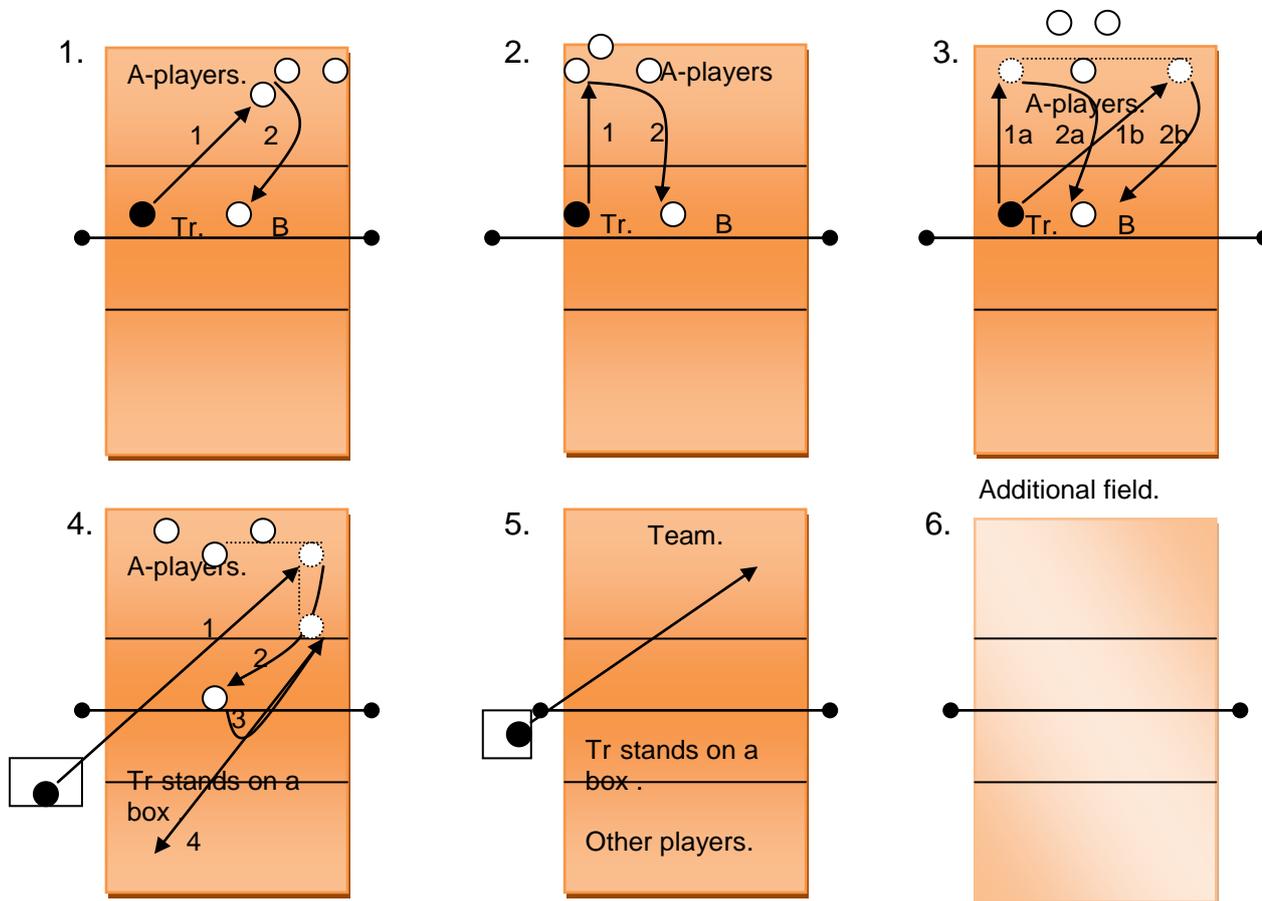




Training 02 , first edition.

Emphasis: Defence.



Exercise 1) The group is divided. One group defends, the other group looks after the ball security and makes sure that the trainer always has a ball.
The trainer strikes the ball diagonally to an A-player.
This player defends the ball to position 3.
B plays once up and plays the ball over the net.

Exercise 2) The same as exercise 1 but now the trainer serves laterally, that is along the side line.

Exercise 3) The same as exercise 1 but now the defender starts on position 6. The feet of the trainer indicate the direction in which he will serve the ball.

Exercise 4) The same as exercise 1 but now the trainer stands on a box outside of the field and attacks diagonally to position 5.
The defender starts from position 6

Exercise 5) Identical to exercise 4, but first the team has to execute an attack behind the 3 meter line.
In the rally the second attack of the team is free.

Tips and explanations of the photos Training 02.



Photo 1.

The field defence is becoming increasingly important with women as well as men. Also on an international level men play increasingly rallies. The photo above gives a good image of the field defence with an attack from position 4. You see clearly the wide leg position. What the photo also shows is that at the moment the attacker of the opposite party strikes the ball, the defenders stand still. From this position a correction to all sides is possible.



Photo 2.

This photograph shows clearly that the arms are in front of the body, so that high or low defence can take place. The weight of the body rests on the front feet, so that a quick move forward can be achieved.