

## DEFENSE

### **Ready Position**

1. Feet shoulder width apart.
2. Toes pointed slightly in.
3. Neutral weight on balls of the feet.
4. Knees slightly flexed and slightly in.
5. Waist flexed dramatically.
6. Arms straight and away from body.
7. HANDS IN FRONT OF KNEES.
8. Head up, eyes on attacker.

### **Defensive Motion ( Fine Tuning )**

1. Hands and arms come together as arms move to attack line.
2. Shoulders and arms adjust to aim sweet spot at target.
3. Arms “give” with the ball to cushion speed.

### **Defensive Movements ( Footwork )**

**3 Step ( Step and Crossover ):** LF and RF getting off net to dig.

**Slide Step:** LB and RB moving backward to dig a line attack.

**Back Step and Push:** LB and RB moving backward to dig a line attack.

**Zorro Step ( Jab Step ):** RF and LF moving diagonal from net to dig versus CF.

### **COMMON ERROR**

### **SUGGESTED CORRECTIONS**

Feet Moving

Set your feet.  
Get stopped.  
Move early.  
Hurry to get feet stopped before the attacker makes contact.

Weight Leaning to Side

Stop before attacker contact.  
Wait and react.  
Get neutral weight.  
Don't commit early.

Weight Leaning Back

Shoulders down.  
Point your toes and knees in.  
Bend at the waist.  
Shoulders forward.

Torso Too Upright

Shoulders down.  
Bend at waist.  
Shoulders forward.  
Hands in front of knees.

Arms Too Close to Body

Air out your armpits.  
Hands away.  
Arms out.

Arms Swinging at Ball

Quiet shoulders.  
Start with arms away.  
Give with the ball.

Single Arm Digs

Don't commit early.  
Have neutral weight.  
Rotate your shoulders.  
React with both arms.