

Defensive Eye Sequencing

Dave Boos – Head Coach

Ball State University

Do your players know what play your opponent is running on offense?

- General Rule – When the ball is on your side of the net, watch the ball. When the ball is on your opponent’s side of the net, watch the people
- When watching the opponent’s side of the net, we will follow the sequence below
 - Ball – take “snapshot” passed ball off the passer’s arms
 - Pattern Identification (PID) – ID your hitter’s pattern
 - Setter – observe setter’s posture and positioning
 - Ball – take a “snapshot” of the released from the setter’s hands (Is it a front set, back set, or middle set?)
 - Hitter – observe the attacker’s approach angle and timing

Training Concepts

- Have the player’s verbalize everything
- Clear, loud, distinct verbalization
- Attentional and Perceptual focus
- Little (almost no) time spent on the ball
- This can be done as a 10 minute daily start to practice

Training Full Eye Sequencing

- Build the front half
 - Step 1 – Evaluate passed ball
 - Coach enters a ball over the net to a passer
 - Defenders take a snapshot of the ball off the passers arms (3-4’ off passers arms)
 - Players verbalize “On,” “Off” or “Over”
 - TRAINING TIP – calling early and incorrect is better than waiting and being perfect
 - Add movement for “off” and attack for “over”
 - Step 2- Step 1+ PID
 - After the snapshot, defenders take their attentional focus to their attacker
 - Players verbalize the attack pattern their hitter is running. Be specific in what you choose for each hitter to run
 - Talk and listen
 - Add movement for different attacker patterns
 - Step 3 – Step 1 + Step 2 + Setter
 - Defenders observe the setter. Look for clues and tendencies or preparing to read
 - Defenders verbalize the # of fingers the setter is holding up
 - TRAINING TIP – off the three steps, the majority of the time should be spent on step 3

- Build the back half
 - Step 1 – Setter
 - Coach is now on the same side as the offense. Toss the ball directly to the setter to initiate the drill
 - Defenders observe the setter. Look for clues and tendencies or preparing to read
 - Defenders verbalize the # of fingers the setter is holding up
 - Step 2 – Step 1 + Ball
 - Defenders take snapshot of the ball being released from the setter's hands (3-4'). Is it front, back or middle set?
 - Defender verbalize the set and react
 - Step 3 – Step 1 + Step 2 + Hitter
 - Defenders observe the hitter
 - Outside hitter lines up the attacker
 - Middle blocker look to the foot
 - Defenders verbalize the # of fingers the hitter is holding up
 - Add defenders blocking a particular area (line or angle)
- Combine the front half and back half
 - Begin running specific plays that you face in your league
 - How do you want to defend these plays?
 - Hard front, soft front, or read?
 - Double block everything?
 - Wing blockers help?
 - TRAINING TIP – As the coach, you MUST be specific about what you want. Do NOT assume your players understand what you want

Training Lining up a Hitter

- Shadow drills (no ball)
- Coach toss over the net
 - Blocker watches the attacker the entire time. Line up hitter's nose
 - Attacker approaches and hits body line
 - Add blocking specified areas. Make hitters attack this shot
- Coach tosses on same side of net
 - Blocker watches the attacker the entire time. Line up hitter's nose
 - Attacker approaches and hits body line
 - Add blocking specified areas. Make hitters attack this shot

Training Reading

- Overload Drill – 2 sets
 - 2 or back 2
 - 2 or 9 (high back set)
 - 2 or Go (high front set)
 - 1 or 9
 - 3 or Go
 - TRAINING TIP – give hitters a specific shot they MUST hit. Reward the blocker
- Overload drills
 - Go – 3 – 2
 - Rip – 1 - 9