

Beach Volley

Lecture 8

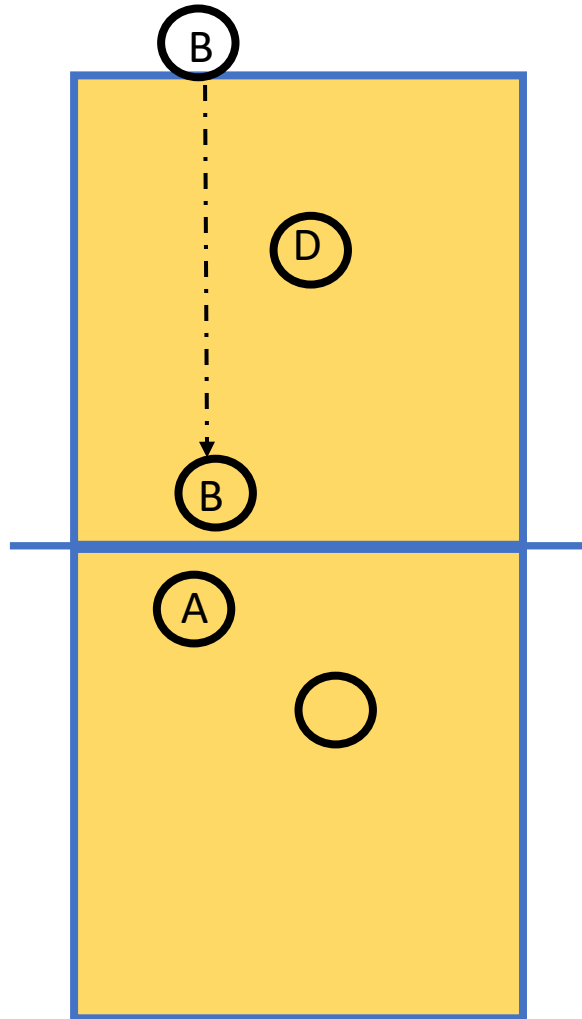
Block-Defence Tactic
Zones of responsibility
Special situations

Block-Defence. Gender differentiations

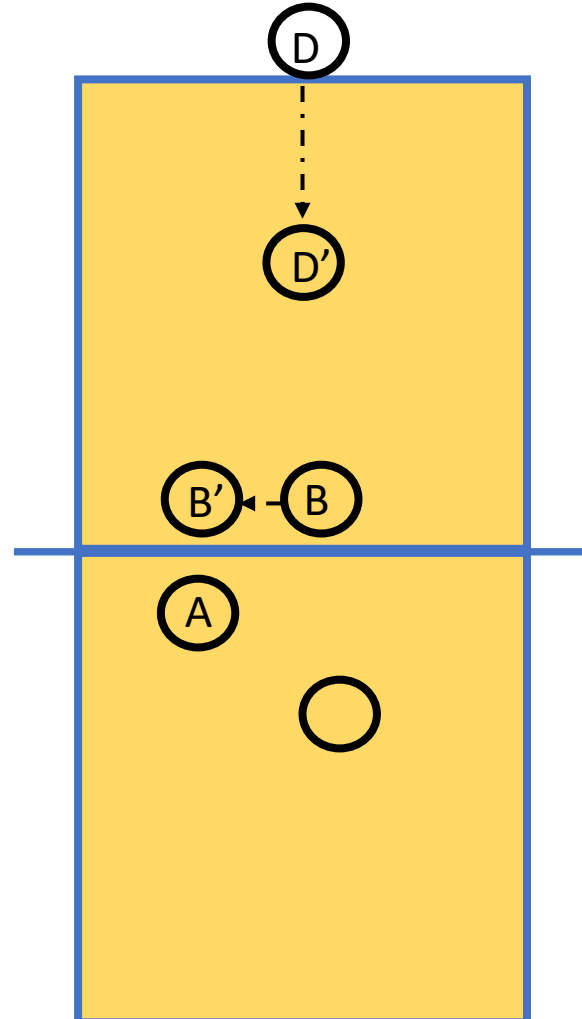
- 2 basic formations/systems
 - Non-Block defence (2 defenders)
 - Block- defence. Starting position for the court defender in the center of the court.
- Women
 - + non block formations
 - +free ball complexes

Zones of responsibility

Serve by Blocker



Serve by defender



Block-Defence Systems

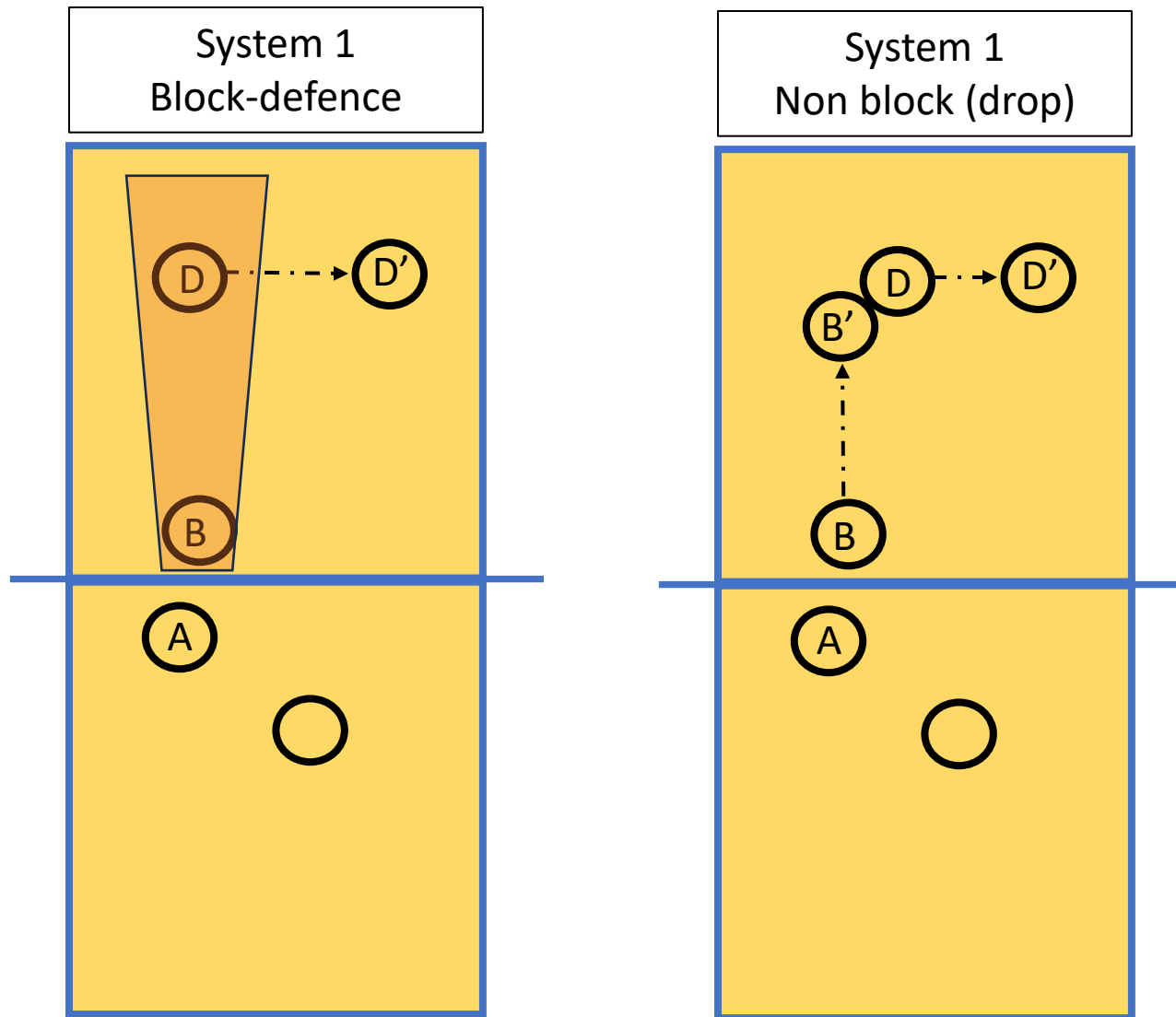
- System 1

- Blocker covers line hard spikes
- Defender covers cross hard spikes and roll shots to the rest of the court.

- System 2

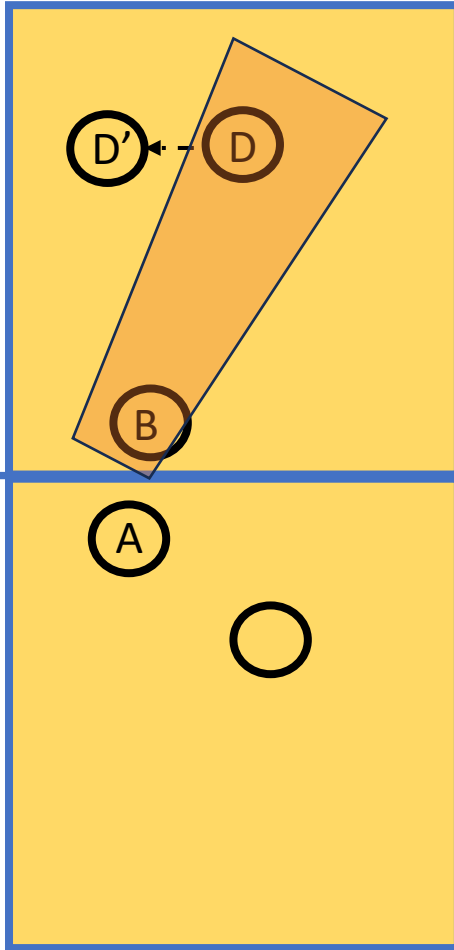
- Blocker covers cross hard spikes
- Defender covers line hard spikes and roll shots to the rest of the court.

Zones of responsibility

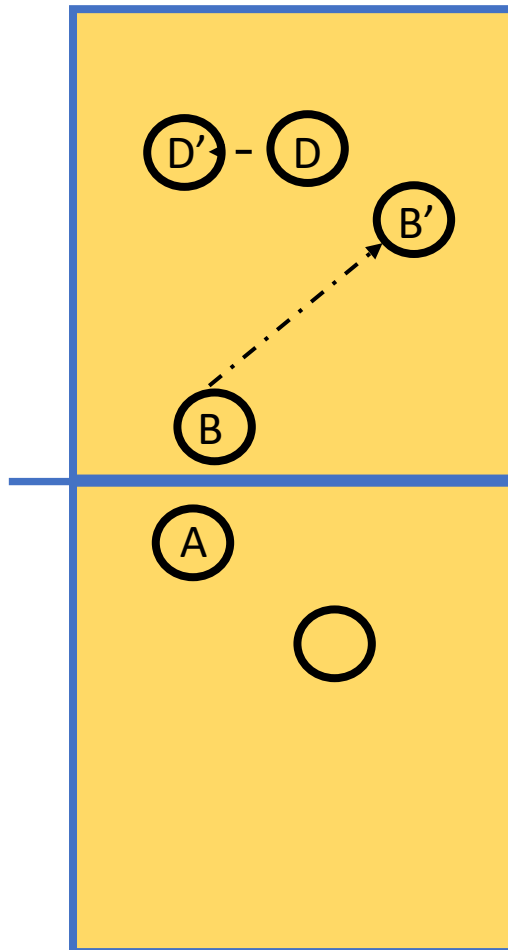


Zones of responsibility

System 2
Block-defence



System 2
Non block (drop)



Block vs Drop

- Block

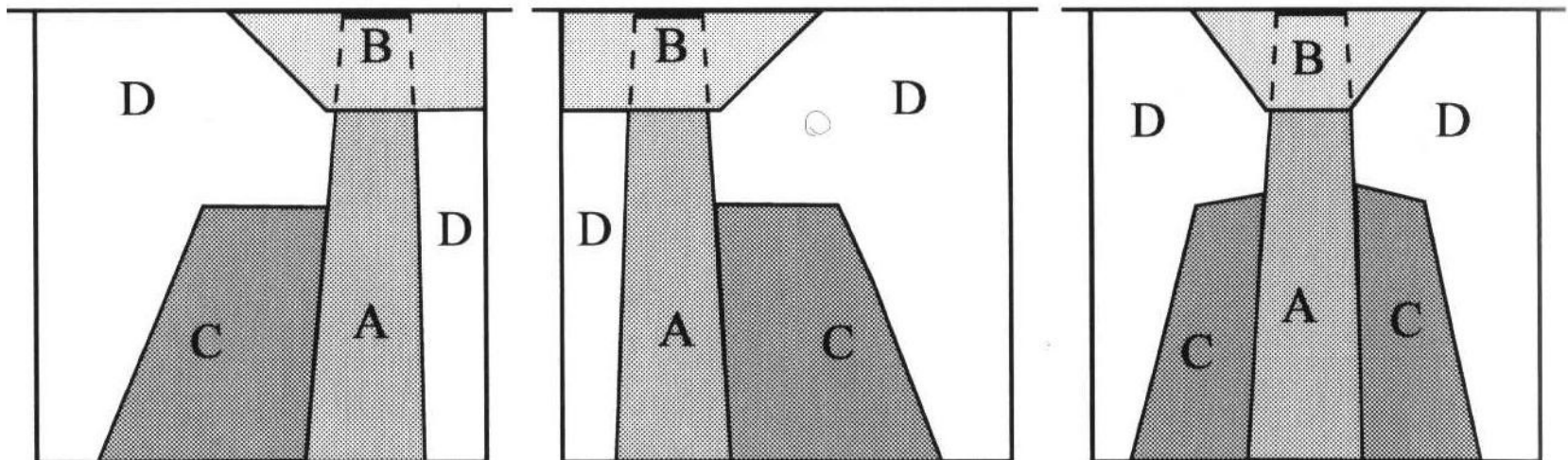
- Cover bigger space
- Less space for the defender
- The spike over the blocker must be with high trajectory
- Press the attacker and forced him to play conservatively

- Drop

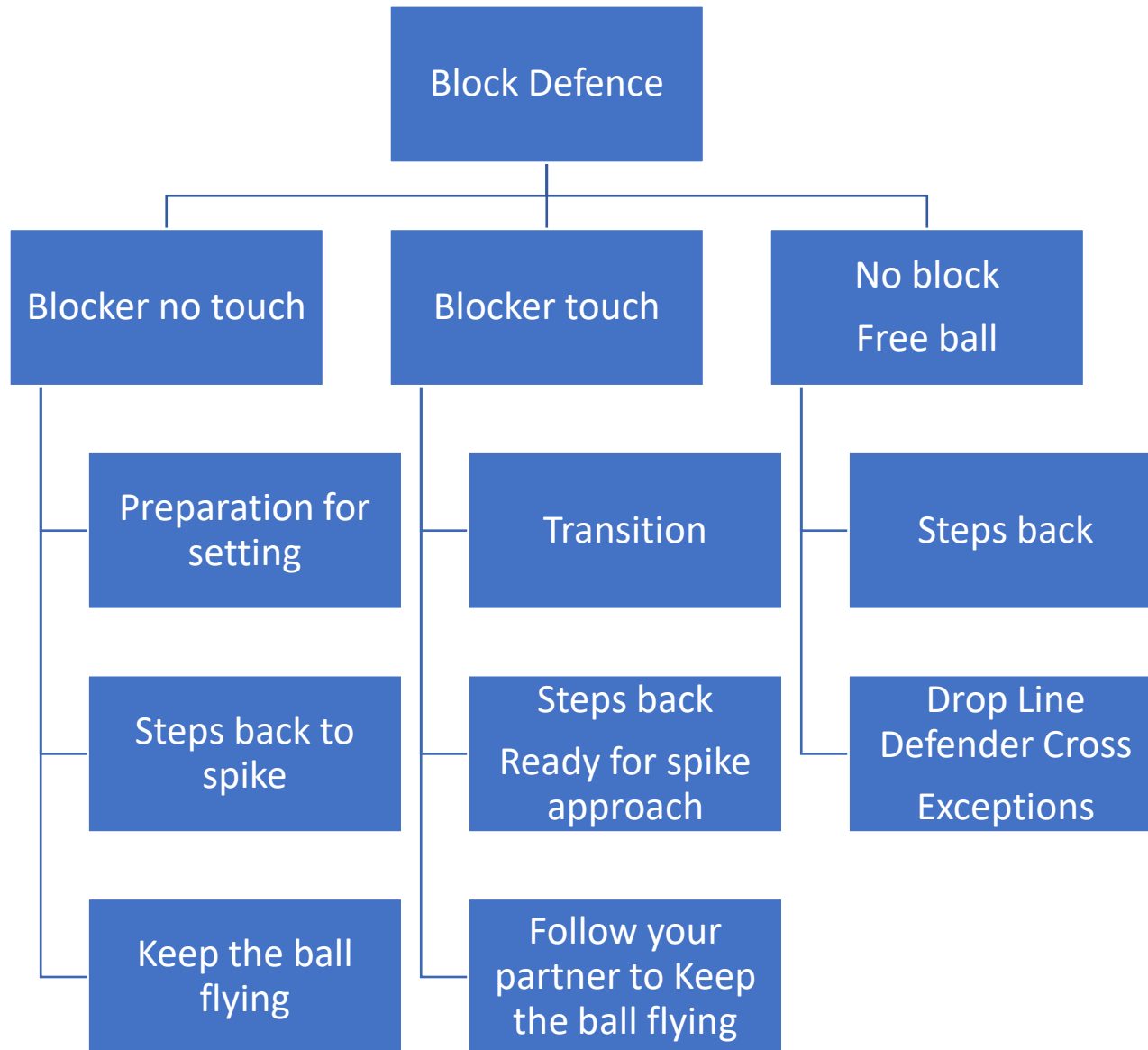
- 2 Formations (line –cross)
- 3 steps

Zones of responsibility

- Blocker
 - A vs hard driven shots
 - B vs Trick attacks
- Defender
 - C vs hard driven shots
 - D vs Roll shots or pokes



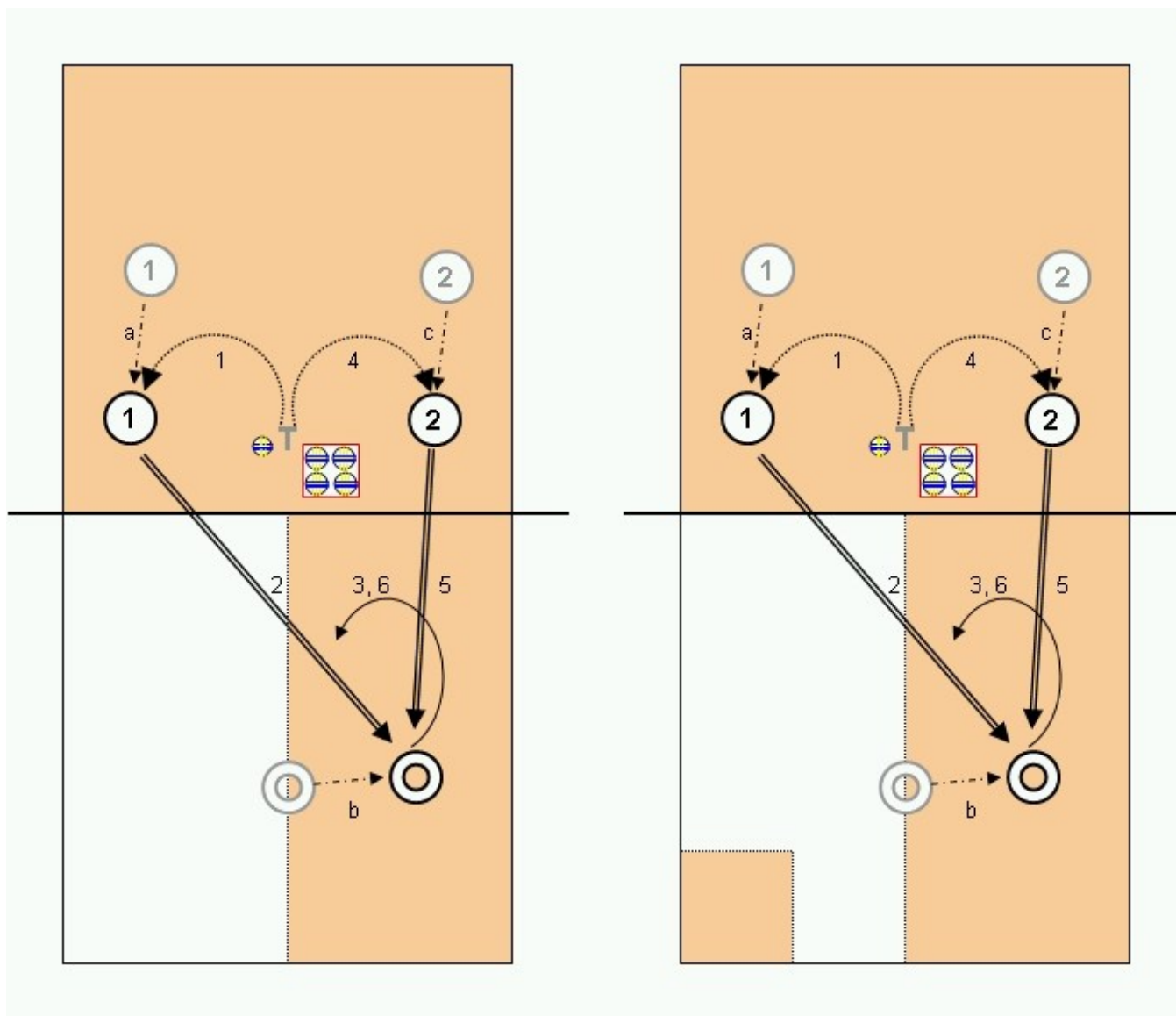
Decision tree



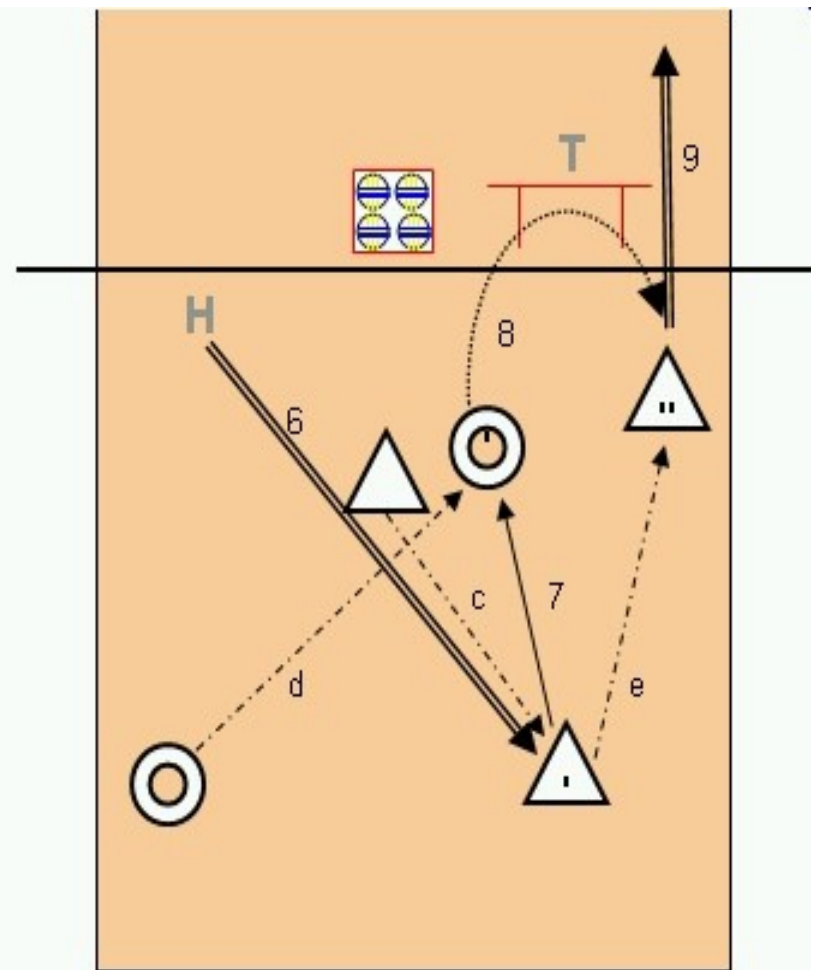
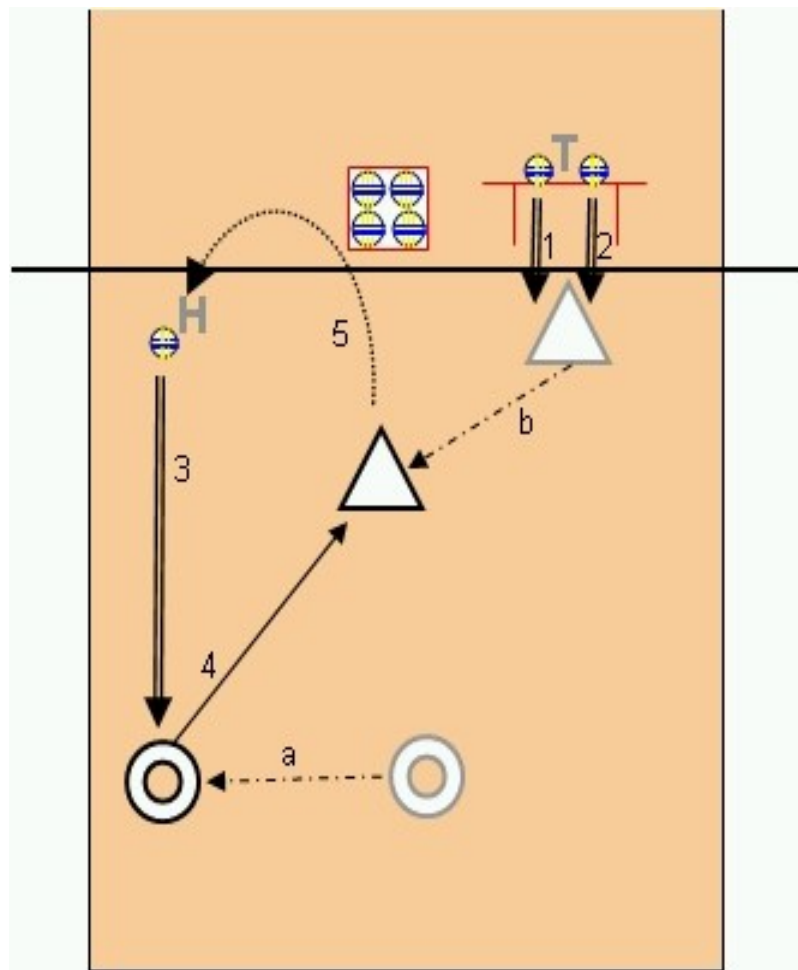
Play the game



Drills 1



Drills 2



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