

PSI Volleys

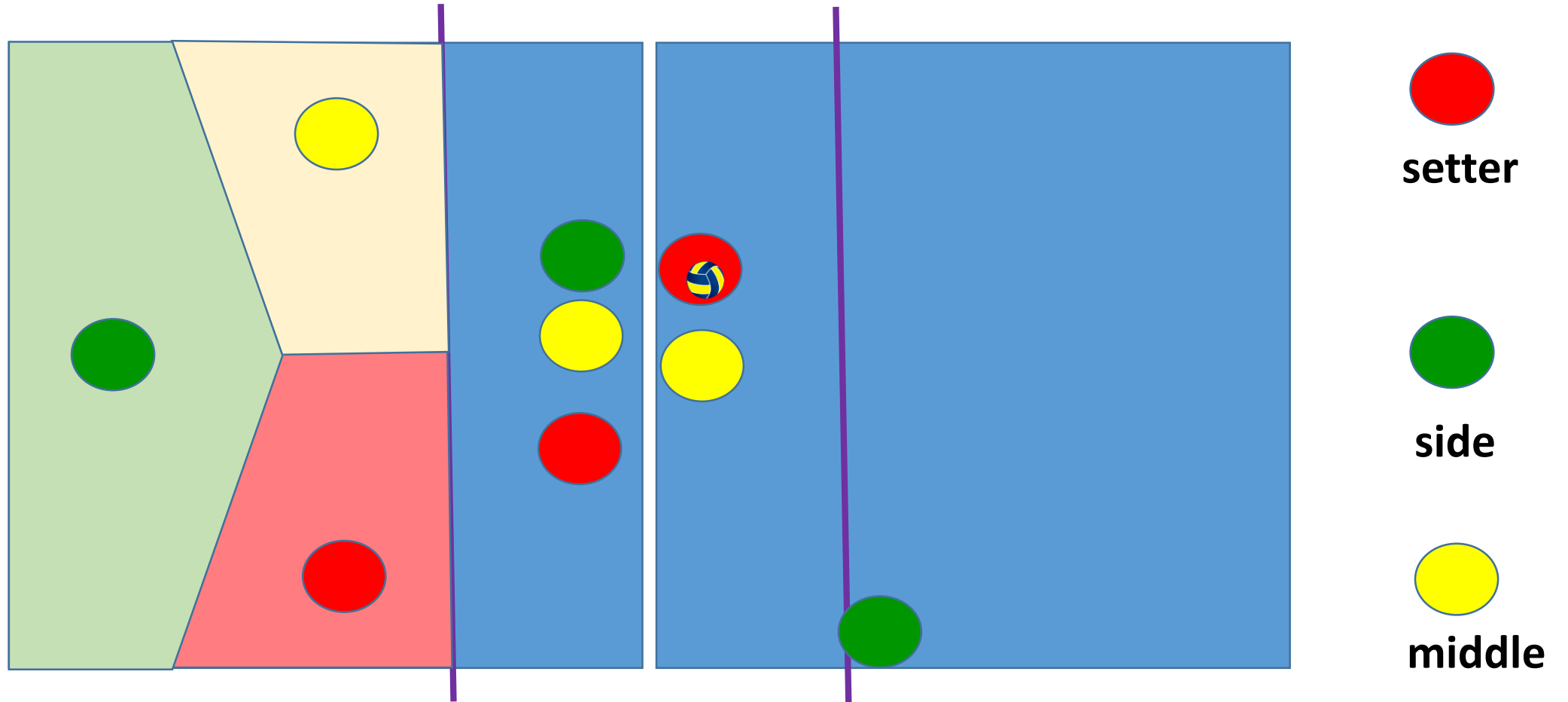
Our playing system



Defense

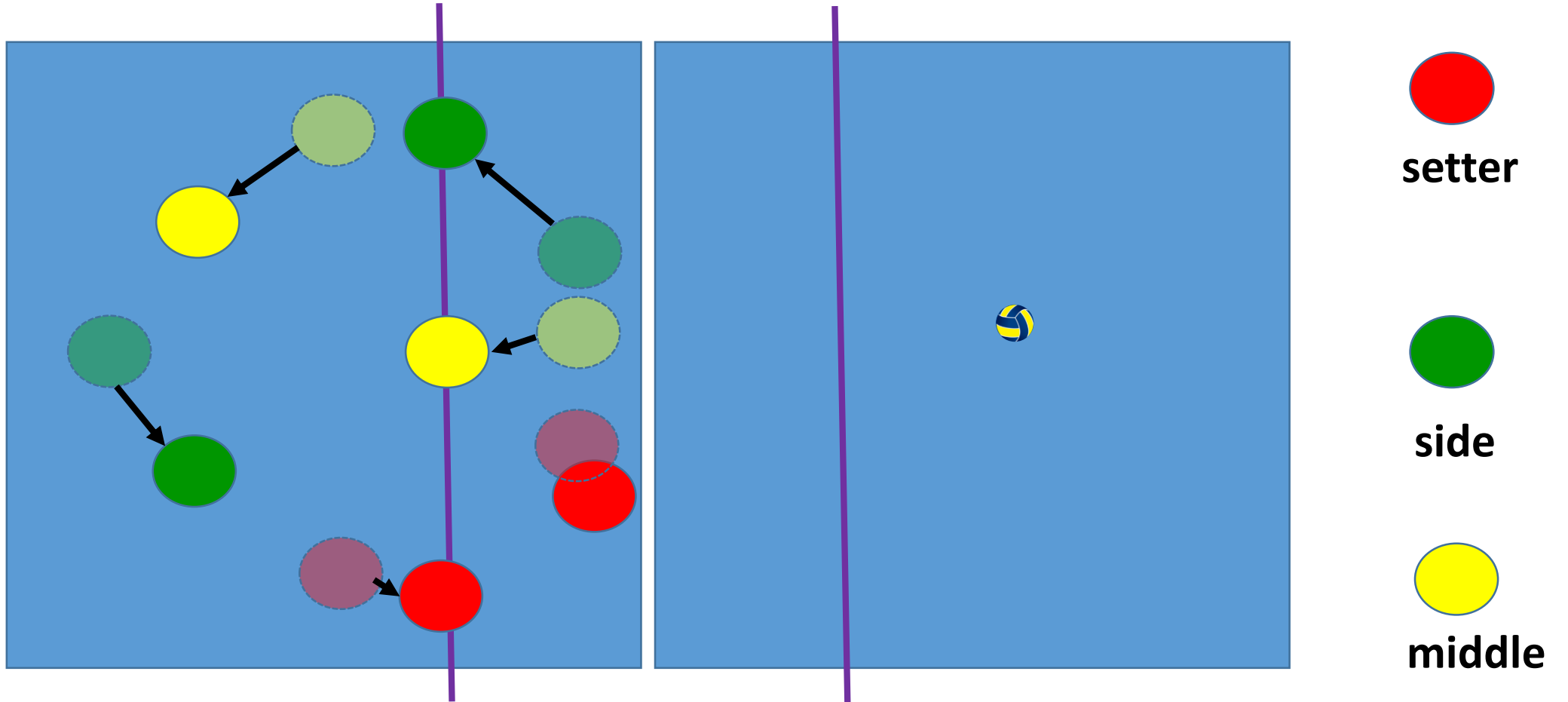
- The attacking team has always the advantage
 - It is impossible to get all the points, we have to maximize our chances
- It is necessary to read the game and adjust the defense position
 - The correct position is different against the strong attacker and weaker one

Defense – basic position

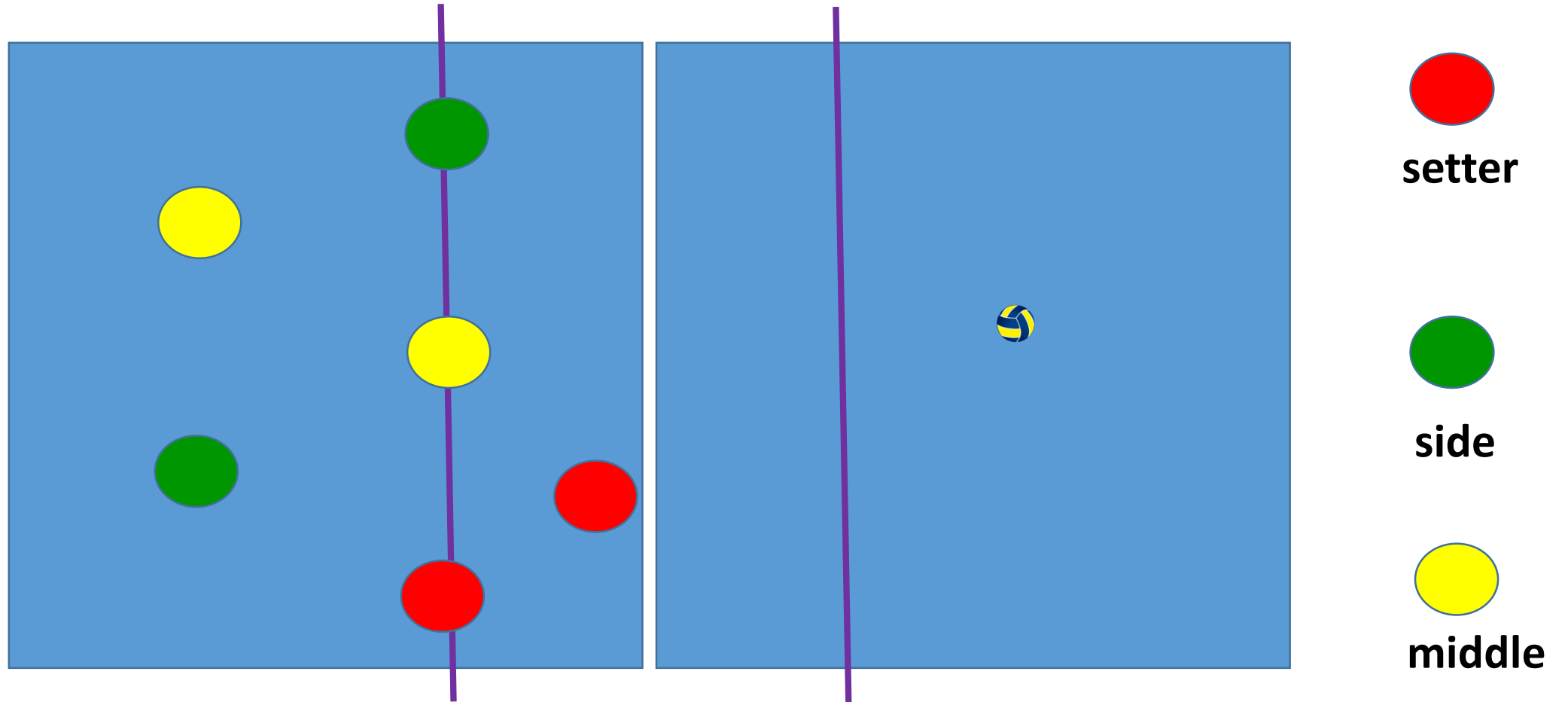


We have to move to this position immediately when the ball is safely on the other side.

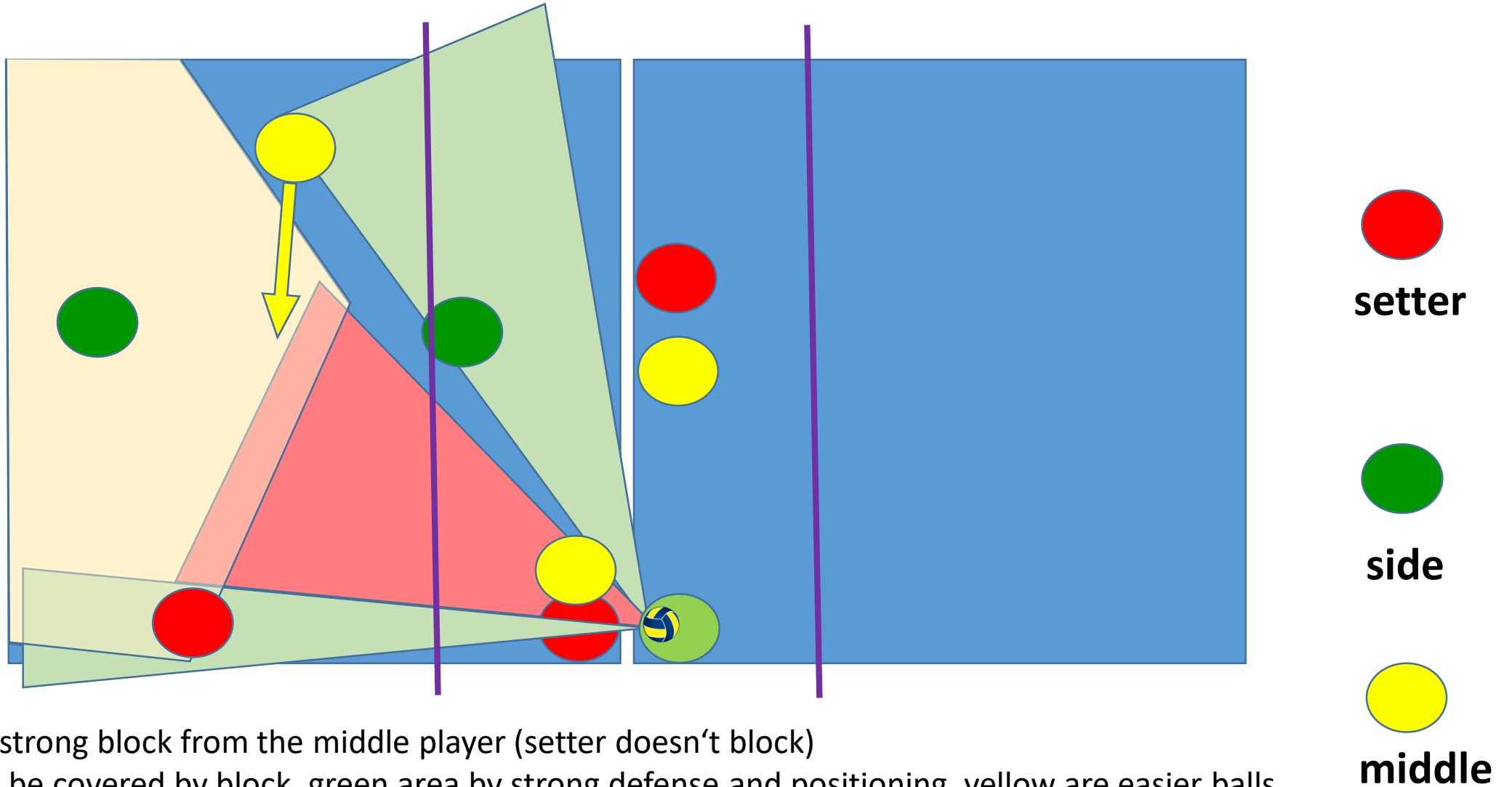
Defense – easy ball



Defense – easy ball



Defense – Attack from left



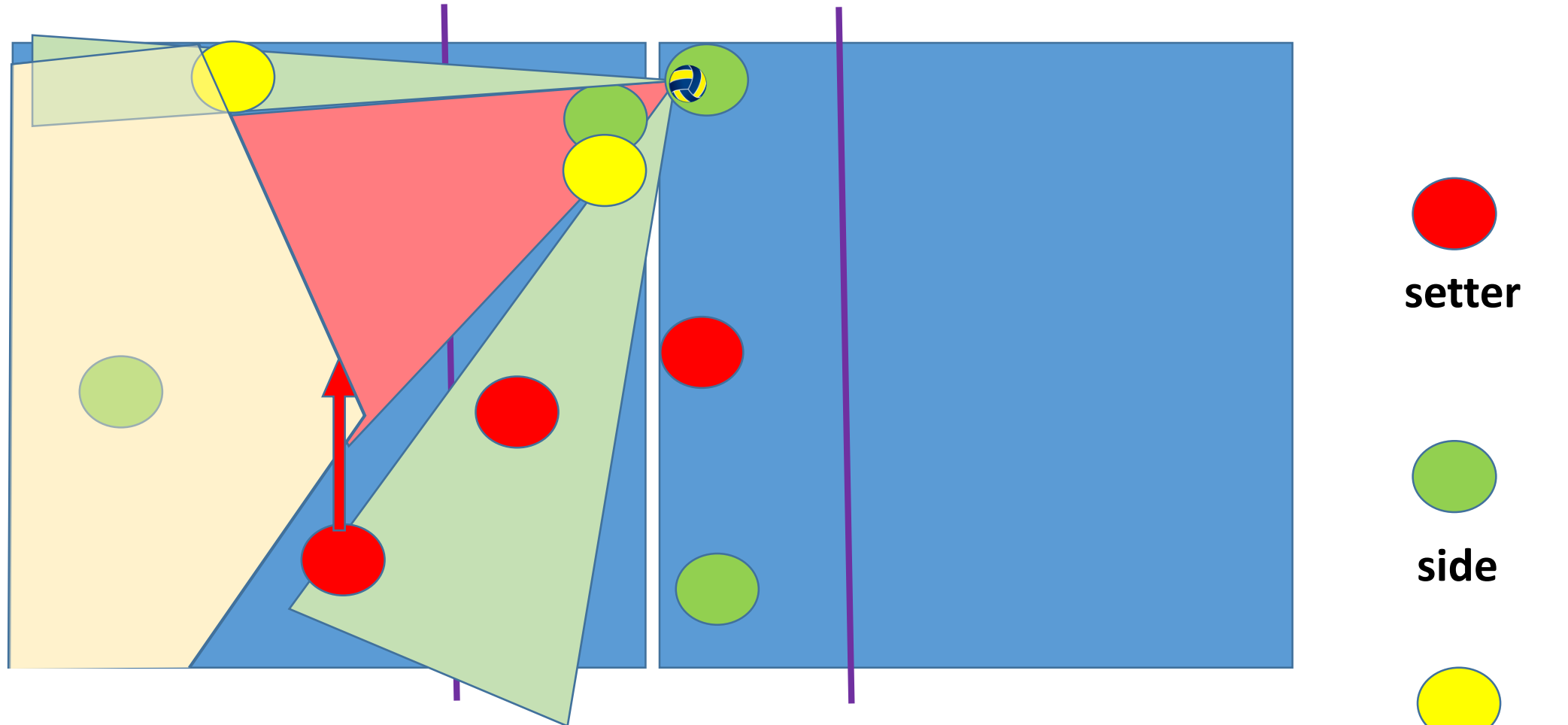
Important is the strong block from the middle player (setter doesn't block)
Red area have to be covered by block, green area by strong defense and positioning, yellow are easier balls
Back setter covers the line attack. Side (back line) should read the situation (block position) and help either right or left side. Arrow shows the defense area for „easy balls“



Different position of the back players during the same game

<https://youtu.be/8rG1vjmJHr4?t=3352>

Defense – Attack from left



Important is the strong block from the middle player and side – narrows the area for strong attack.
Red area have to be covered by block, green area by strong defense and positioning, yellow are easier balls

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The block keeps open space for the line attack → this attack is covered by the back player standing on the line

<https://youtu.be/8rG1vjmJHr4?t=2188>

<https://youtu.be/TgxS8JLBVN0?t=2530>

<https://youtu.be/8rG1vjmJHr4?t=3352>