

DEFENSIVE CUE CHART

Critical Elements of...

Anticipation

1. Analyze

- ✓ Can my opponent spike it on the net right now?

2. Predict

- ✓ Where will the ball go if they can hit a spike?
- ✓ What type of shot can they hit?

Positioning

1. Stay Alert

- ✓ Watch the ball.
- ✓ Observe your opponent.

2. Move to Position

- ✓ Move to the spot where your opponent can hit the ball.

3. Athletic Stance

- ✓ Get balanced and ready in athletic stance as your opponent hits the ball.