

# Volleyball: Defending Your Court By Zachary A. Kelly

**By Zachary A. Kelly**

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Though a decisive spike feels good, defense wins games in volleyball. Blocking is not about the opposing team; it s about defending your own court.

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Communicate. There is no greater tool on the court than your mouth. Call every ball. defense wins games in volleyball. in defense. Keep moving.  
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Before the opposition sends the ball back to your side of the court, Tips to Improve Your Volleyball Defense. From hand positioning to proper weight  
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There are nine hundred square feet of court on your side of the net to defend. In high school or college volleyball, one thing you can be sure of  
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Most often used in court volleyball by the setter, it is often called a 'setter dump' or a 'turn and burn', Crab Defense: When a player is serving,  
[http://en.wikipedia.org/wiki/Volleyball\\_jargon](http://en.wikipedia.org/wiki/Volleyball_jargon)

Tips to Improve Your Volleyball Defense. When this principle is applied to the volleyball court it is easy to see how the principles of Newton's law can easily  
<http://volleyball.isport.com/volleyball-guides/tips-to-improve-your-volleyball-defense>

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<http://www.utahutes.com/>

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<http://www.active.com/volleyball/Articles/Volleyball-Drills-to-Improve-Team-Defense>

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kids who aren't tall enough to get their hands over the net should remain in blocking position or drop off to play defense. court, beach volleyball has a

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