

DEFENSIVE FORMATIONS (II)

LESSONS 4-6

INTRO

- Εισαγωγή
 - Who is who
 - <http://scholar.uoa.gr/sodrikos>;
 - Basic didactic tools
 - E-class
 - Download apps
 - <https://www.microsoft.com/en-us/p/sport-board/9wzdncrdwzm9?activetab=pivot:overviewtab> (download)
 - <https://tactical-board.com/uk/volleyball-vertical> (on line)
 - MS Office PowerPoint (<https://delos365.grnet.gr/user>)
 - Teaching method
 - I.C.T.
 - [Flipped classroom](#)
 - Q &A

Offensive systems

- Team formation
 - How many passers, how many setters
 - Offensive Formation
 - Defensive modes
- Never attempt tactically what you can't execute technically
 - Age
 - Gender
 - Knowledge and Experience
 - Team's category (school team, U15, U18, U20...)
 - Training days/ week

Offensive systems

- Simple formations
 - Novice players
- Complex formations
 - Experts players
- Team formation (Attackers:Setters)
- Evolution of team's formation

6:6

4:2

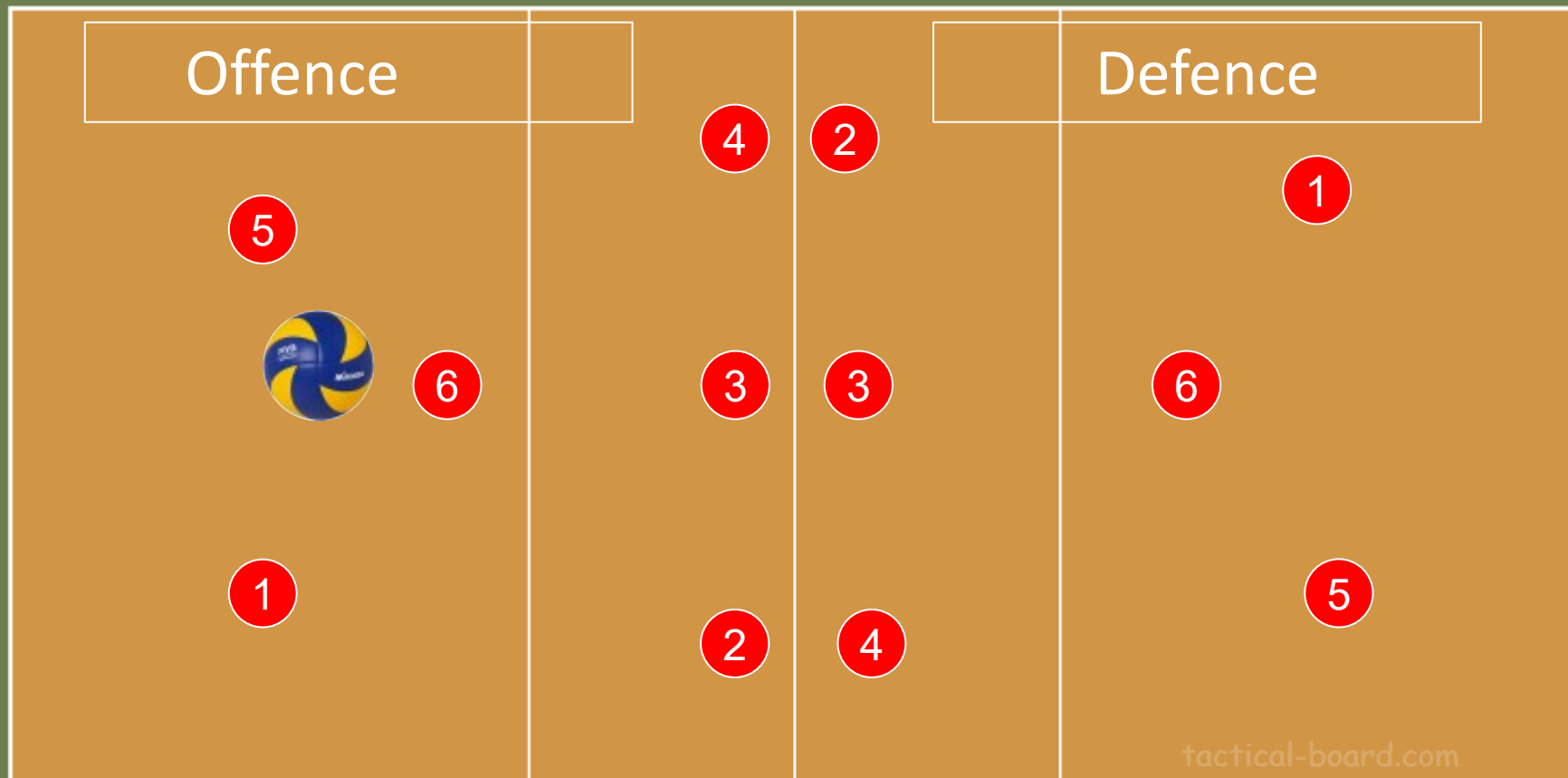
4:2 attackers
specialization

6:2 back
court setter

5:1

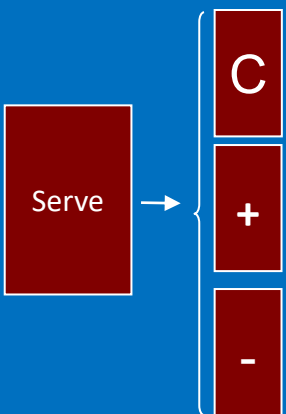


Structure of Volleyball (simple model)

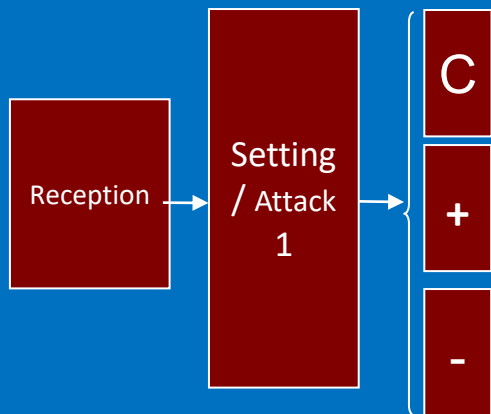


Scoring patterns

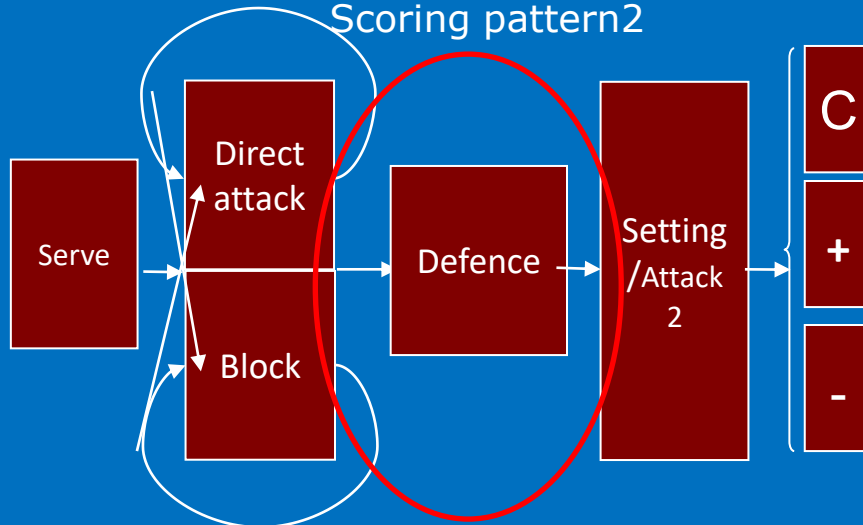
Scoring pattern0



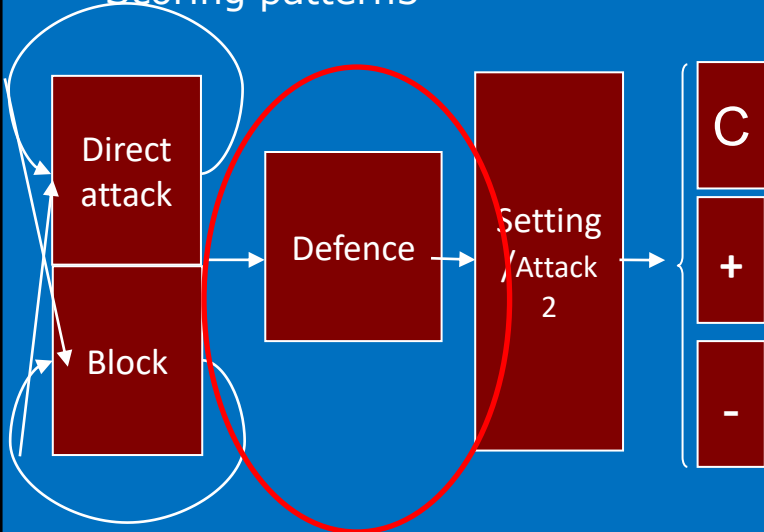
Scoring pattern1



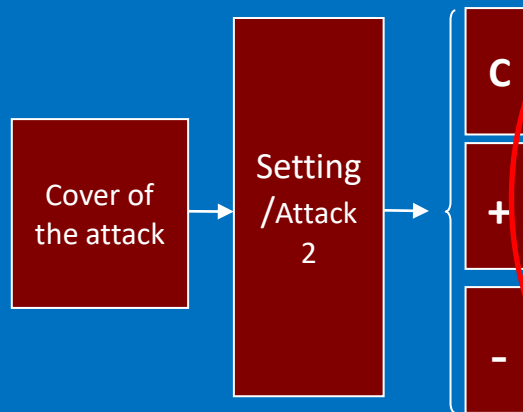
Scoring pattern2



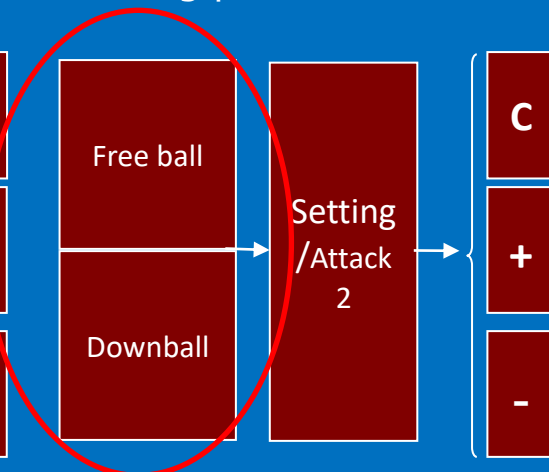
Scoring pattern3



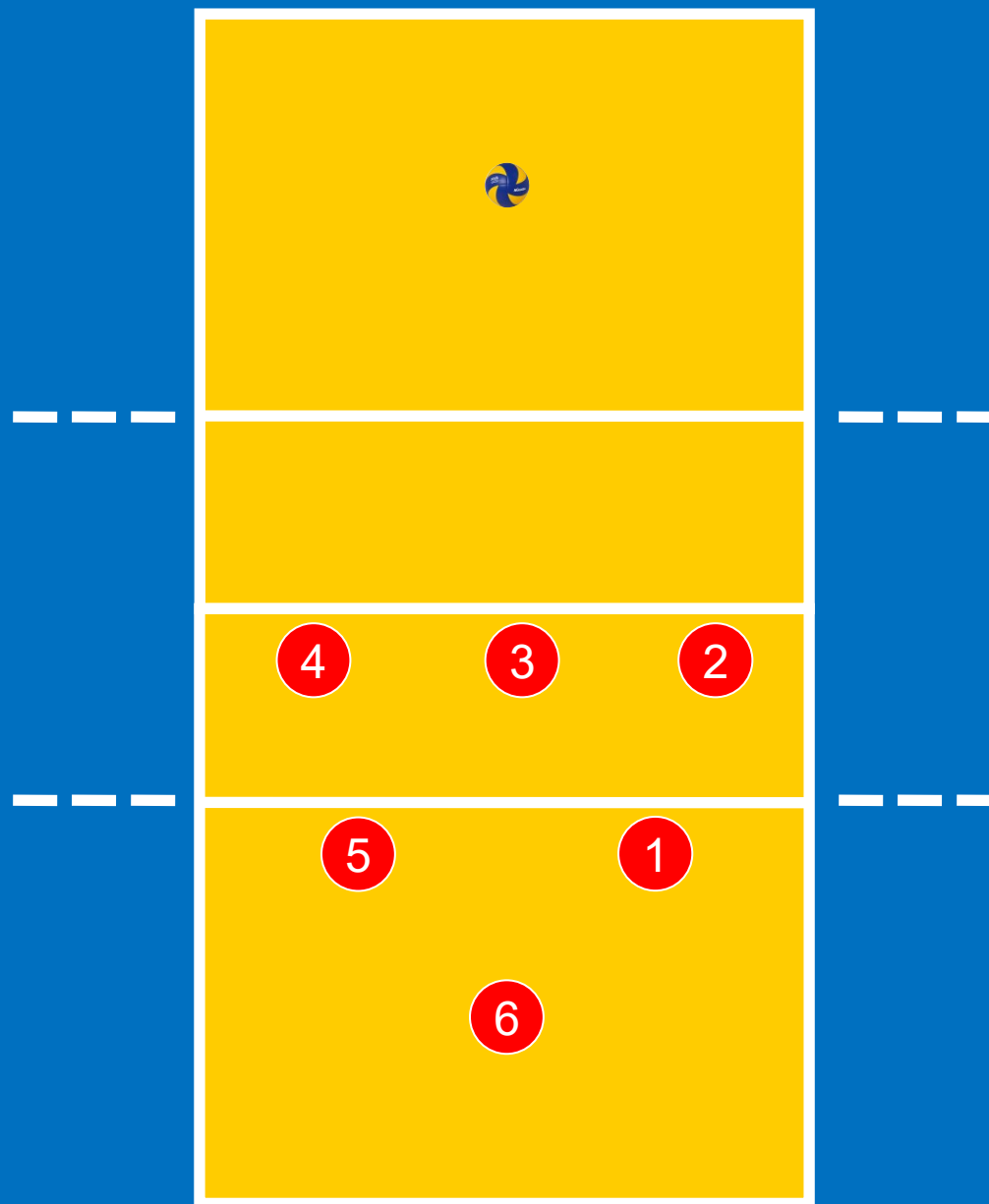
Scoring pattern4



Scoring pattern5

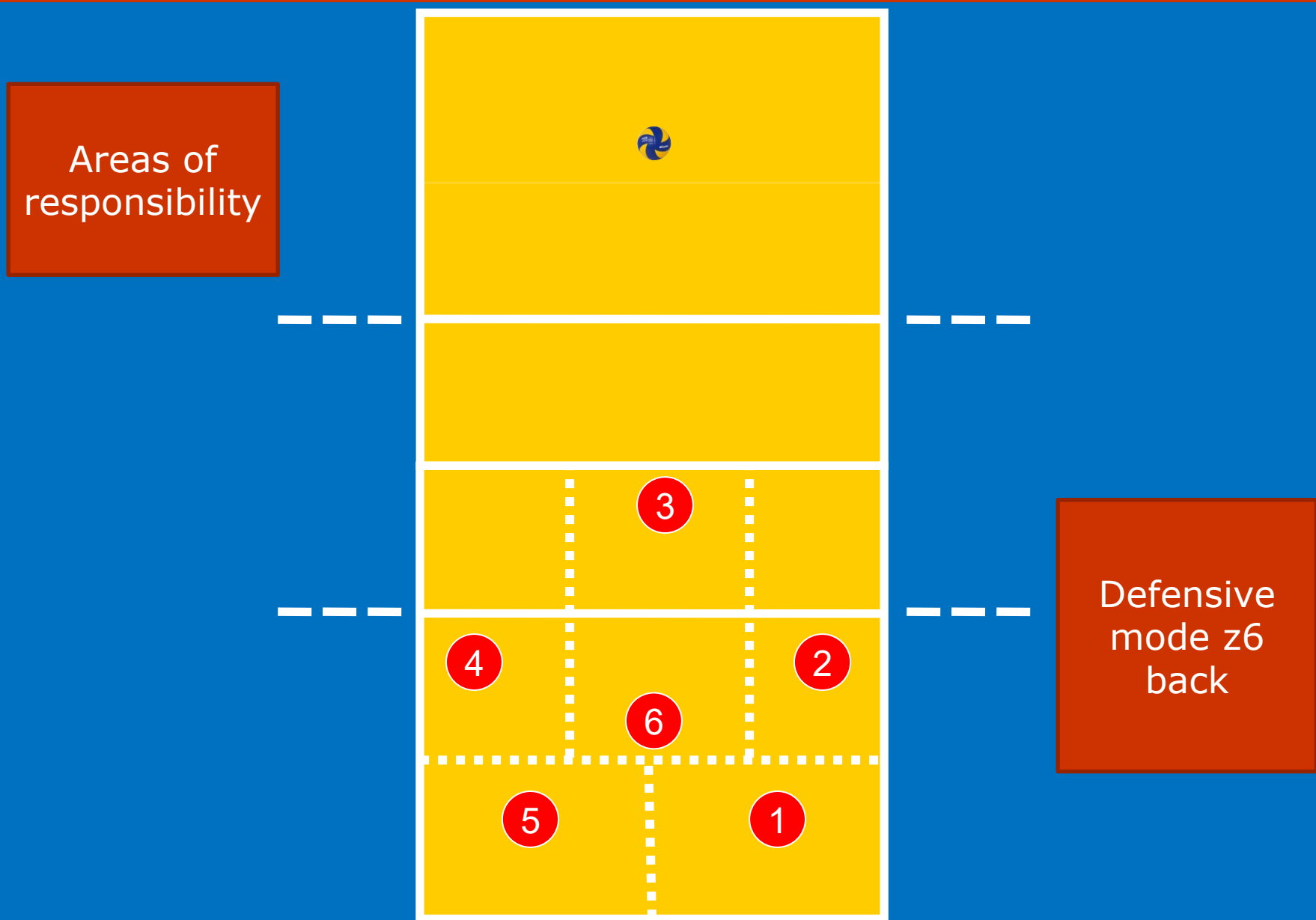


Defensive mode in a free ball with player of zone 6 back

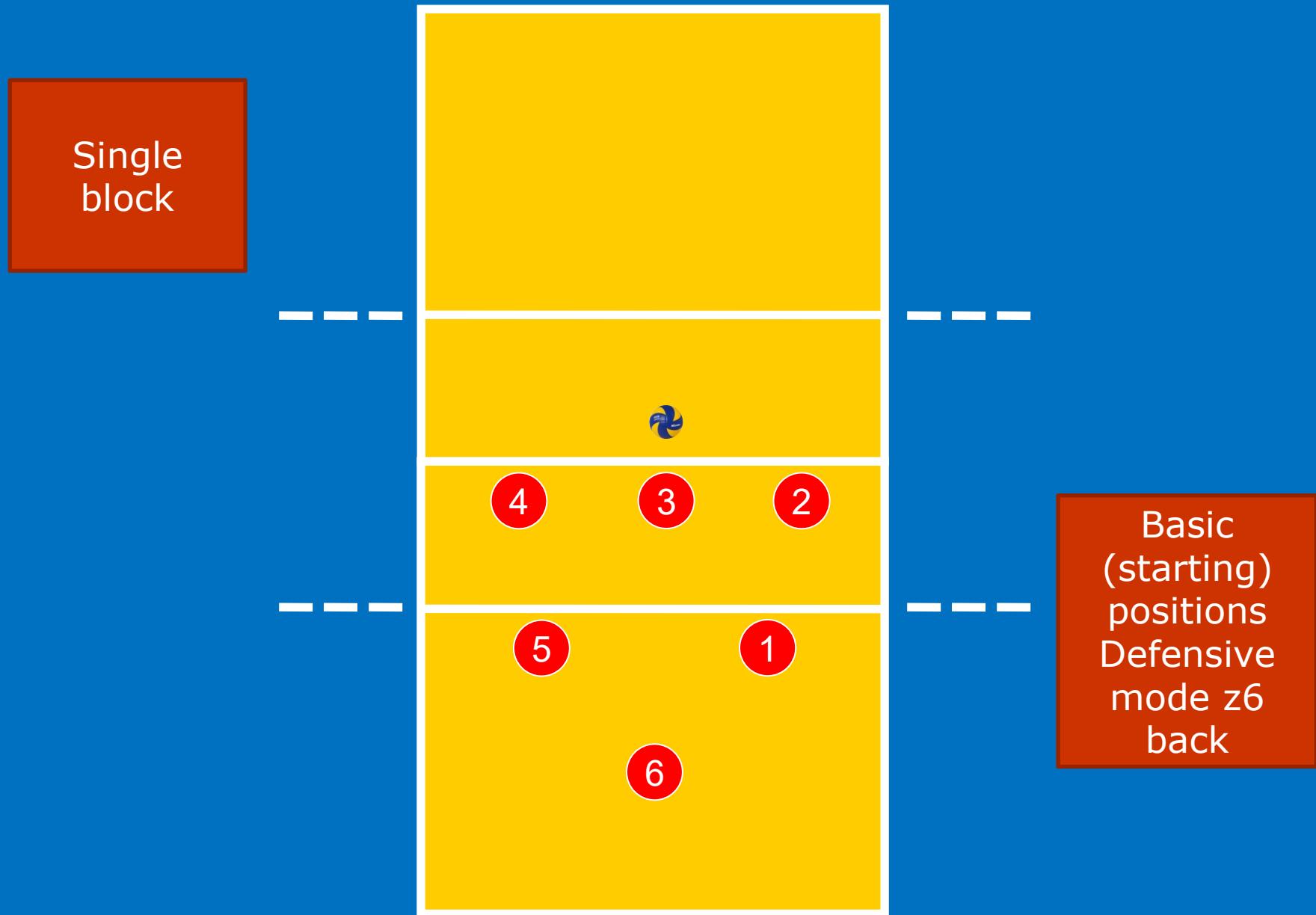


Basic
(starting)
positions
Defensive
mode z6
back

Defensive mode in a free ball with player of zone 6 back

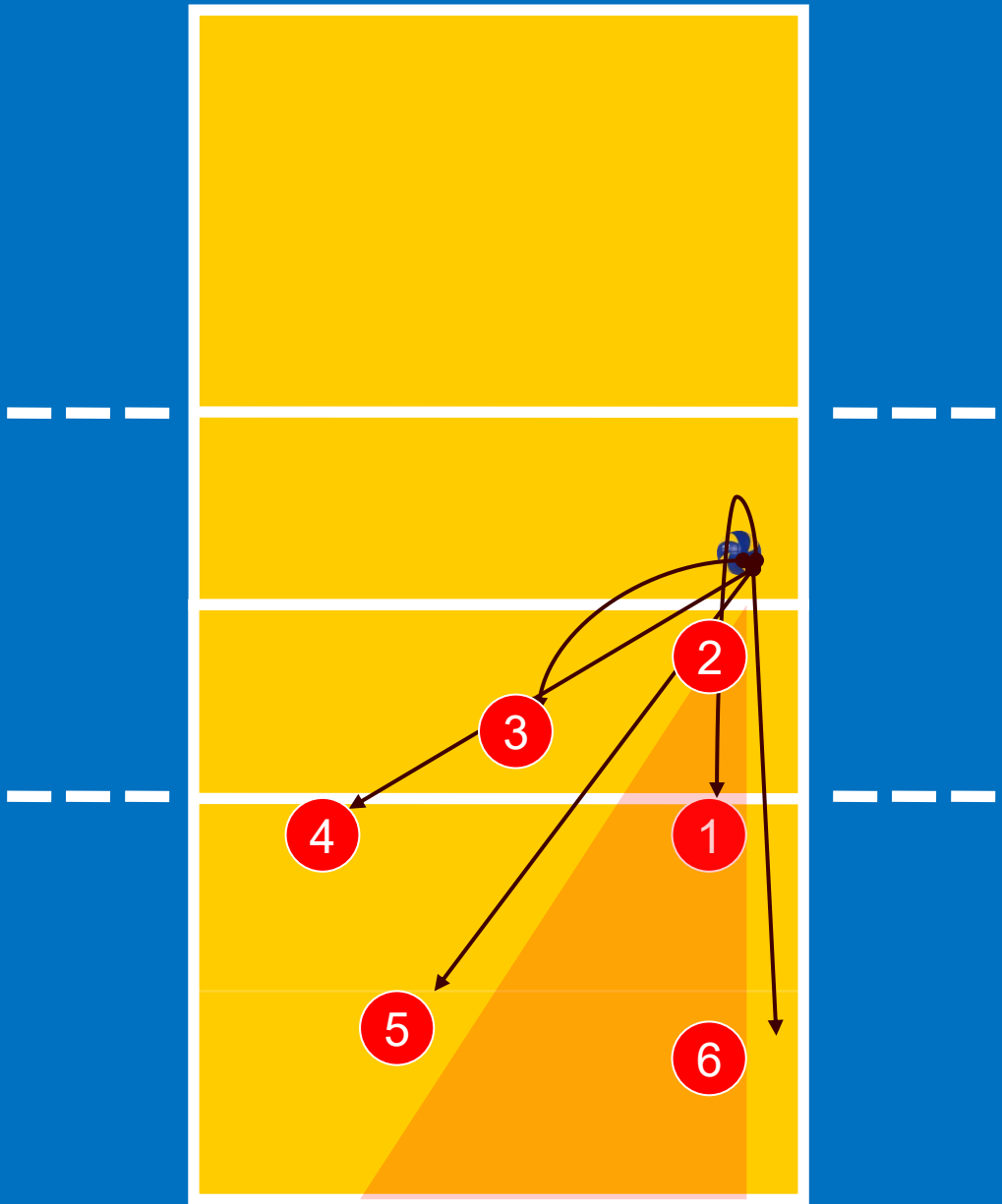


Defensive mode in a free ball with player of zone 6 back



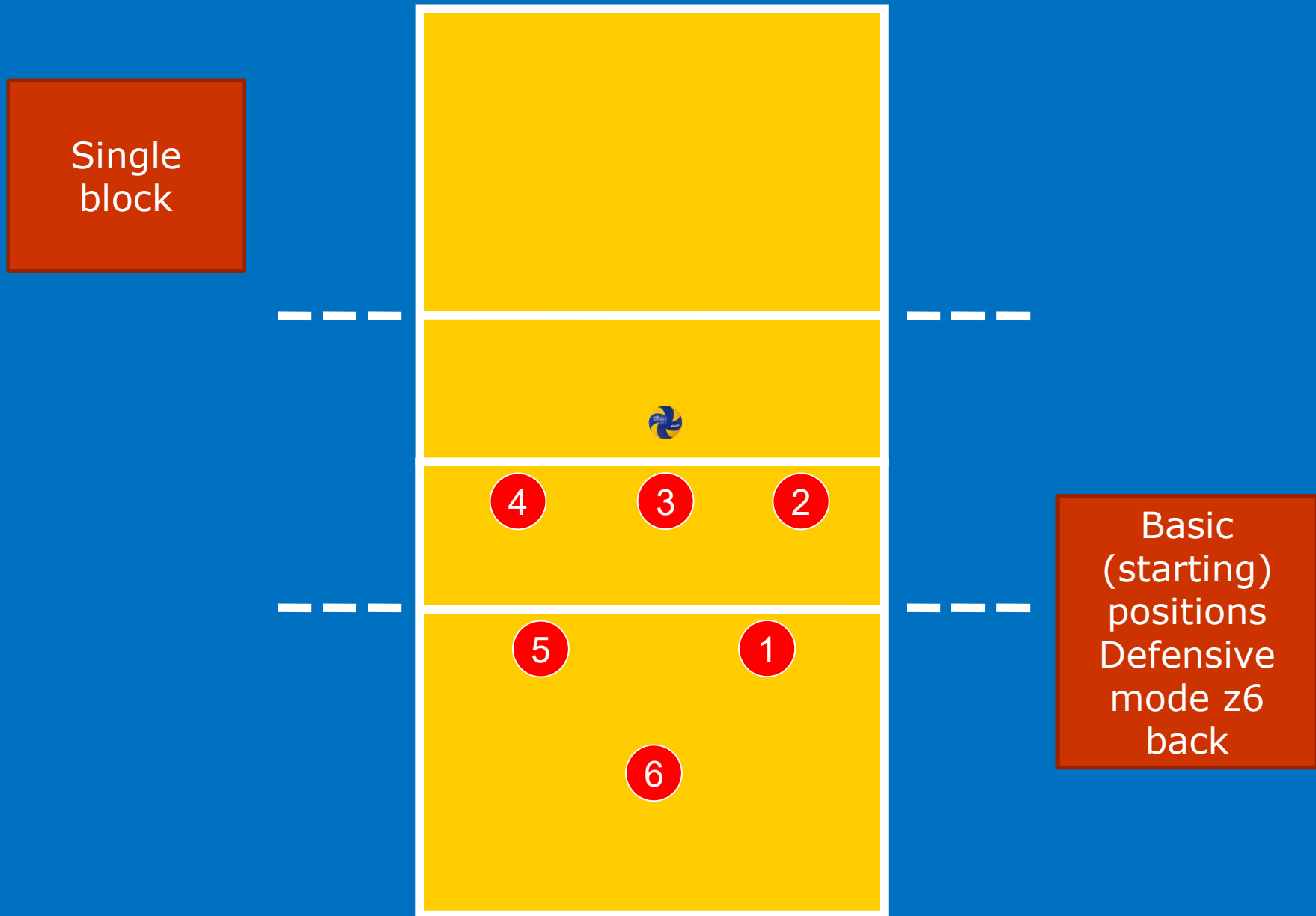
Defensive mode vs attack from z4 with player of zone 6 back

Single block



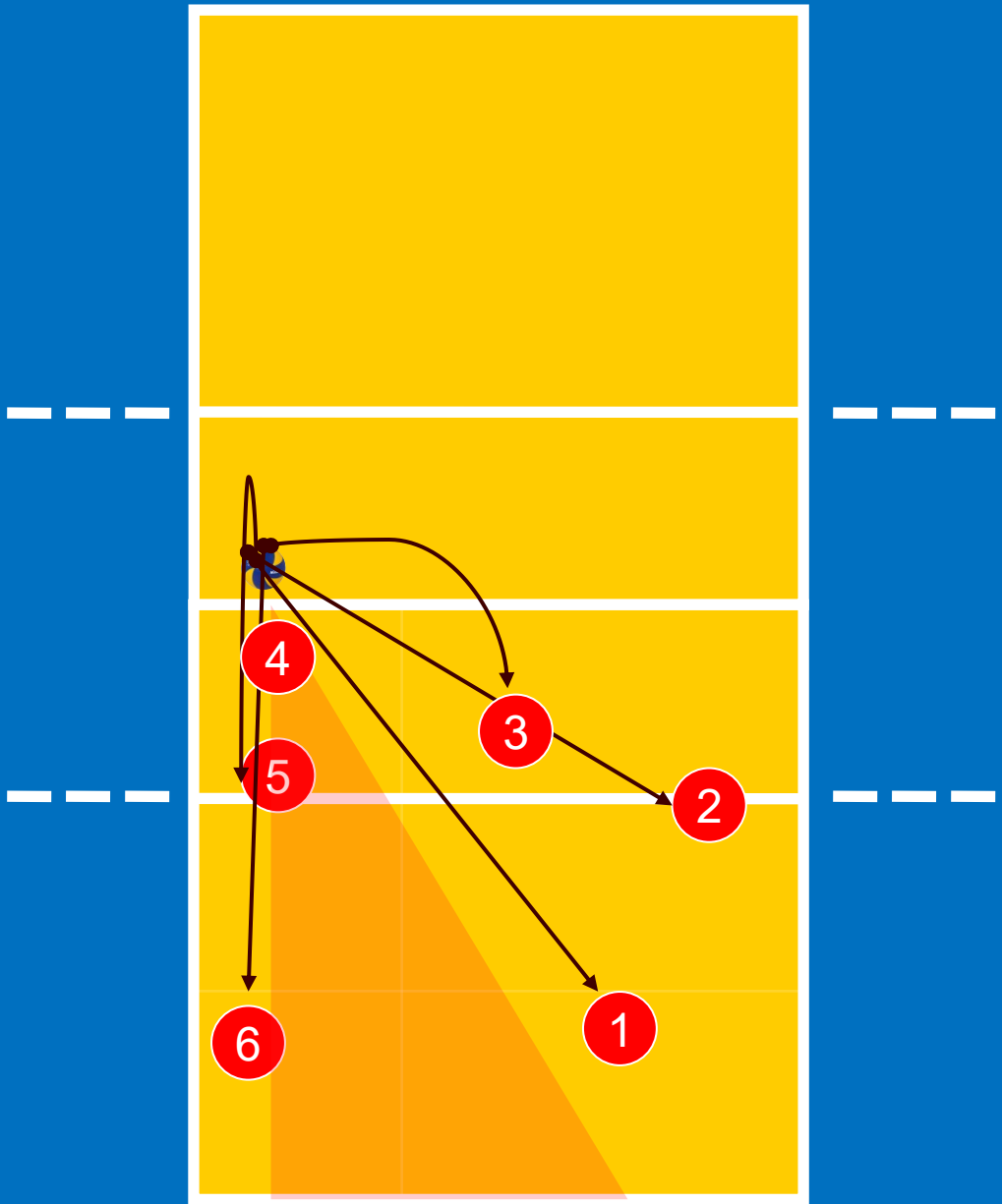
Defensive mode vs attack from z4 with z6 back

Defensive mode vs attack from z2 with player of zone 6 back



Defensive mode vs attack from z2 with player of zone 6 back

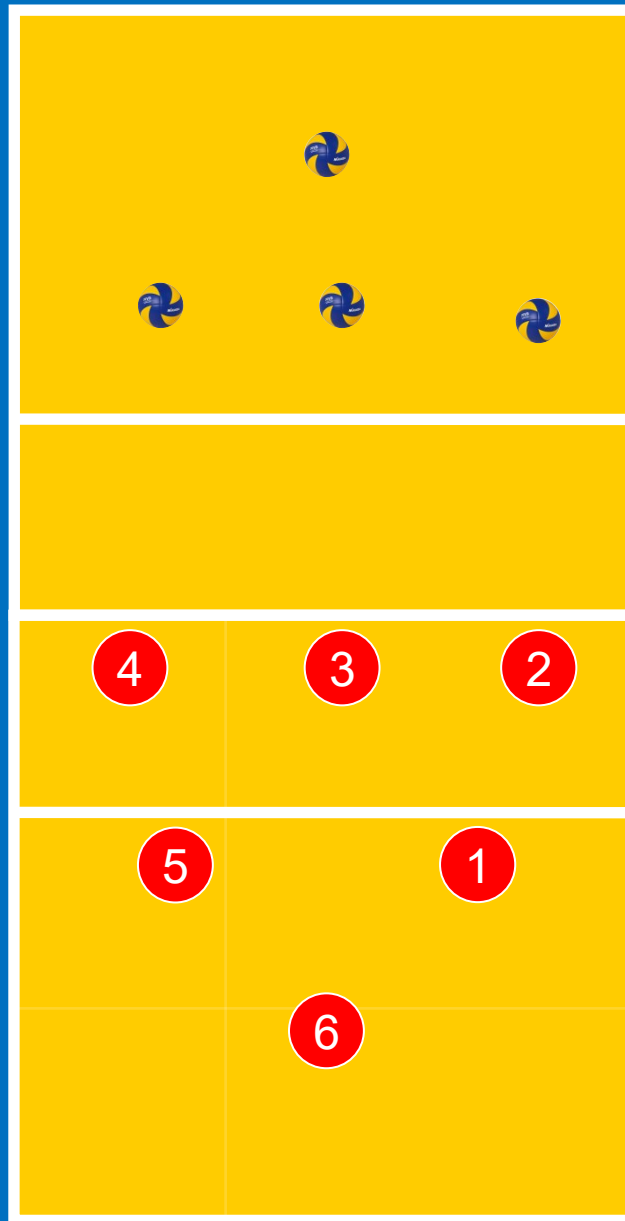
Single block



Defensive mode vs attack from z2 with z6 back

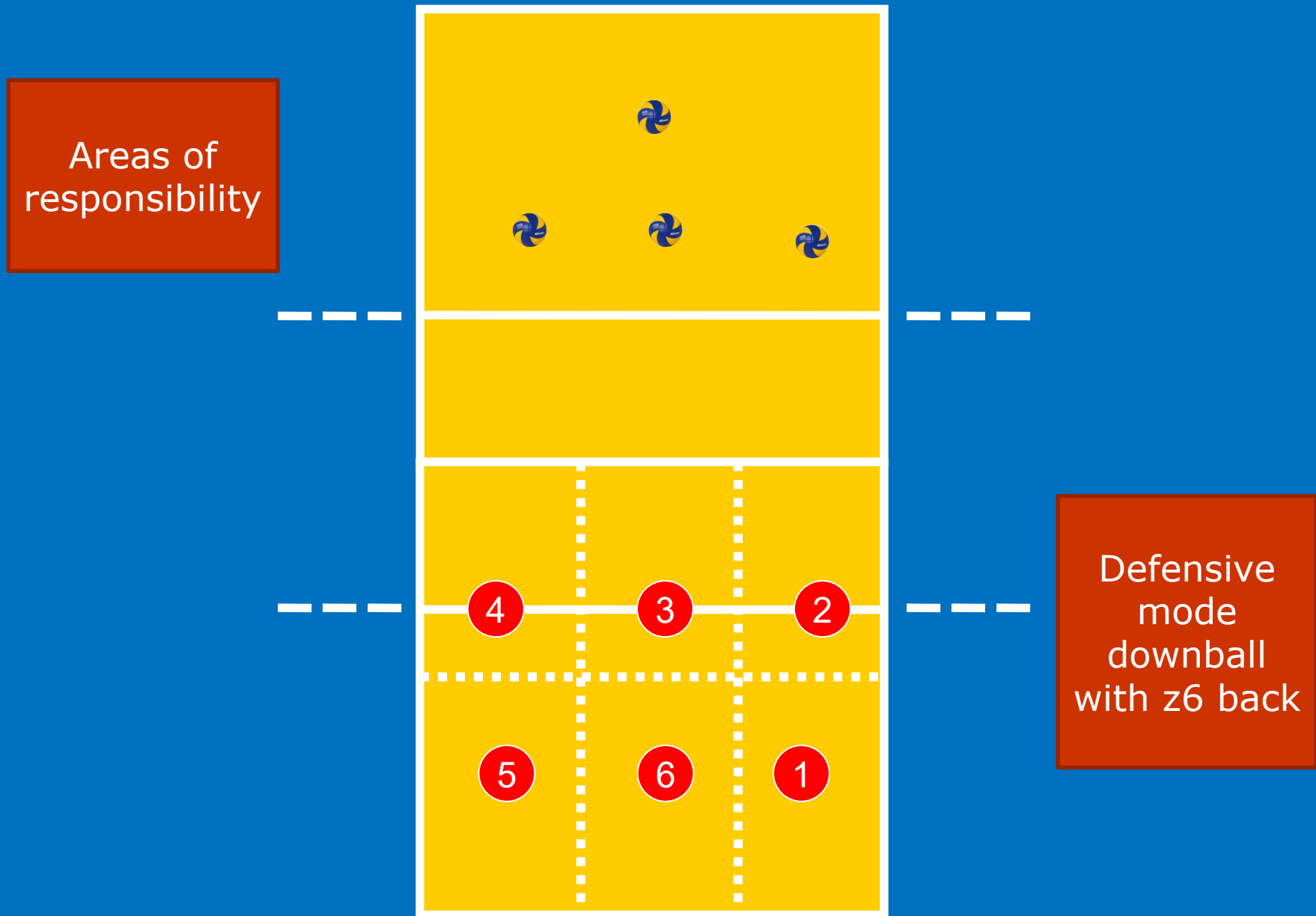
Defensive mode vs downball with player of zone 6 back

Definition
of
downball?



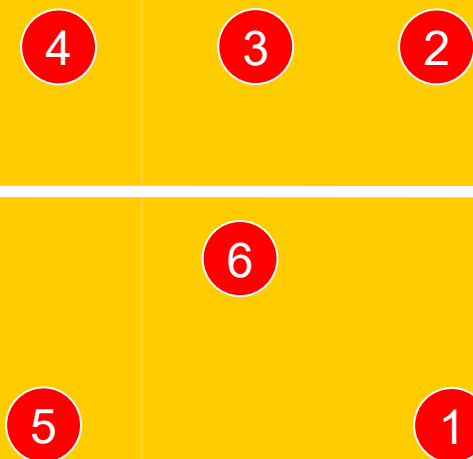
Basic
(starting)
positions
Defensive
mode z6
back

Defensive mode vs downball with player of zone 6 back

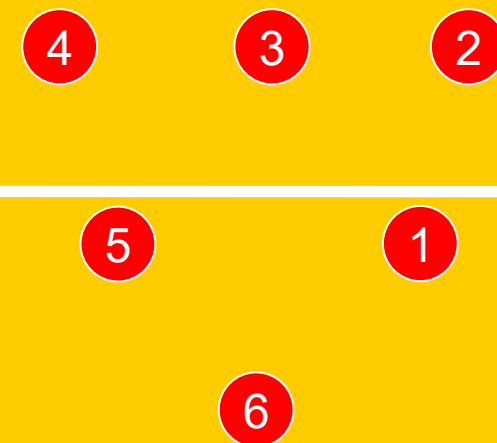


Defensive formations- Basic (starting) positions -Comparison

Player of z6
ahead

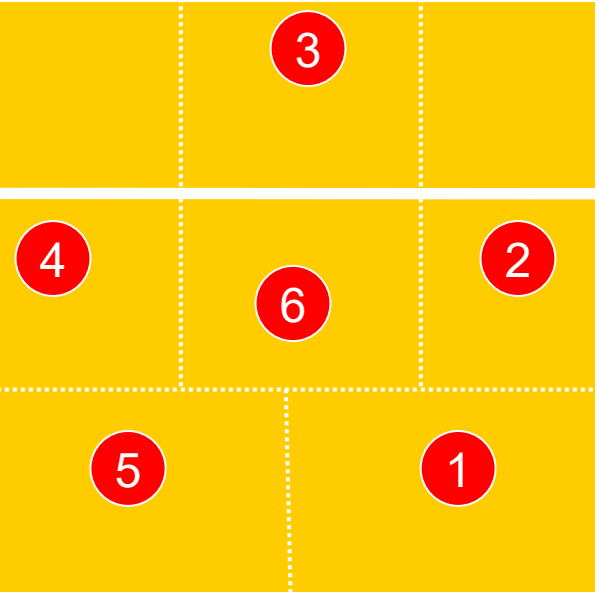


Player of z6
back

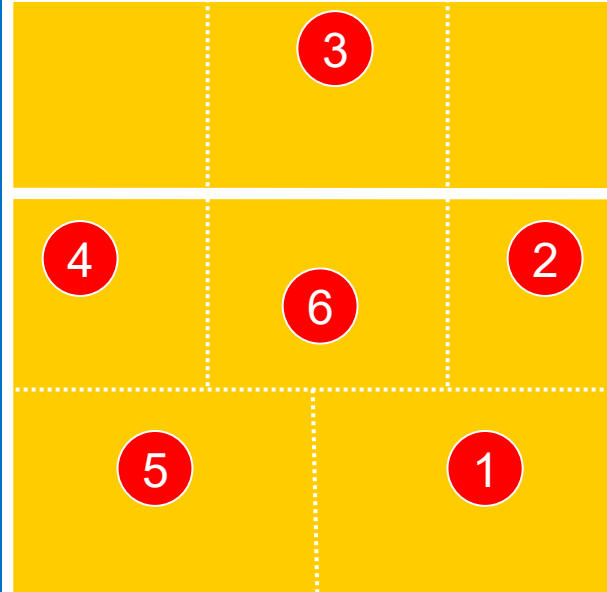


Defensive formations-Free ball-Comparison

Player of z6
ahead

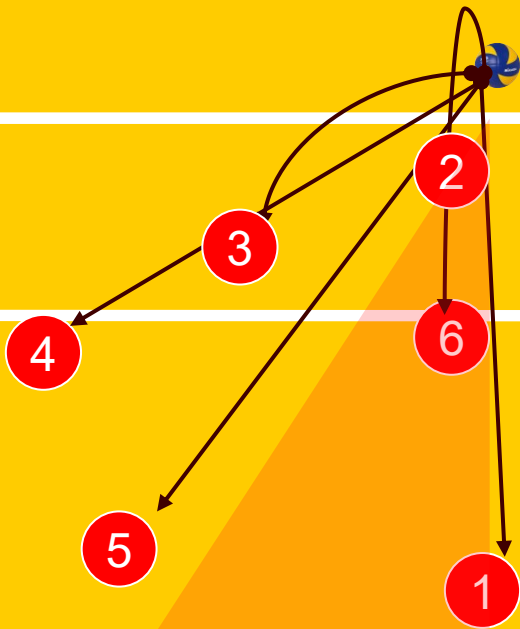


Player of z6
back

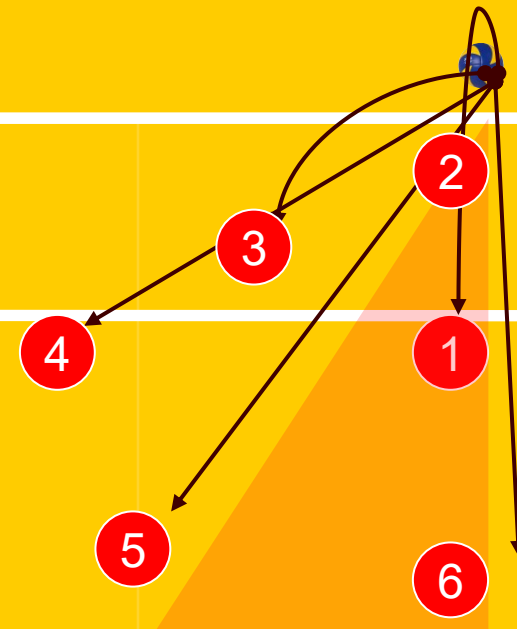


Defensive formations-vs attack z4-Comparison

Player of z6
ahead

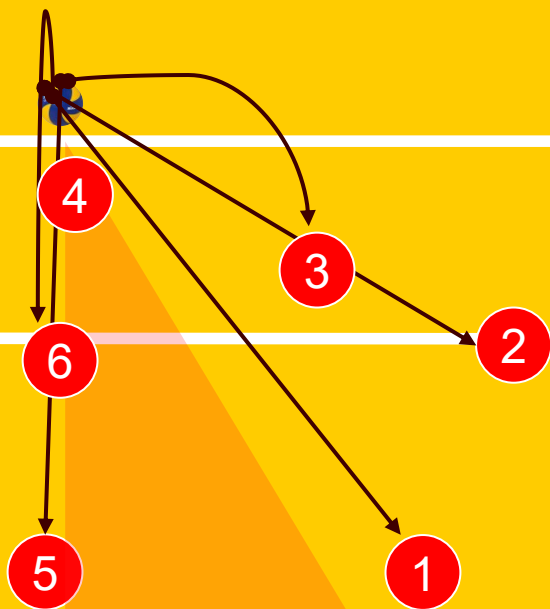


Player of z6
back

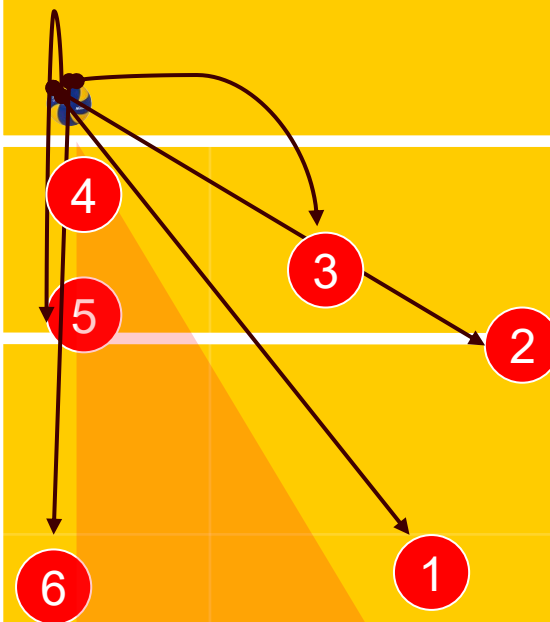


Defensive formations-vs attack z2-Comparison

Player of z6
ahead

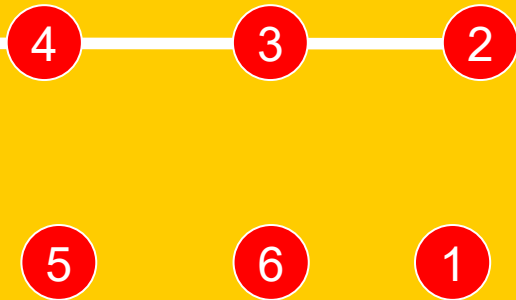


Player of z6
back

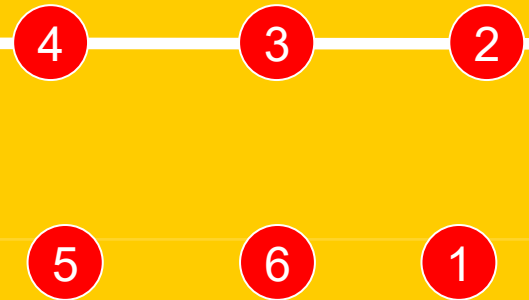


Defensive formations-downball-Comparison

Player of z6
ahead



Player of z6
back



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