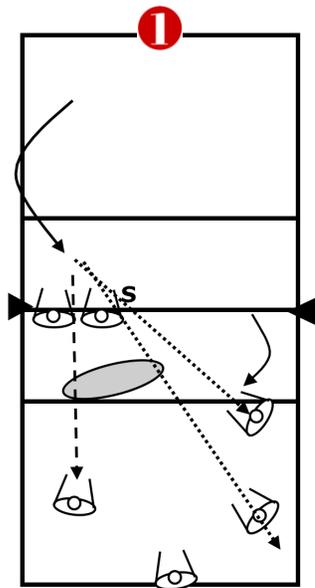




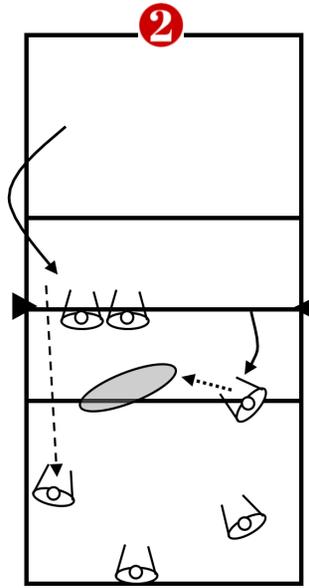
The Block-Defense Relationship for a 2-Player Block

The blockers are the **first line of defense** and the defenders are the **second line of defense**. If the ball goes past the block, the defenders have the responsibility of digging the ball up. There are several ways to organize the **relative position of the blockers and the defenders** to optimize success.

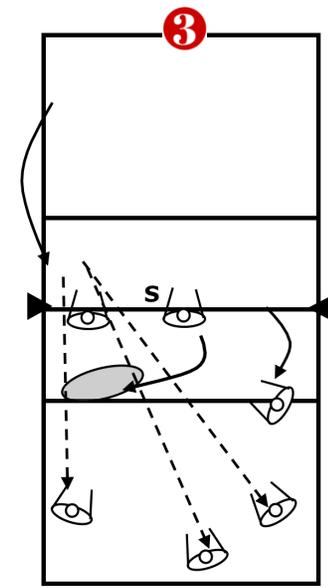
The block-defense relationship will vary based on **your team's system**, the **team you are facing** and may even vary within individual rallies. Below are three ways coaches can organize a block-defense relationship against a right side attack.



- The block is taking the line shot.
- The line defender is responsible for tips.
- The position 2 player moves off the net for the sharp-cross shot.
- The position 1 player stays just outside the block on the deep cross-court shot.
- The position 6 player is deep and ready for deflections.



- The block is taking the cross-court shot.
- The line defender is responsible for hard hits down the line.
- The position 2 player is responsible for tips and rolls.
- The position 1 player stays deep for the deep cross-court shot.
- The position 6 player is deep and takes a step towards the line to help with the line shot and deflections.



- There is a one-person block.
- The line defender is responsible for the line hit
- The position 2 player moves off the net for the sharp-cross shot.
- The position 1 and 6 players get outside the block to cover the cross court. The position 1 defender may read the hitter and step into the court.
- The middle is responsible for tips.