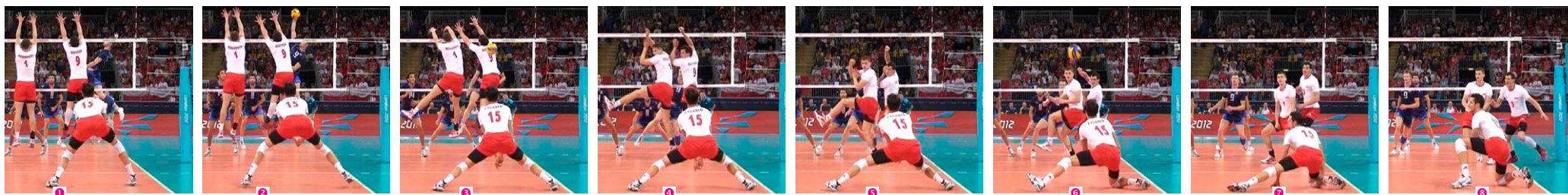


Digging – Low Court Defense (3point - two-hand in front of body) Serie 5 | Poster 5

1 Low Court Defense / Lukasz ZYGADLO (POL) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The defender is in ready position. To be in a ready position the defender bends at the waist, drops the knees ahead of the toes and puts weight on the balls and insides of both feet. Arms are held away from the body with palms up. Elbows are slightly bent with hands in front of the body and shoulders are rounded forward. The shoulders are over the knees and the knees are over the toes.
- 2 The defender is expecting a long line shot outside the blockers hands. The defender keeps his shoulders square to the ball and is stationary at time of hitters contact. Stay outside the block, read the approach, shoulder/arm swing, know the distance the ball is from the net, relationship of the ball to the antenna and, finally, know the tendencies of that attacker.
- 3 Keep the body weight leaning forward by being on the balls of the feet. Just before contact by the attacker the defender will widen the distance between both feet while staying low to the floor.
- 4 Arms, forming the platform, are out in front with palms up and prepared to react to the direction and speed of the ball.

Ballcontact - contact phase 5 - 6

- 5 Eyes are open to focus on the ball and the right arm is extended to reach the ball. Focus on making a good ball contact using the angle of the arms (no arm swing) to control where the ball will be dug. Try to play the ball with both hands and only with one as a last resort. The defender keeps the platform out and away from the body. Ideally, the ball is played at the midline of the body.
- 6 The ball is contacted with both arms and the right knee moves to the ground creating a balanced state. At contact focus on the ball and the target. The ball is best controlled with two arms in an underhand passing fashion with the wrists pointed down. Shoulders and feet are angled to 'give' the ball to the setter's position or high in the air to the middle of the court.

Follow through - post contact phase 7 - 8

- 7 After the ball is dug, both hands move to the ground because of the forward action of the platform. As the player is extending the body to prevent the ball from hitting the floor, the player's forward momentum must create a balanced state. This is created with a 3-point contact on the floor with both hands and the right knee.
- 8 Turn into the direction where the ball is dug. Watch the arc of the dig you just made and then prepare to get up to cover the attack or get ready to play defense again.

3 Low Court Defense / Alexey OBMOCHAEV (RUS) / Olympic Games 2012



4 Low Court Defense / Krzysztof IGNACZAK (POL) / Olympic Games 2012

