing outside attackers; get a controlled dig; and counter-attack as quickly as possible.
- Weaknesses:
 - If you're playing against a smart hitter that is able to place the ball well, deep MB and just over the block are usually open.
 - If your block does not close consistently, the hitter will have a field day hitting what is probably her strongest shot: cross-court through the seam.
 - If your setter is in the back-row and does not release well, she will have a hard time getting to a lot of the transition balls your defense does manage to dig up.