

DEFENSIVE FORMATIONS (I)

LESSONS 1-3

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

Unit 1

- Formal games
 - Volleyball
 - Relative sports
- Structure of the game
 - Phases of the game
 - Complexes of the game
 - Scoring patterns
 - Skills
 - Phases of attack
- Team formations
 - Offensive formations
 - Defensive formations

Formal games

- Time dependent



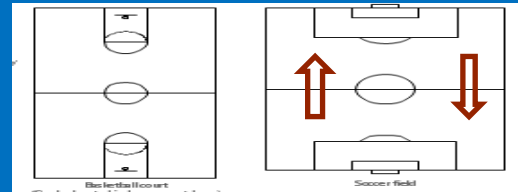
- Score dependent

Russia						Brazil
15	3	2			9	
Russia	19	20	29	25	15	
Brazil	25	25	27	22	9	

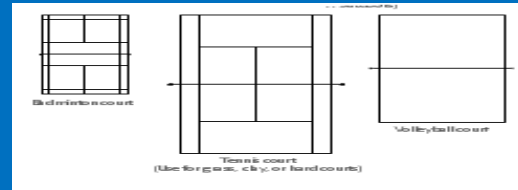
- Innings dependent

BALL	3	STRIKE	2	OUT	0						RUNS
Coca-Cola											
	1	2	3	4	5	6	7	8	9		
GUEST	0	0	2	0	0	0	0	0	0	0	2
HOME	0	0	0	3	0	0	3	0	0	0	6

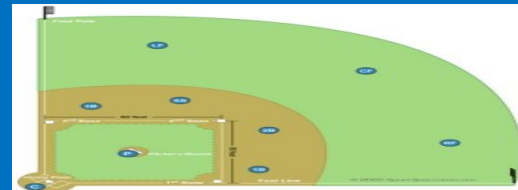
- Common playing area. Invasion



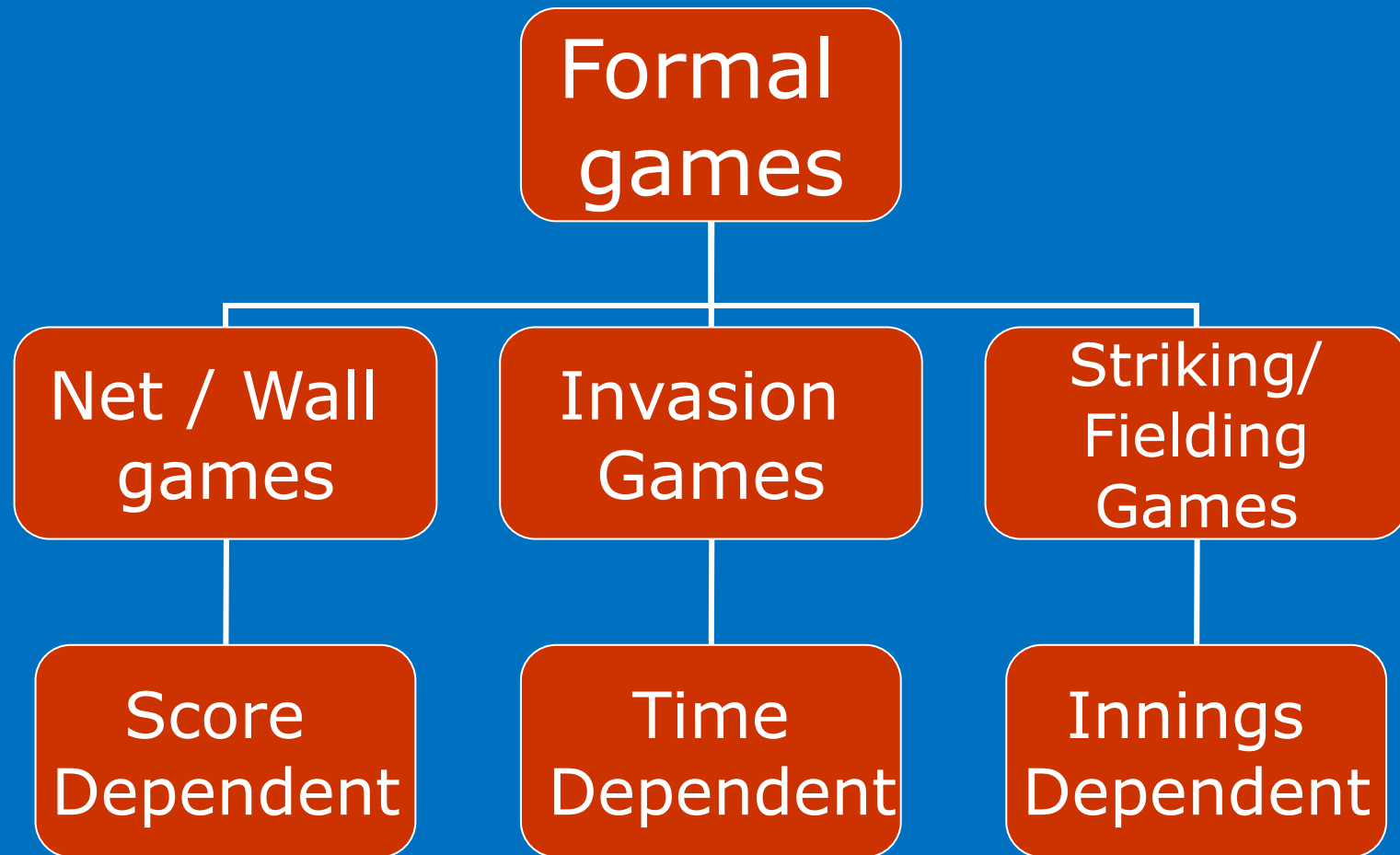
- Different playing area



- Change offense/defense per period



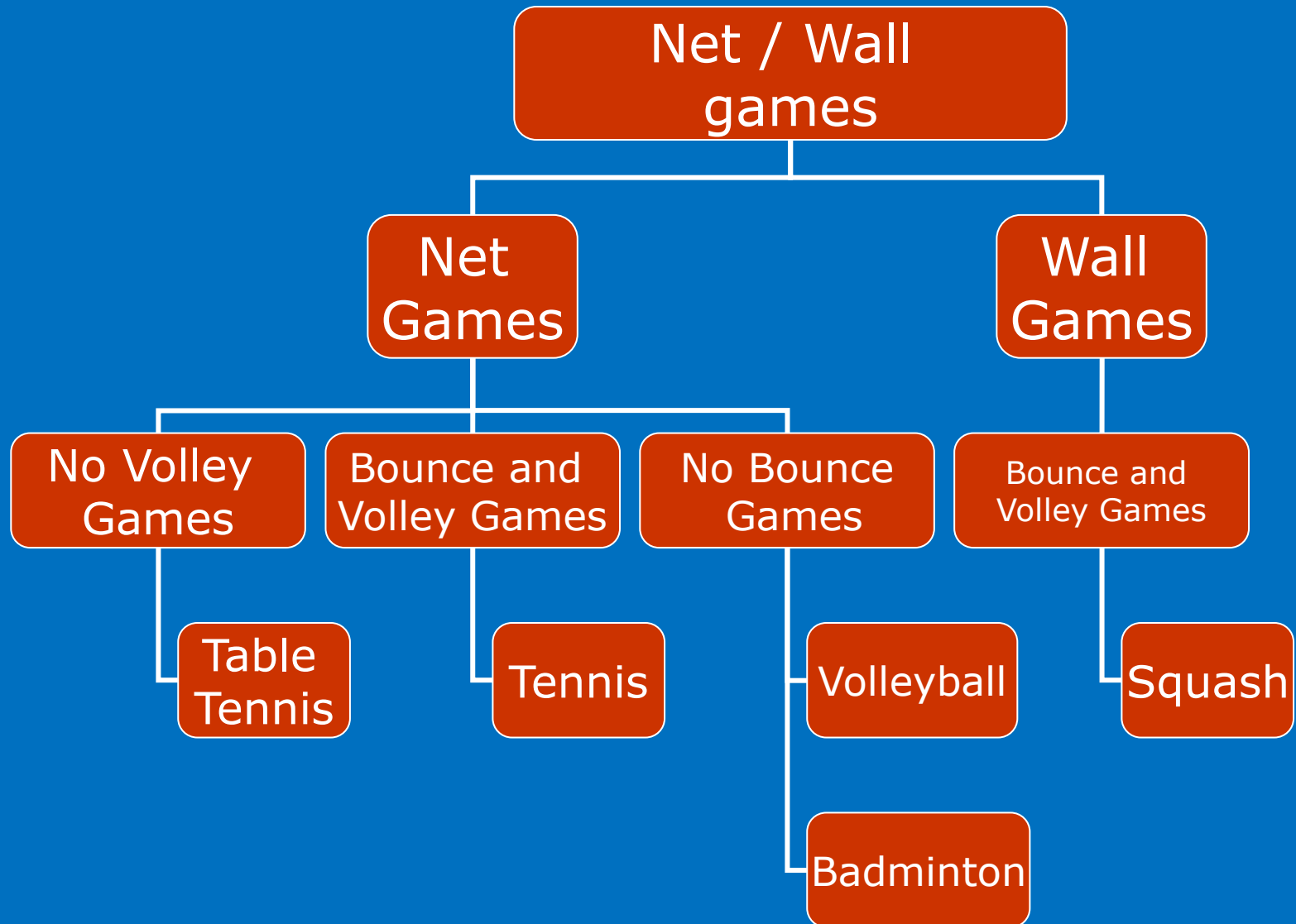
Formal games



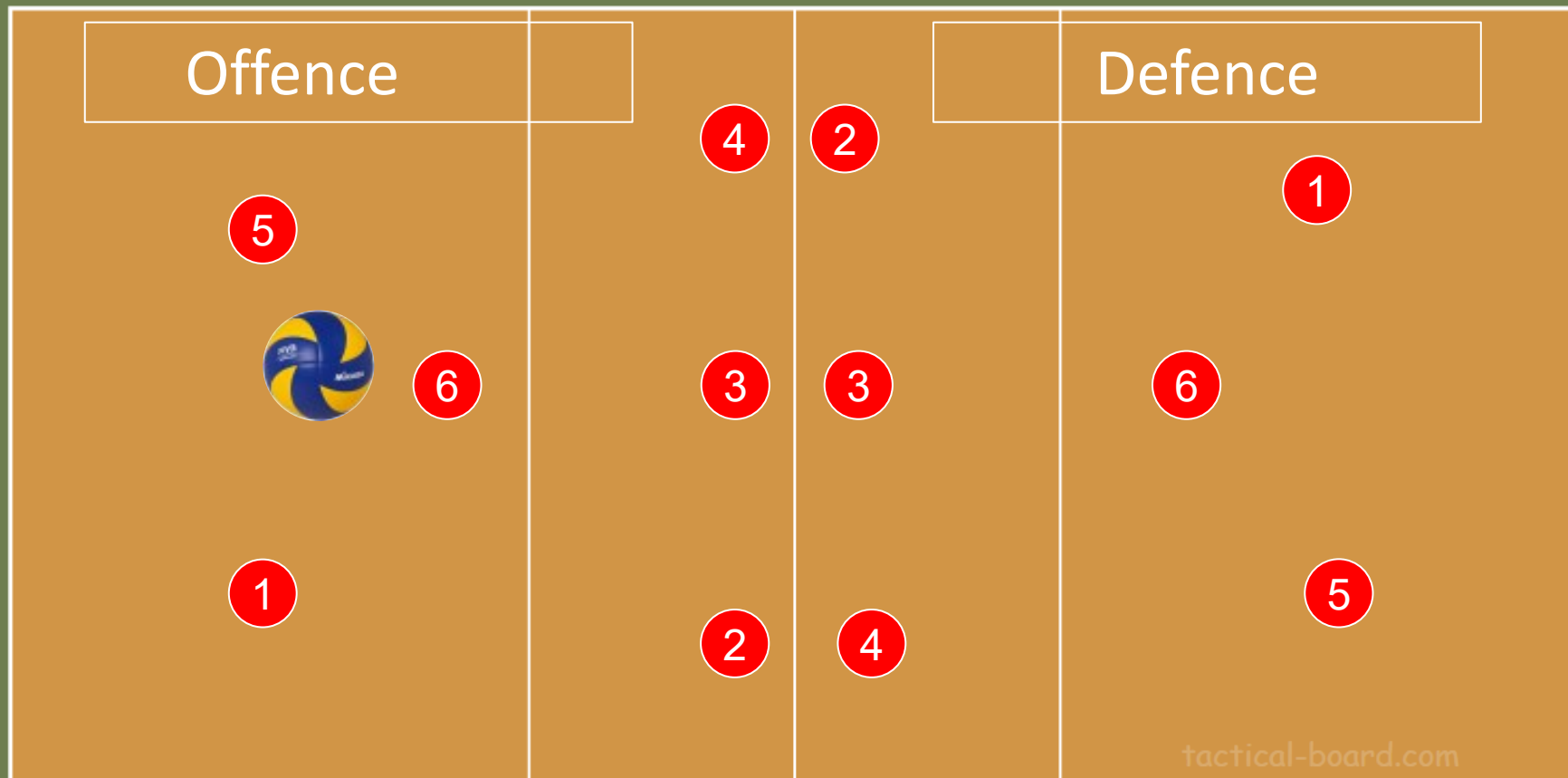
Formal games



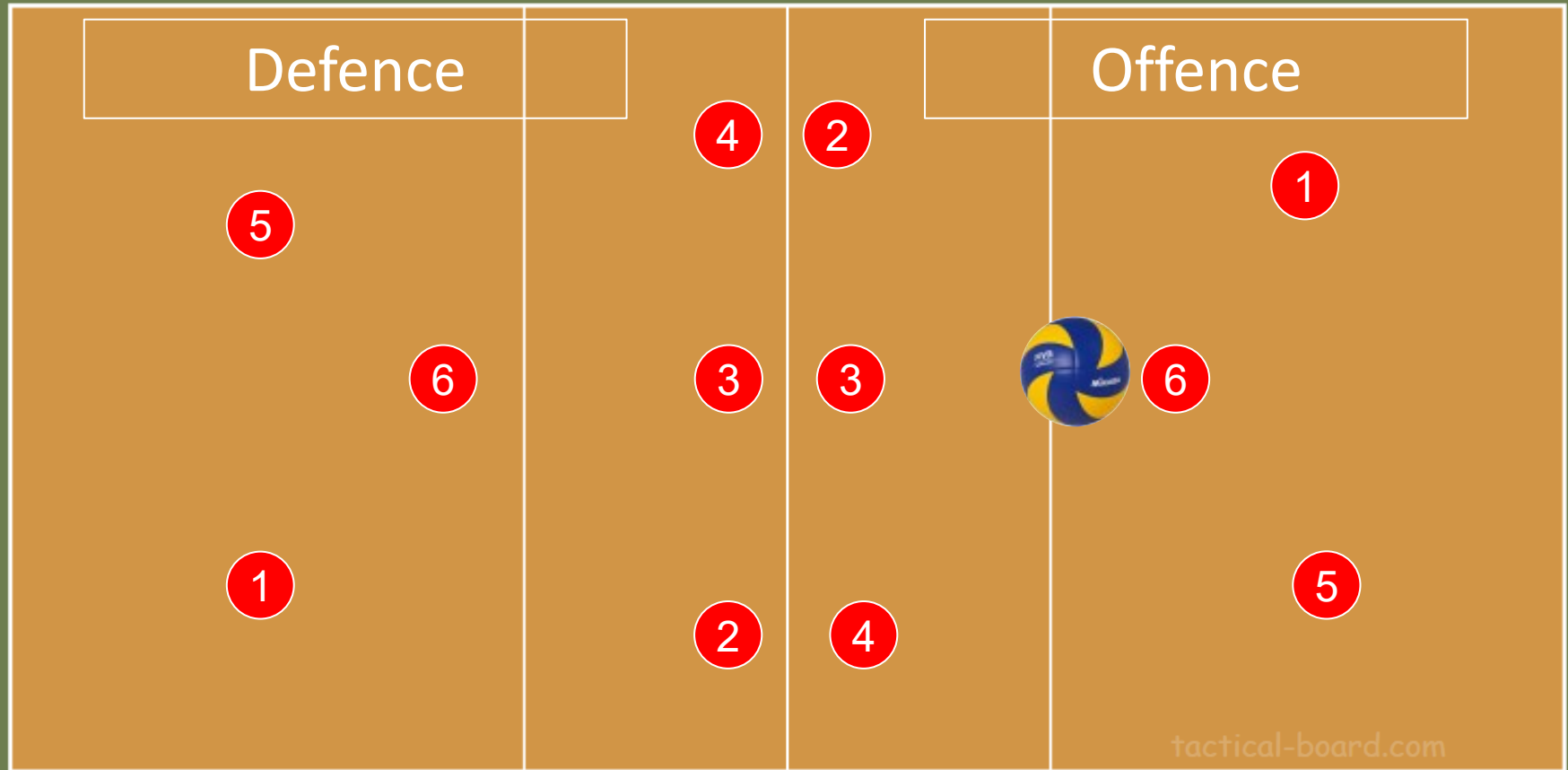
Formal games



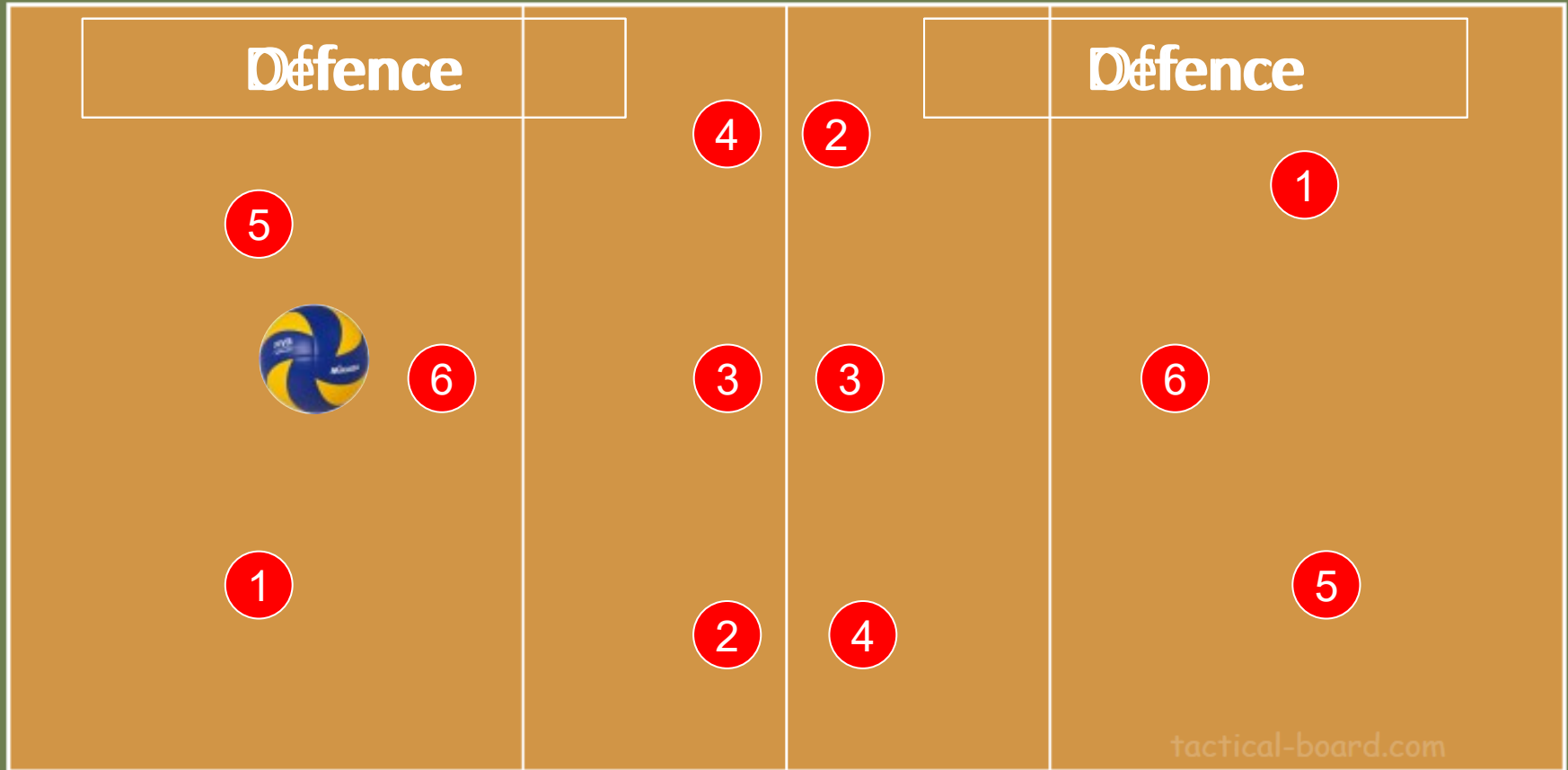
Structure of Volleyball (simple model)



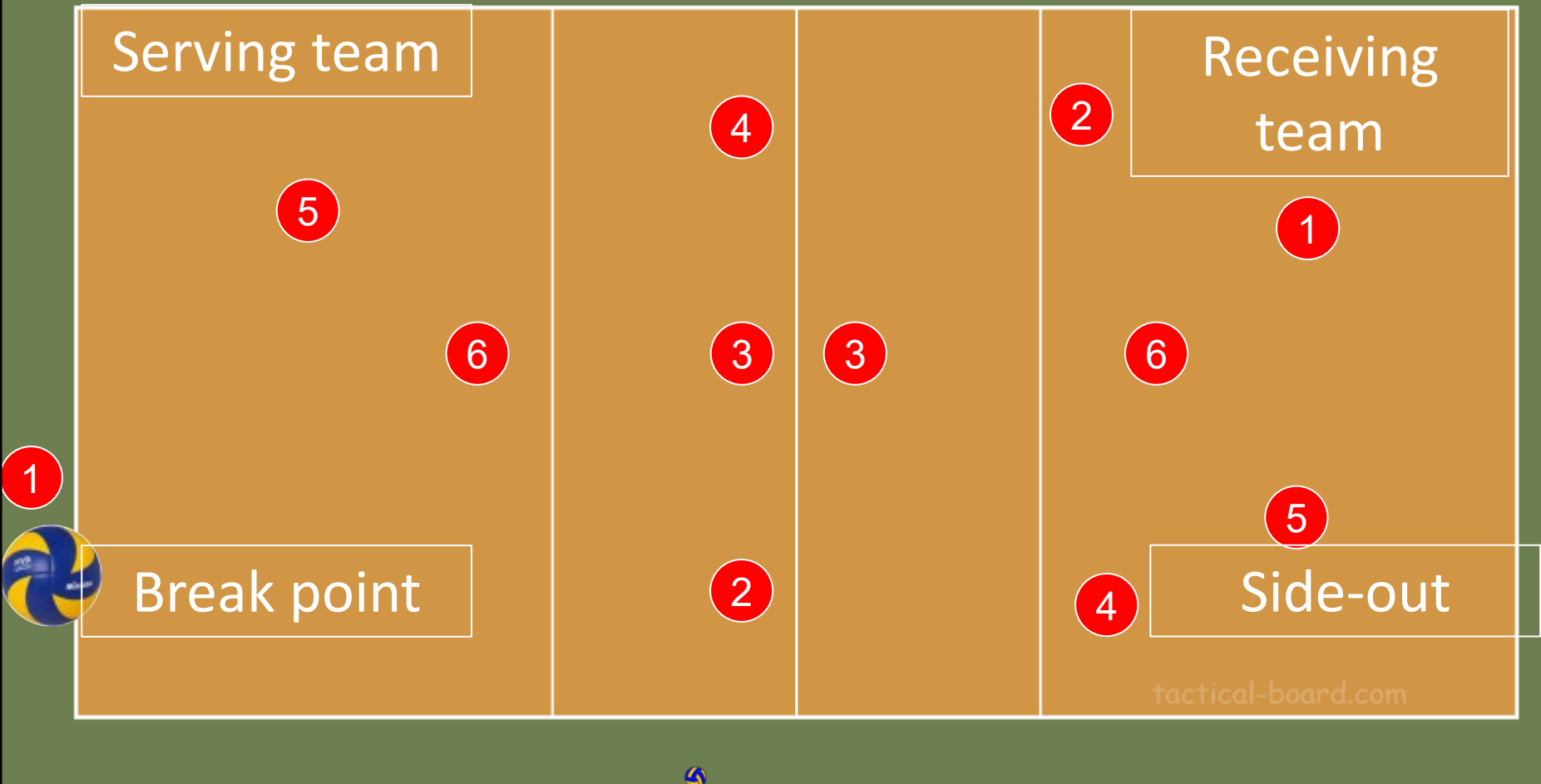
Αγωνιστική Δομή της Πετοσφαίρισης (απλό μοντέλο)



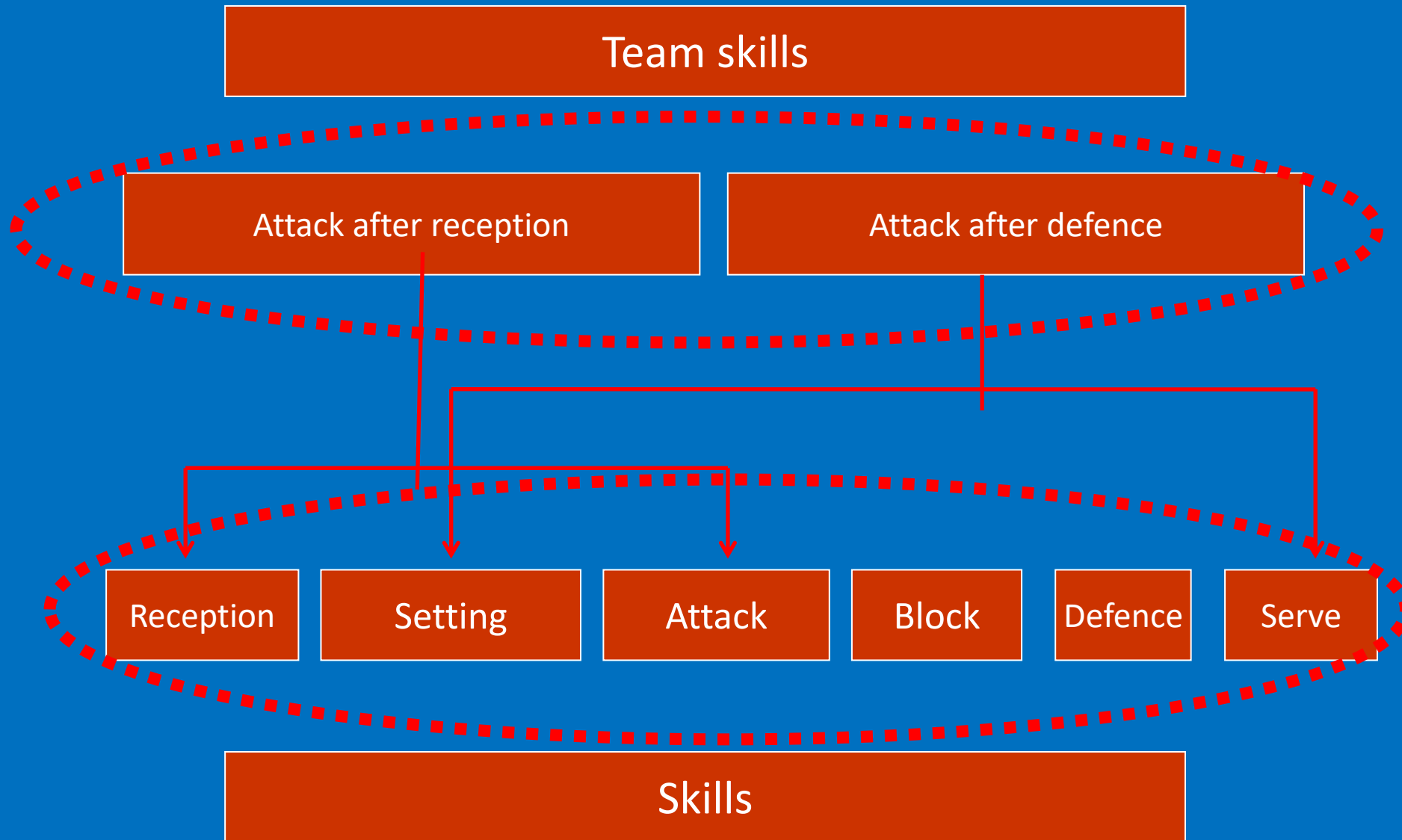
Αγωνιστική Δομή της Πετοσφαίρισης (απλό μοντέλο)



Complexes of the game (according to rally's start)

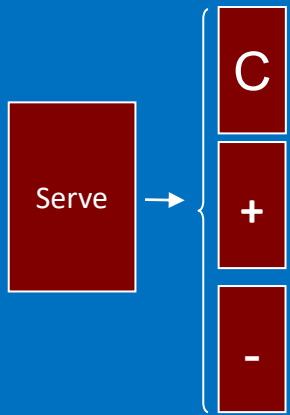


Volleyball complexes (basic model)

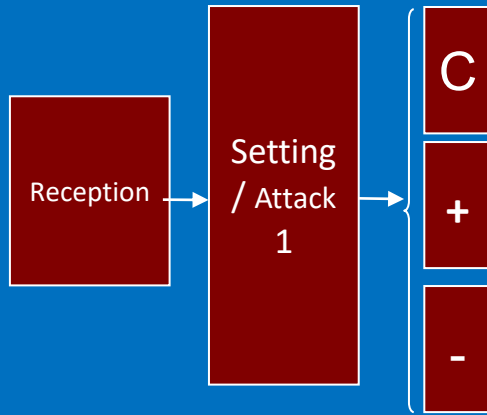


Scoring patterns

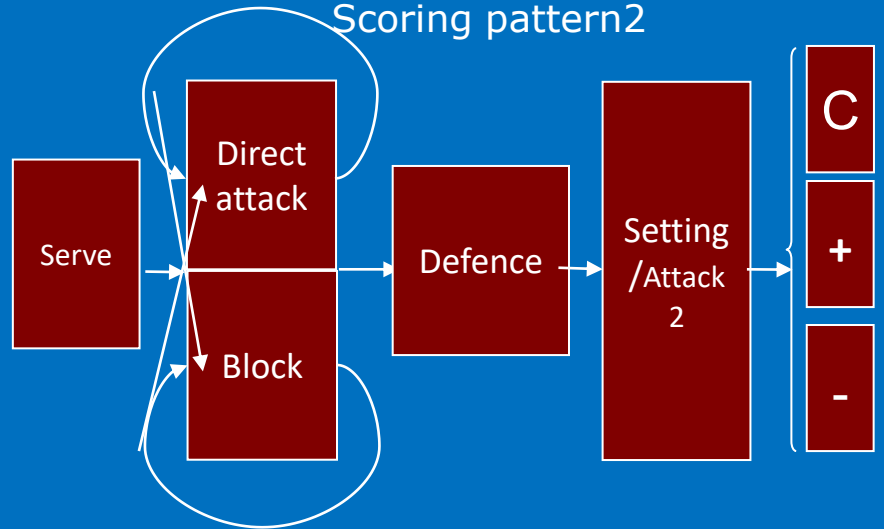
Scoring pattern0



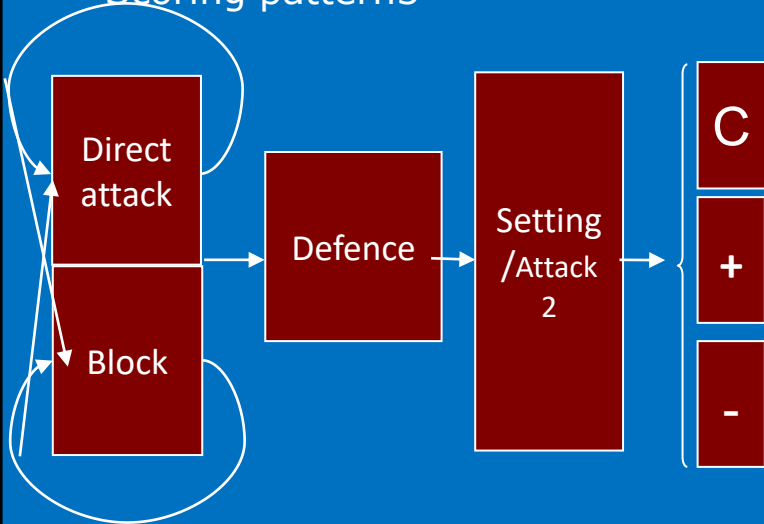
Scoring pattern1



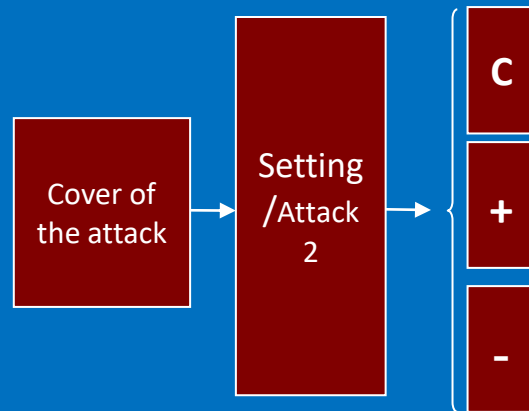
Scoring pattern2



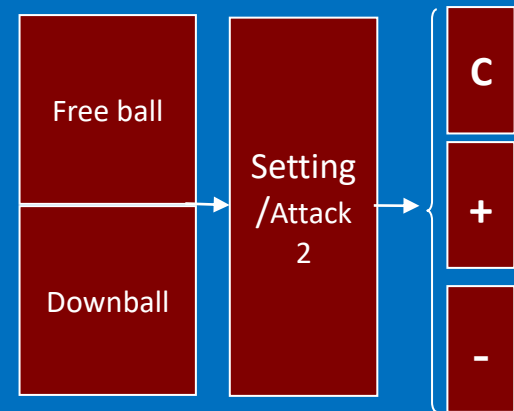
Scoring pattern3



Scoring pattern4



Scoring pattern5



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

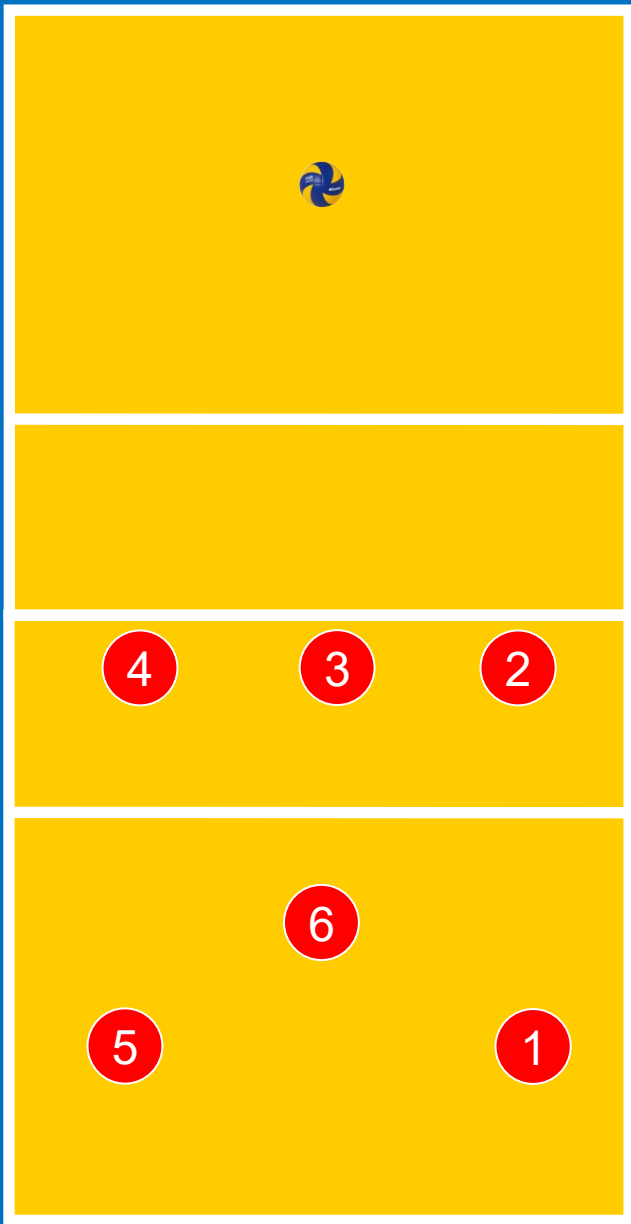
6:2 back
court setter

5:1



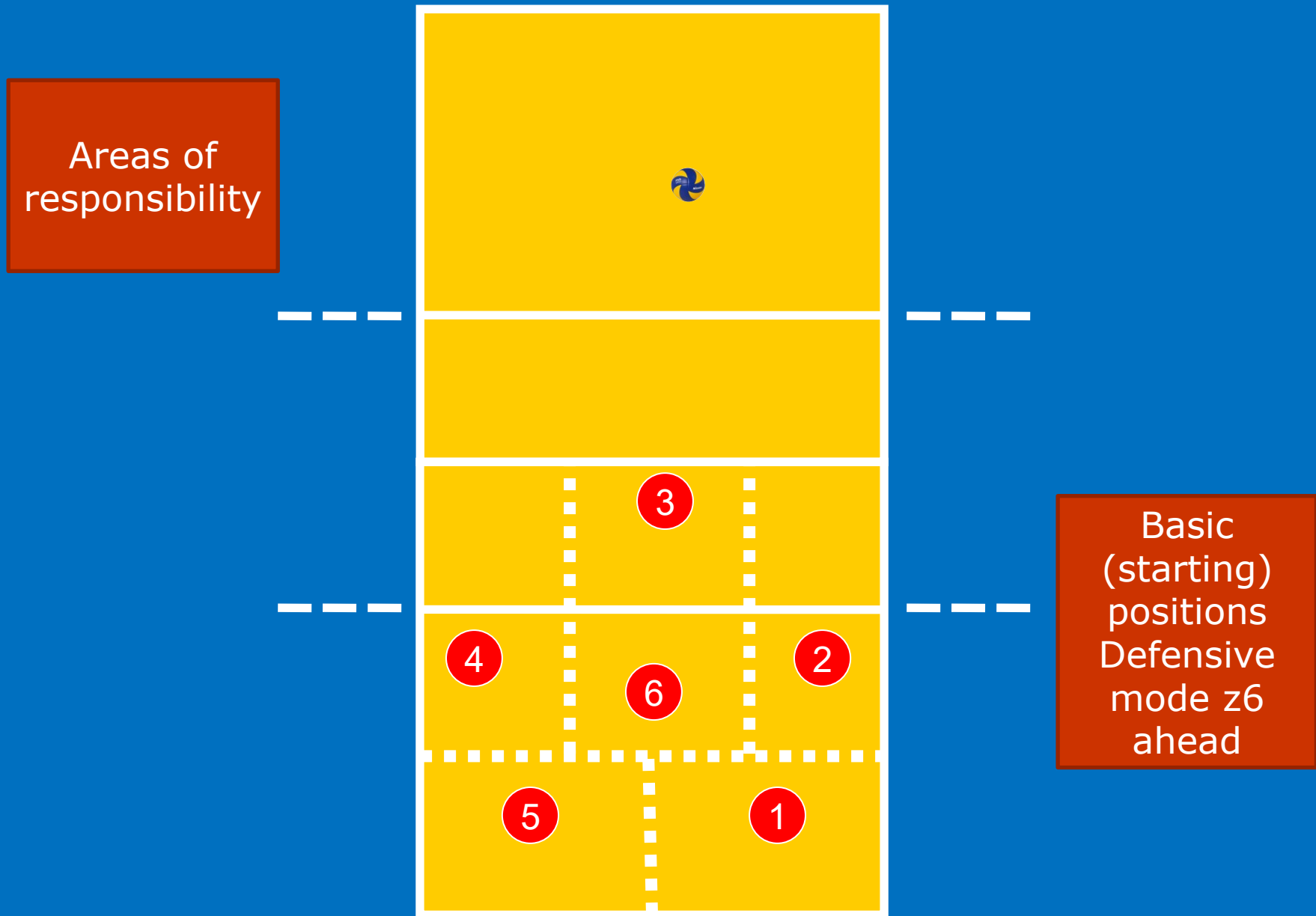
Defensive mode in a free ball with player of zone 6 ahead

Definition of free ball

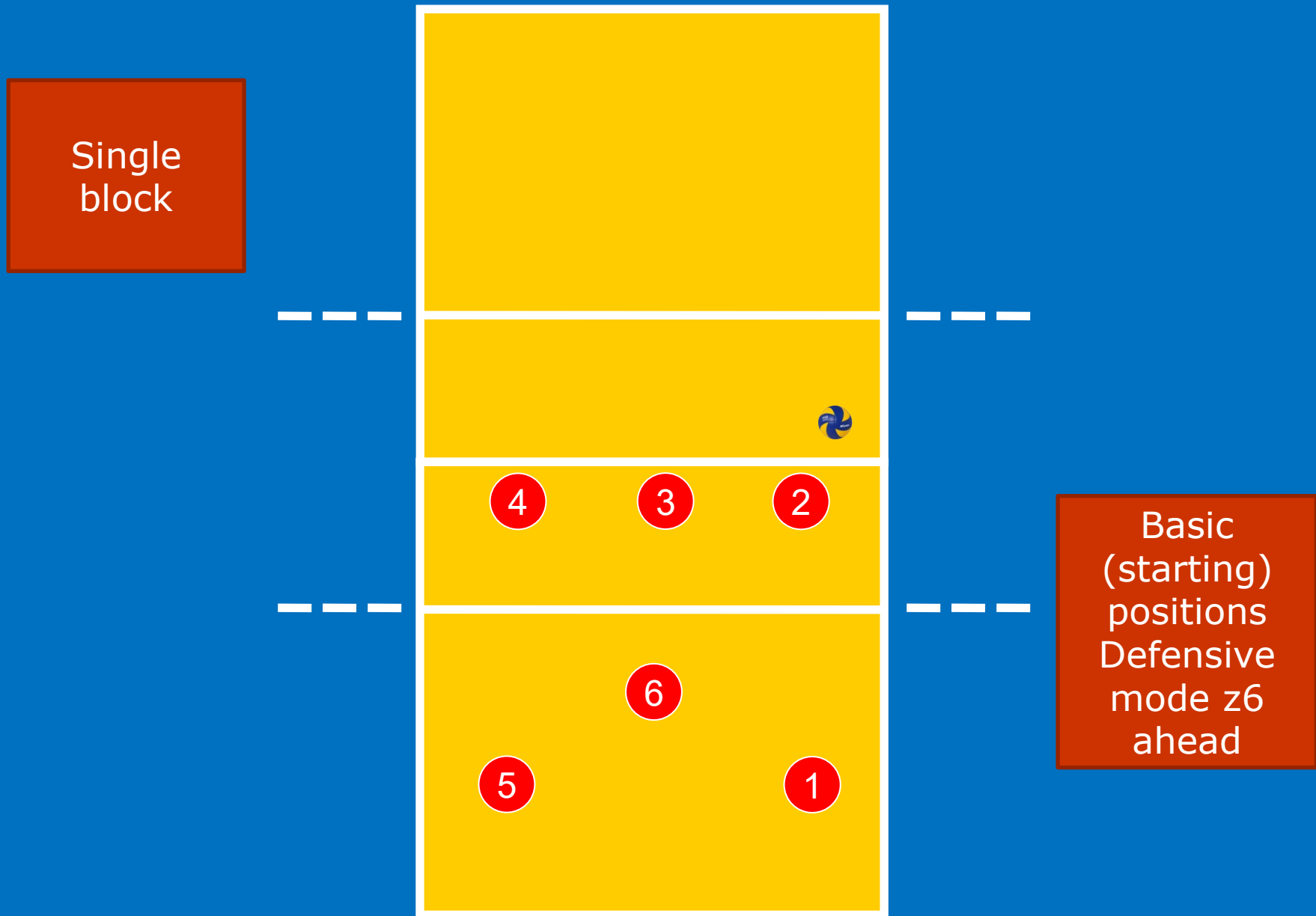


Basic (starting) positions Defensive mode z6 ahead

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



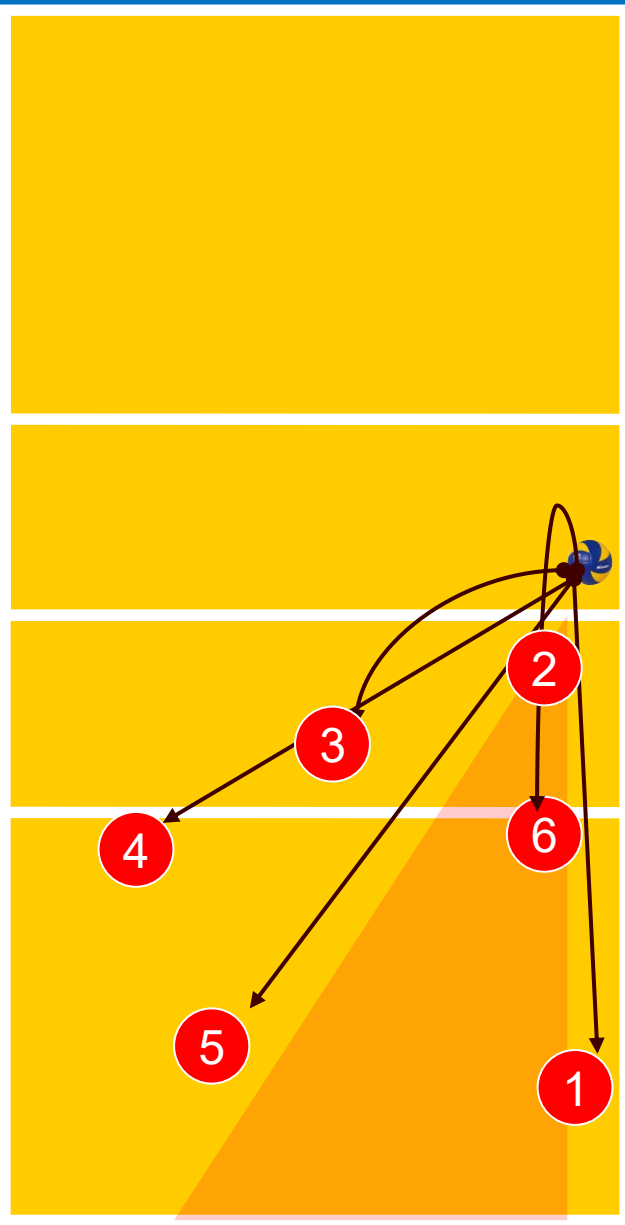
Defensive mode in a free ball with player of zone 6 ahead



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

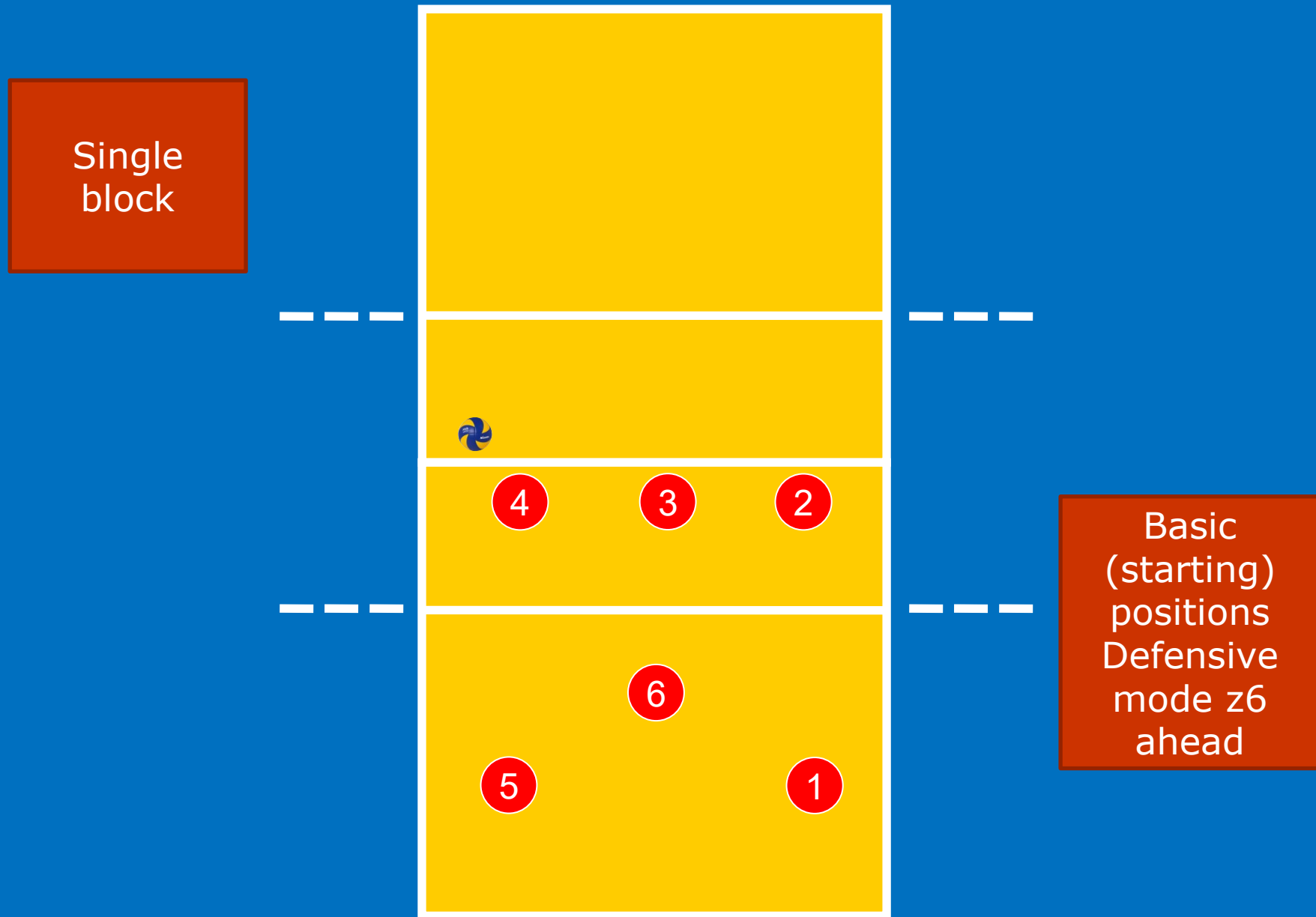
Single block

Who is setting if the setter(z3) has the 1st touch?



Defensive mode vs attack from z4 with z6 ahead

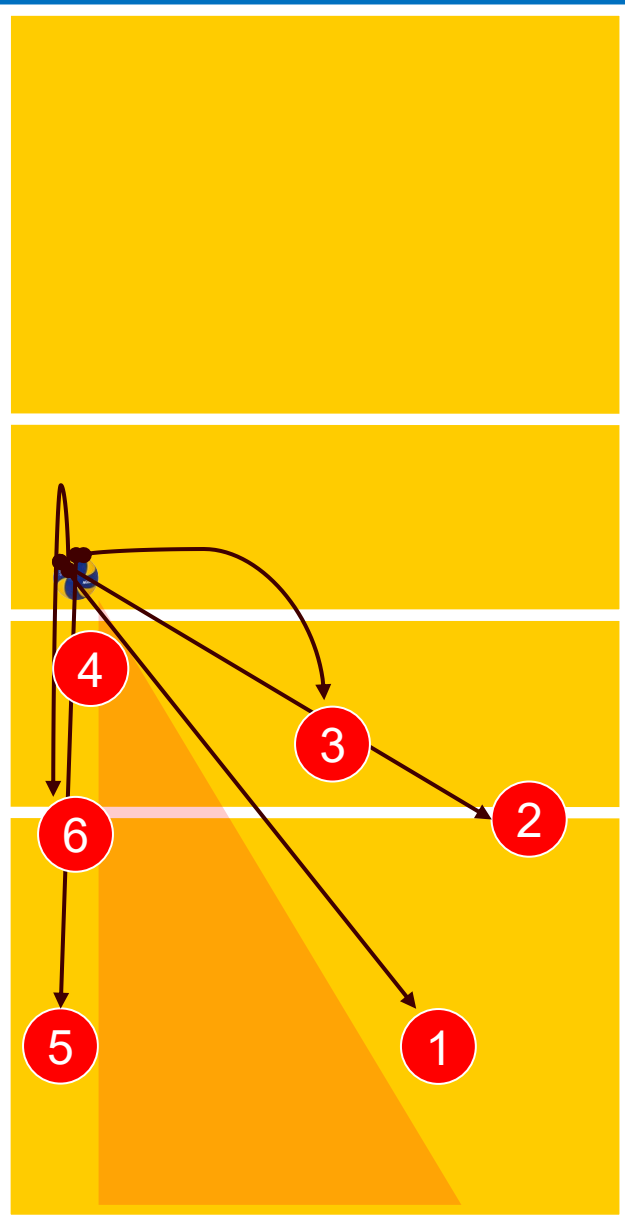
Defensive mode vs attack from z4 with player of zone 6 ahead



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

Single block

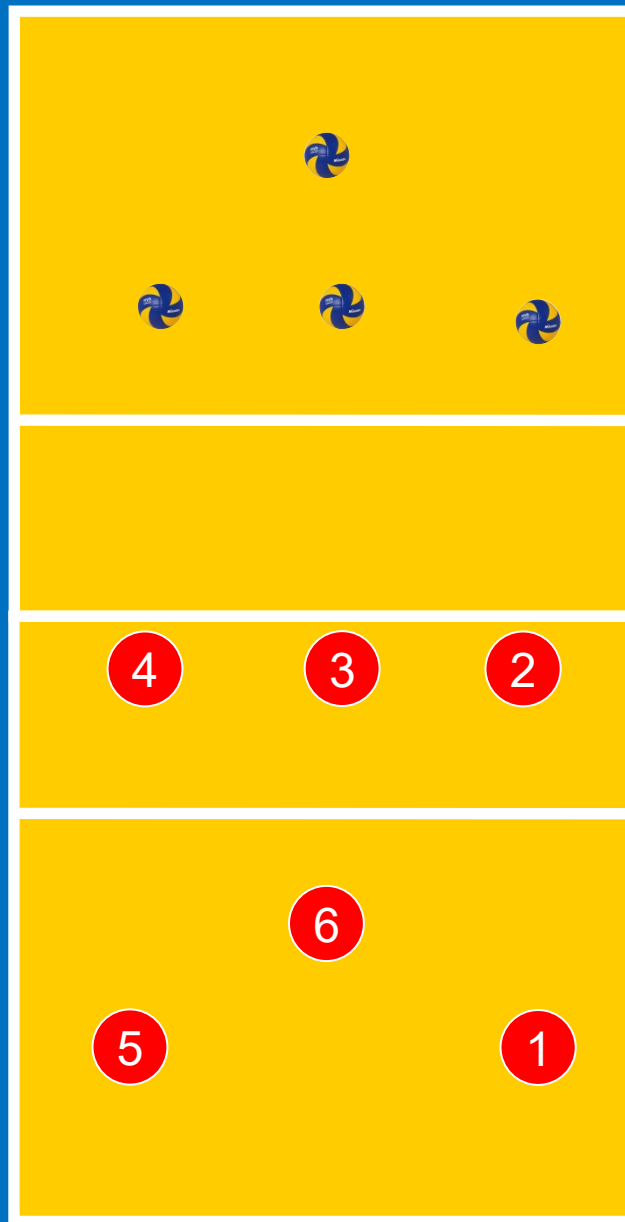
Who is setting if the setter (Z3) has the 1st touch?



Defensive mode vs attack from z2 with z6 ahead

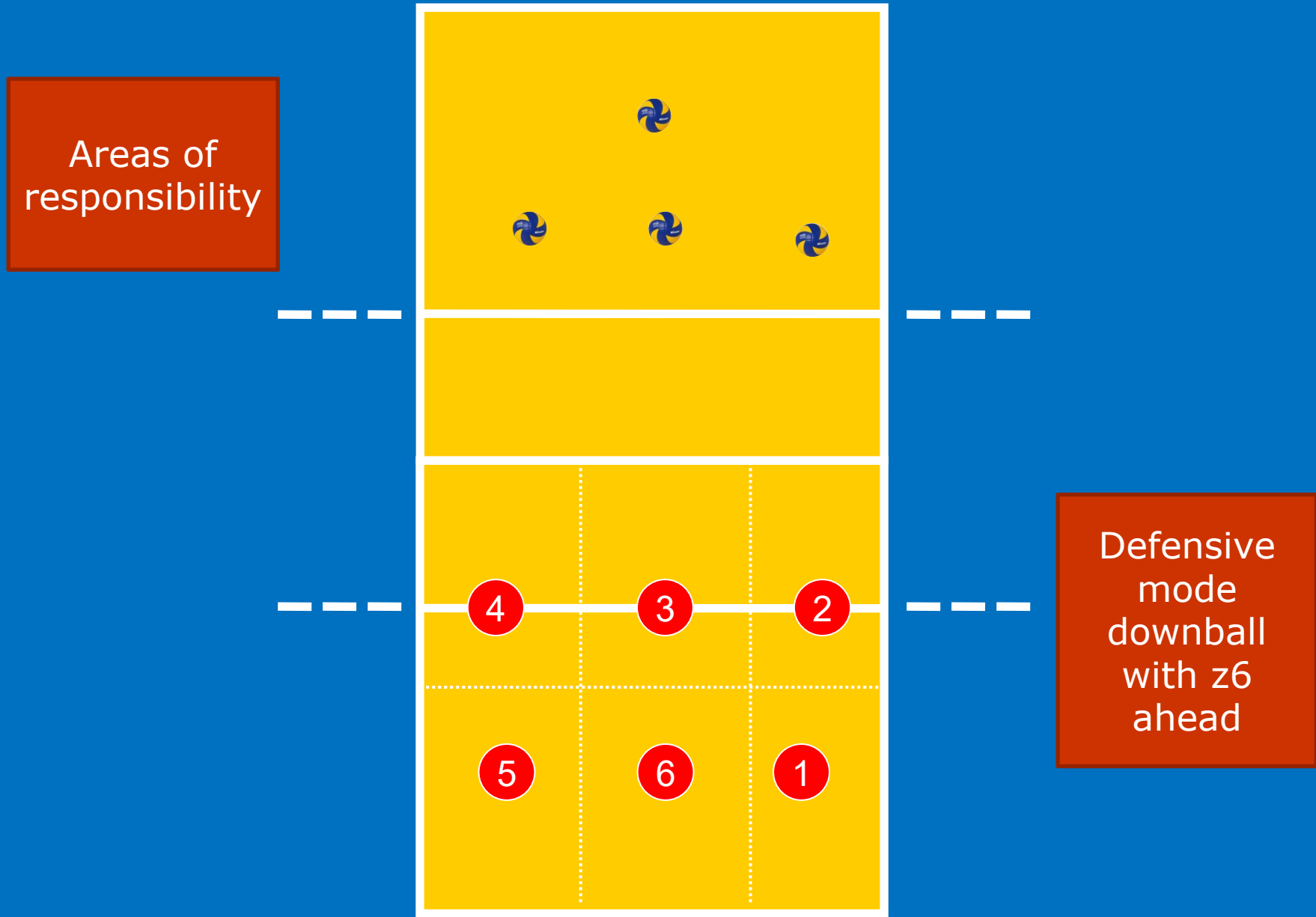
Defensive mode vs downball with player of zone 6 ahead

Definition
of
downball?



Basic
(starting)
positions
Defensive
mode z6
ahead

Defensive mode vs downball with player of zone 6 ahead



DEFENSIVE FORMATIONS (I)

LESSONS 1-3