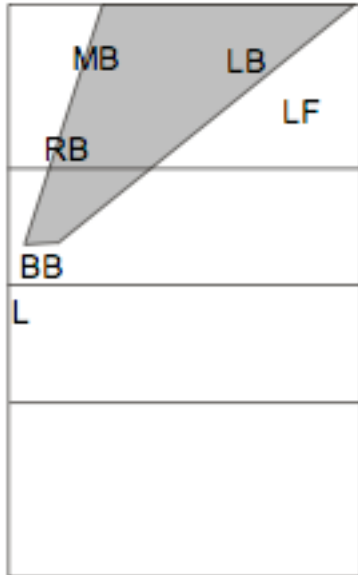


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Defensive Strategies

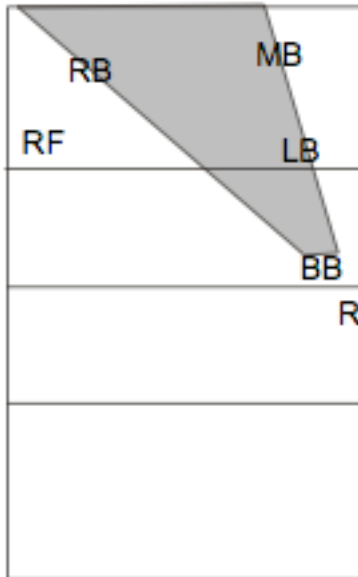
Rotational Defense:

Against a left-side hitter:



- The blockers are primarily responsible for taking away the cross shot (deep middle of the court).
- The RB player is responsible for tips and short down the line.
- The MB player is responsible for anything deep down the line and shares responsibility for the deep middle.
- The LB player is responsible for the seam between the block if the block does not close. If the block does close then LB is responsible for deep corner. LB also splits responsibility for the deep middle of the court.
- The LF is responsible for the cross court hit outside of the block.

Against a right-side hitter:



- The blockers are primarily responsible for taking away the cross shot (deep middle of the court).
- The LB player is responsible for tips and short down the line.
- The MB player is responsible for anything deep down the line and shares responsibility for the deep middle.
- The RB player is responsible for the seam between the block if the block does not close. If the block does close then RB is responsible for deep corner. RB also splits responsibility for the deep middle of the court.
- The RF is responsible for the cross court hit outside of the block.

Things to Note:

- Rotation defense is designed to shift around to overload defending the line and free up the back-row setter.
- In a rotation players must be able to move quickly to their responsible area of the court once the ball is set.
- Strengths:
 - Rotation defense works particularly well if you are up against a very predictable outside hitter, especially if she hits cross-court the majority of the time. A good solid block that is geared to take away the cross-court shot is the foundation of a good rotational defense.
 - By forcing a hitter to hit line, you are giving her a smaller area of the court to aim at (as opposed to hitting cross), which you have covered with 2 defenders.
 - Rotation is also beneficial in that against an opposing team's OH who will get set 75% of the time, your setter is in an easy position to transition for a counter-attack.

- Weaknesses:
 - If you're playing against a hitter that can hit line consistently she's going to thank you.
 - If you're playing against a smart hitter that can place the ball well, the middle of the court (short and deep) is almost always open.
 - It is very easy for your block to get tooled out of bounds.
 - If you don't have people playing MB who are agile enough to get to the line the defense breaks down.
 - Wherever you place your Lib on defense, she doesn't have as many balls forced directly at her as with perimeter (as most OH's will choose to hit cross-court against the block than hit line).