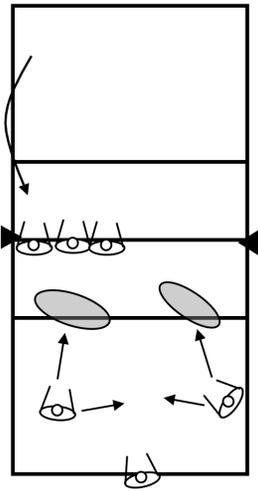




The Block-Defense Relationship for a 3-Player Block

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 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** and the **team you are facing**. Below is an example of how coaches can organize the block-defense relationship for a three-player block against a right side attack.



- The outside blocker is on the line so that **both the line and the cross-court shot** are taken by the blockers.
- The position **6 player stays neutral** and very deep in the court. This player may even be outside the court if it is known that the hitter will hit very hard off the hands of the blockers. The position 6 defender is responsible for deflections.
- The line defender steps inside to be **ready for both high line shots and the short tips** and rolls.
- The position 1 defender can stay neutral and be ready for deep cross-court shots or for tips and rolls. That defender can also move **outside the block for very sharp hits** if it is known that the attacker can hit this difficult shot.



The position of your defense on a three-player block will depend on:

The tendencies of you opponent

Where do they hit most of their balls? Do they tip or roll a lot on high balls? Can they hit the sharp cross-court or not?

The size of your blockers

Do you have a short blocker that hitters will exploit? Do you have a big middle that hitters will avoid?

The defensive abilities of your players

Can your position 5 defender move fast enough to cover both the rolls and deep shots? Where will your defenders be most efficient?