

## Defence

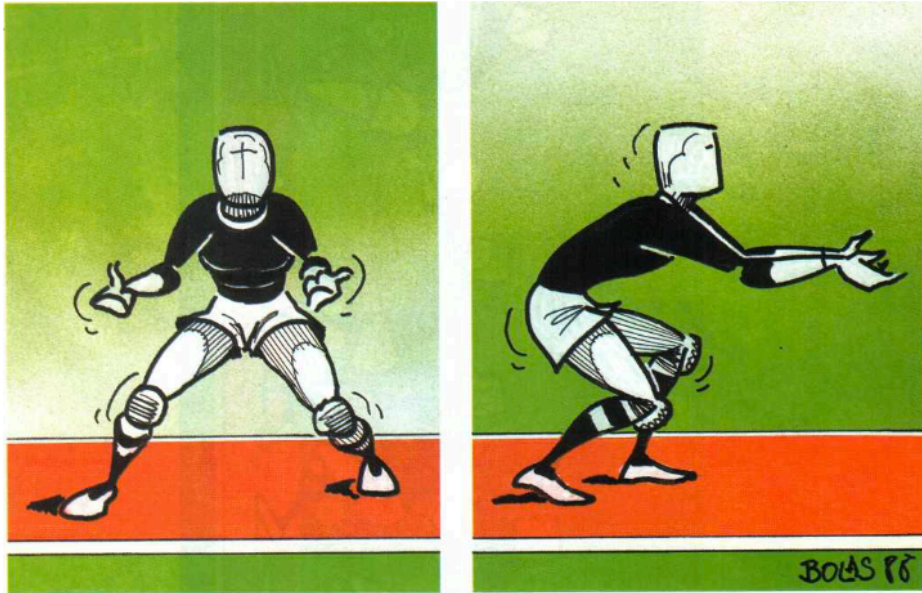


Figure 1: An illustration of the ready posture for defense.

**NB: Just like the digging posture, the player is in a low posture getting ready for any kind of ball that may come their way. The hands are open and forward ready to defend and get the ball up**

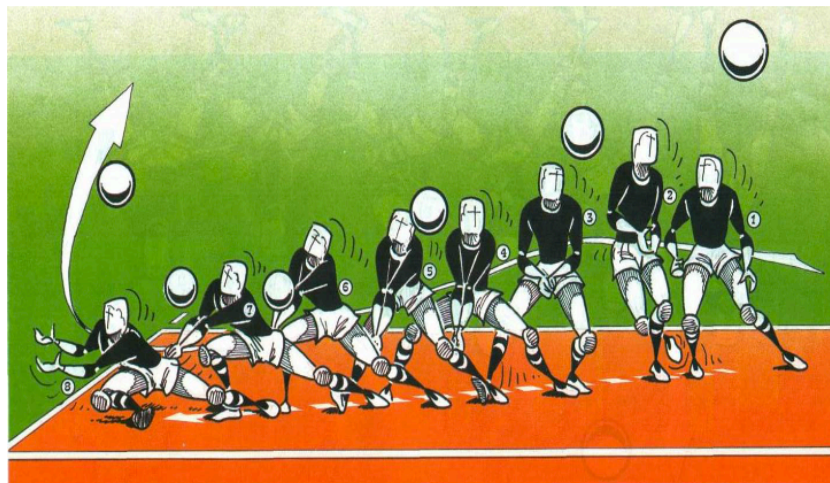
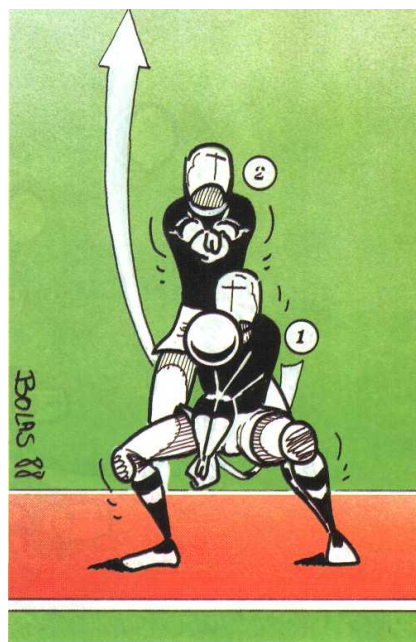


Figure 2: An illustration of defence on the side.



A



B

Figure 3: Illustrations of defence.

**NB: Notice that the player is in the low posture and that their platform is under the ball. The ball is targeted to contact the forearms. The player moves to go behind the ball in figure 2. The player in figure 3B has positioned themselves to be behind the ball and close its path. The elbows are extended, elbows locked and the thumbs are facing down. In cases where the attack is above the player's head, figure 3A shown the player closing the path of the ball with their hands raised and held together.**

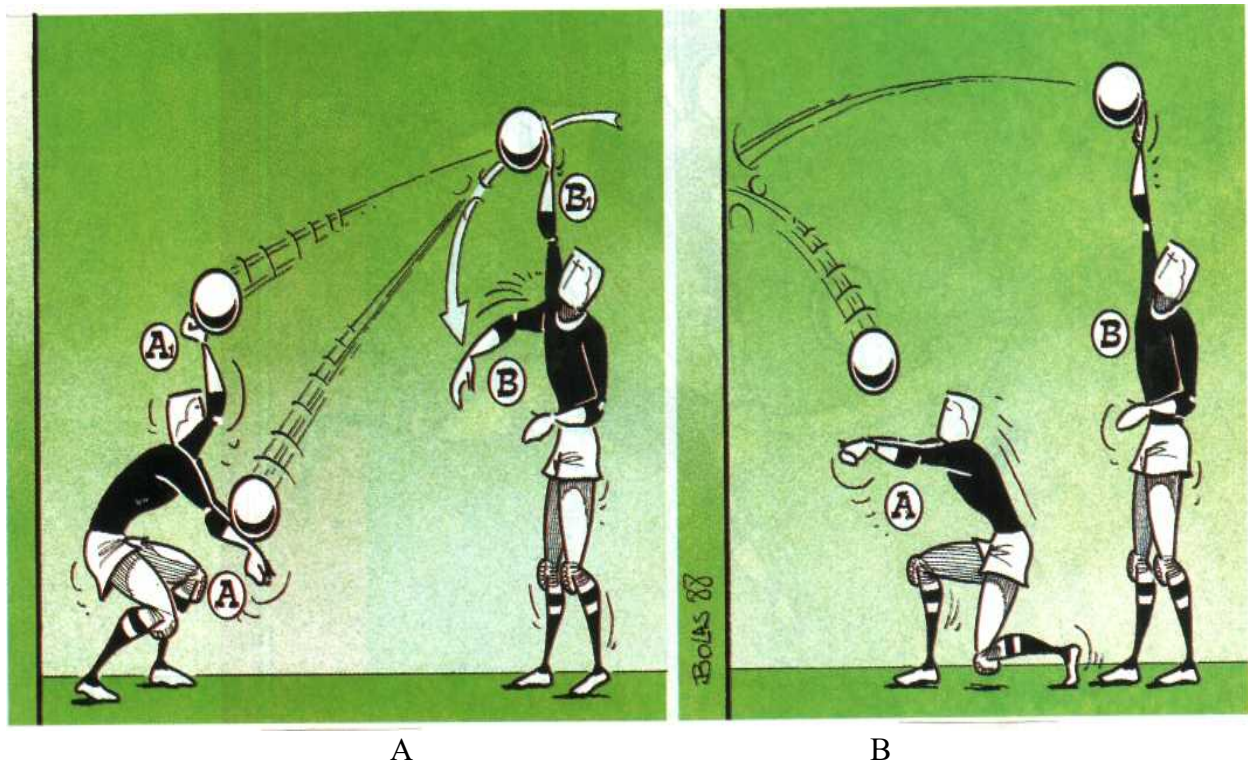


Figure 4: Illustrations of the type of defence depending on where the ball is.

**NB: this is a drill that can be done to work on adjusting to the type of defence. In figure 4A the hitting player varies the attack and the defender adjusts accordingly. In figure 4B the attacker stands behind the defender, with both of them facing the wall. Here the defender has to be alert and pick the ball up when it comes off the wall from the attacker.**