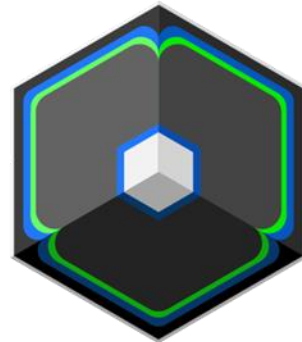


Vision Training System

Defense Theory and Base Adjustments Walkthrough

Defending against Angle and Protecting Left-Back



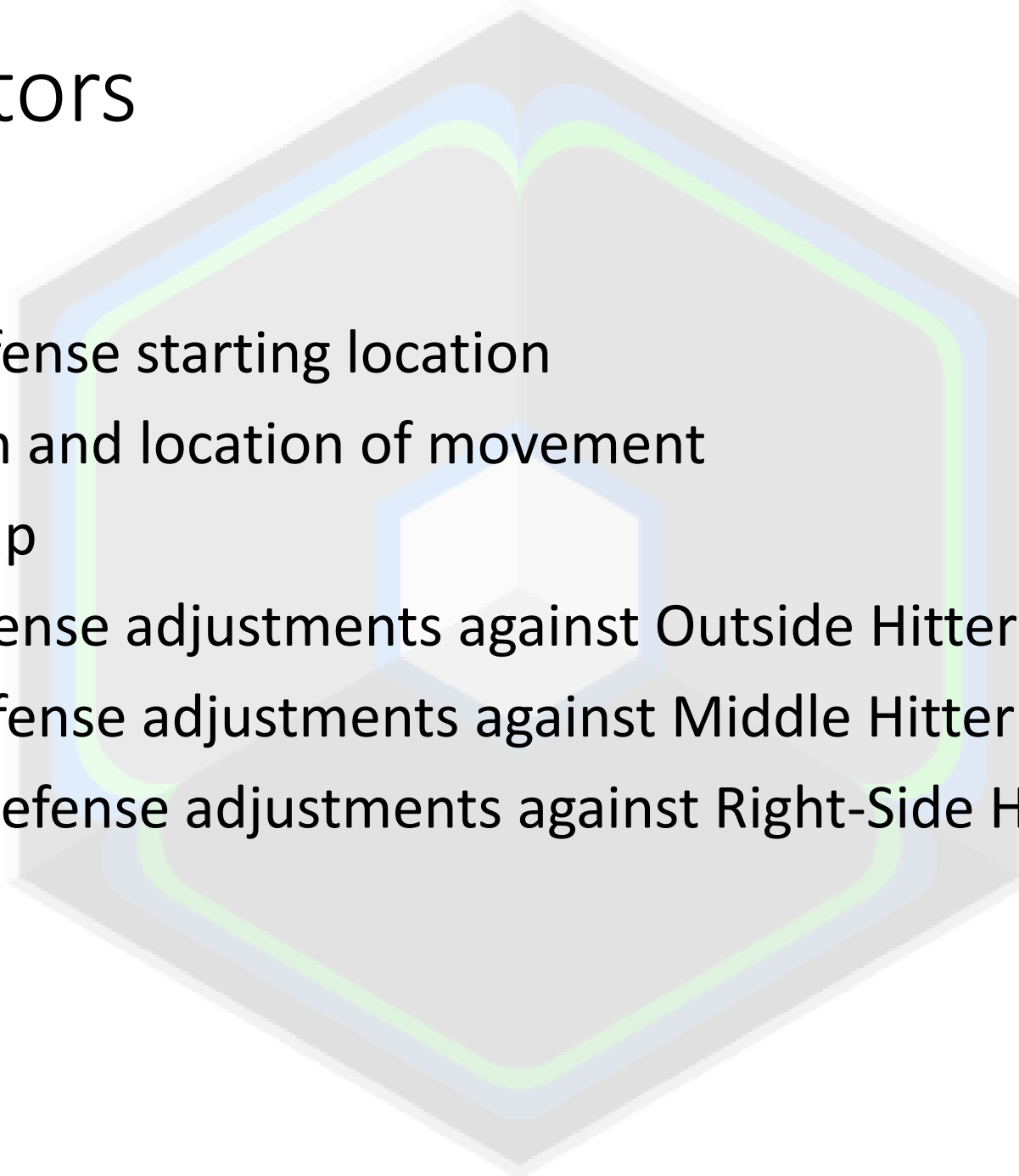
Python Optics



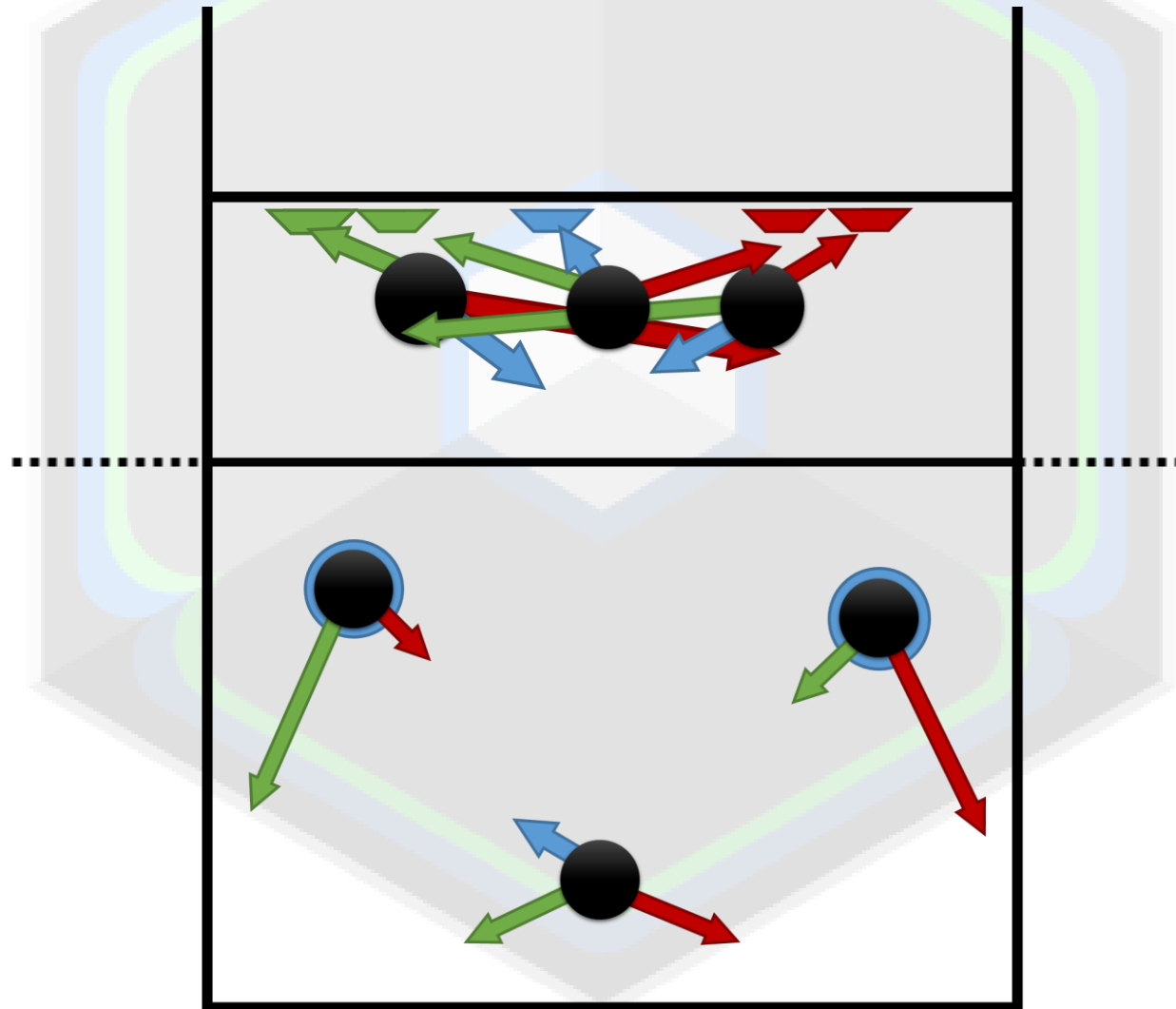
Color Descriptors

Legend

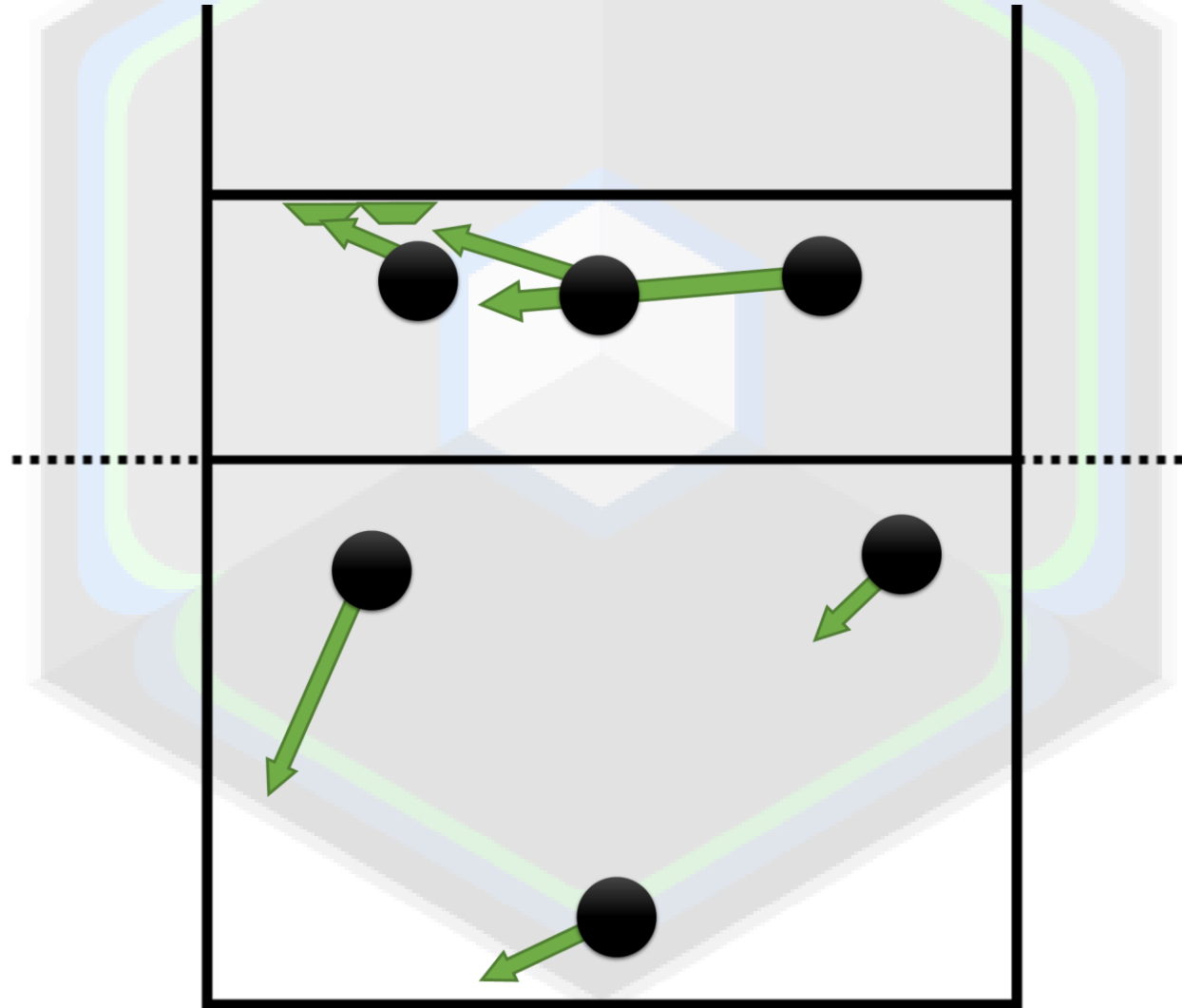
- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side Hitter



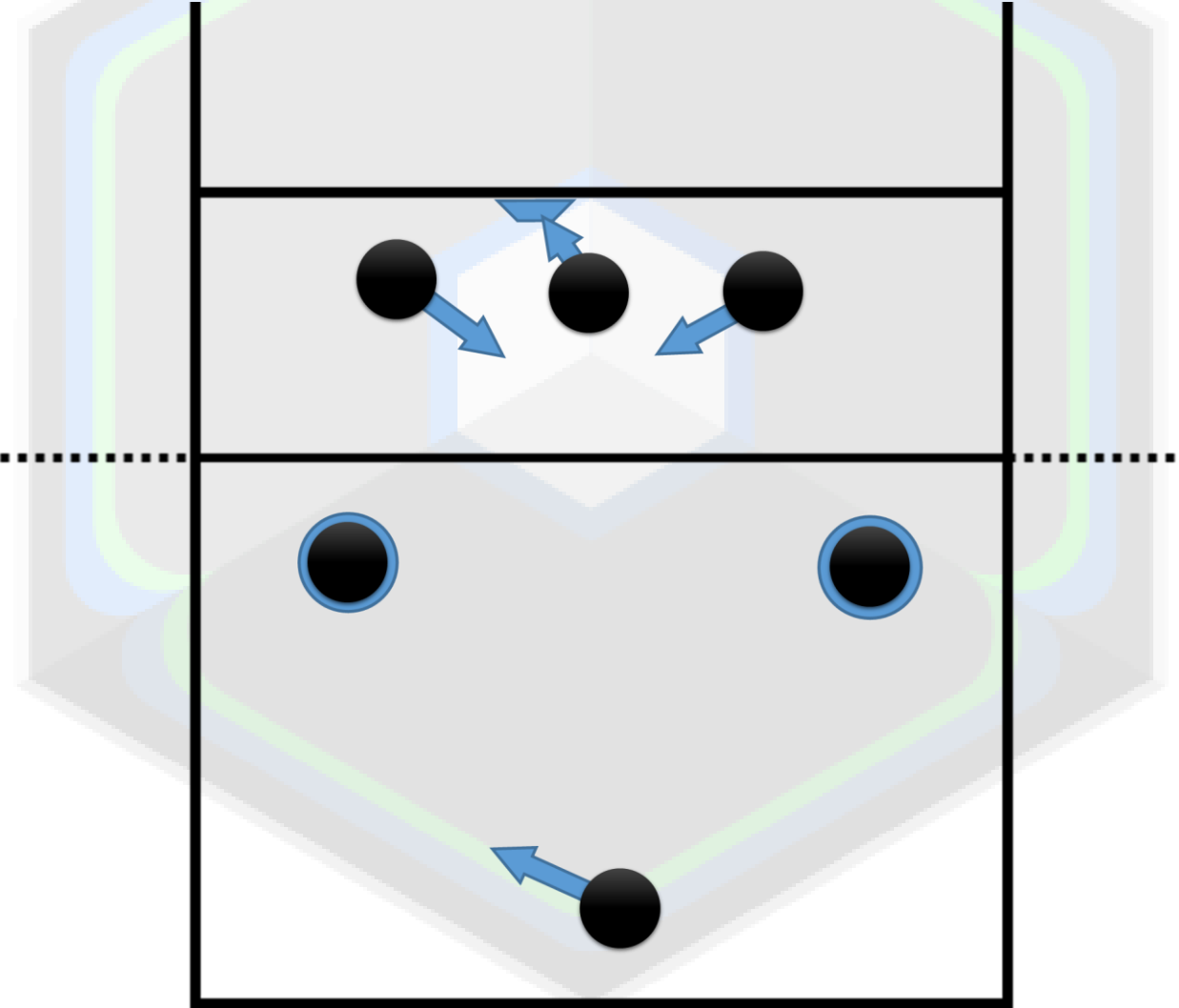
Defense against "Angle Attacks" and Protecting Left-Back



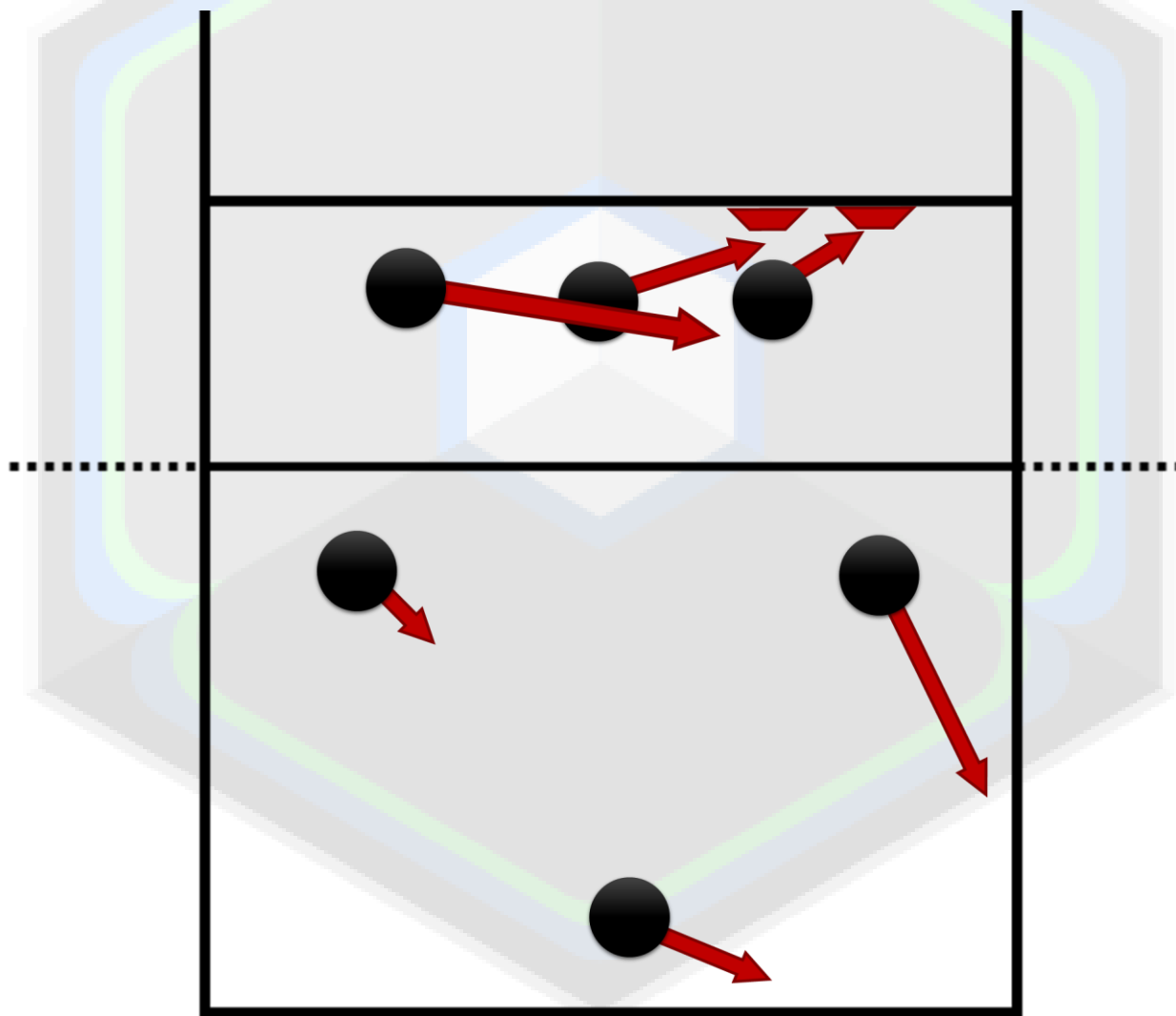
Base-Adjustments – Angle Defense – All Positions – Outside



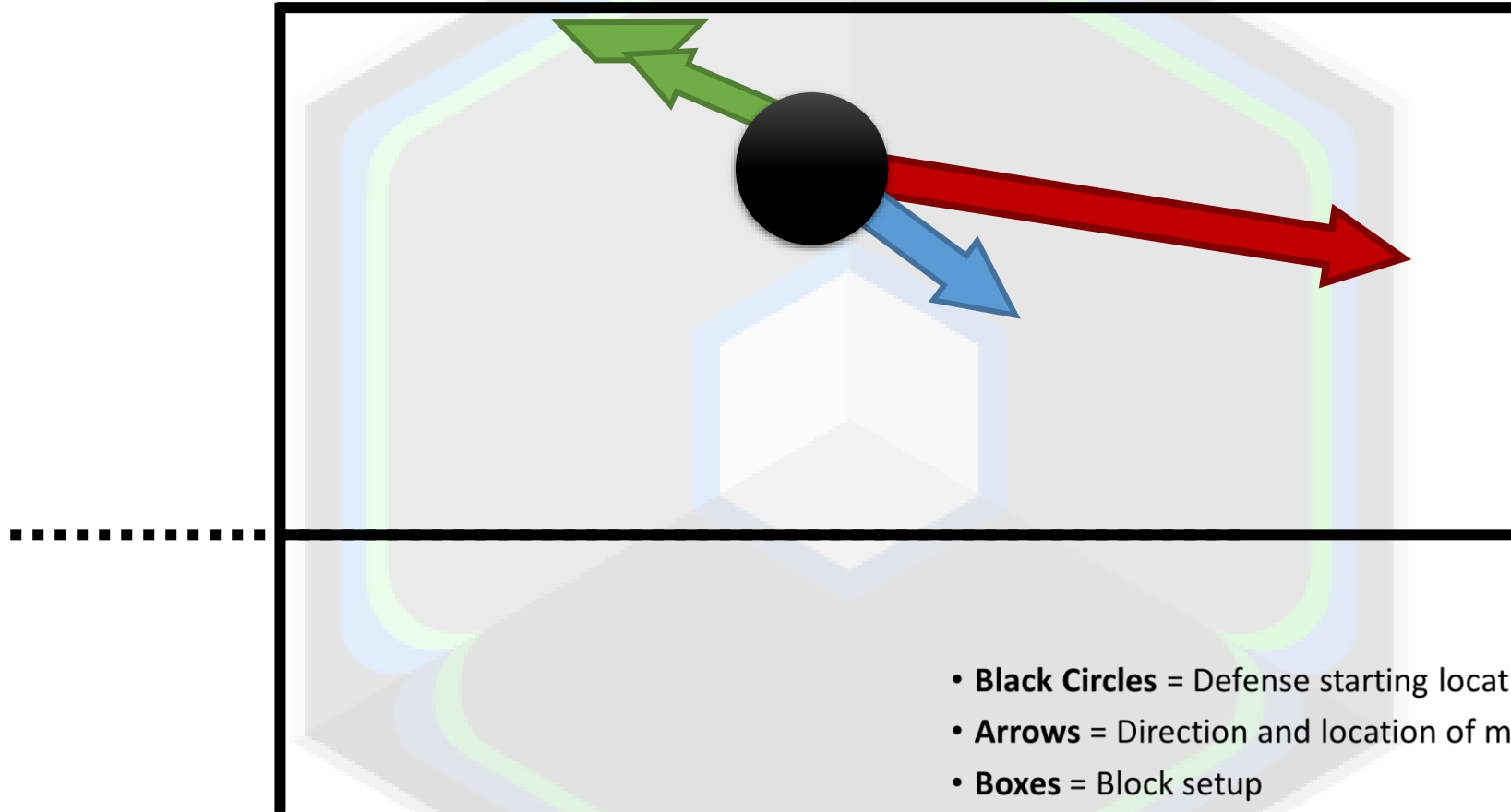
Base-Adjustments – Angle Defense – All Positions – Middle



Base-Adjustments – Angle Defense – All Positions – Right-Side

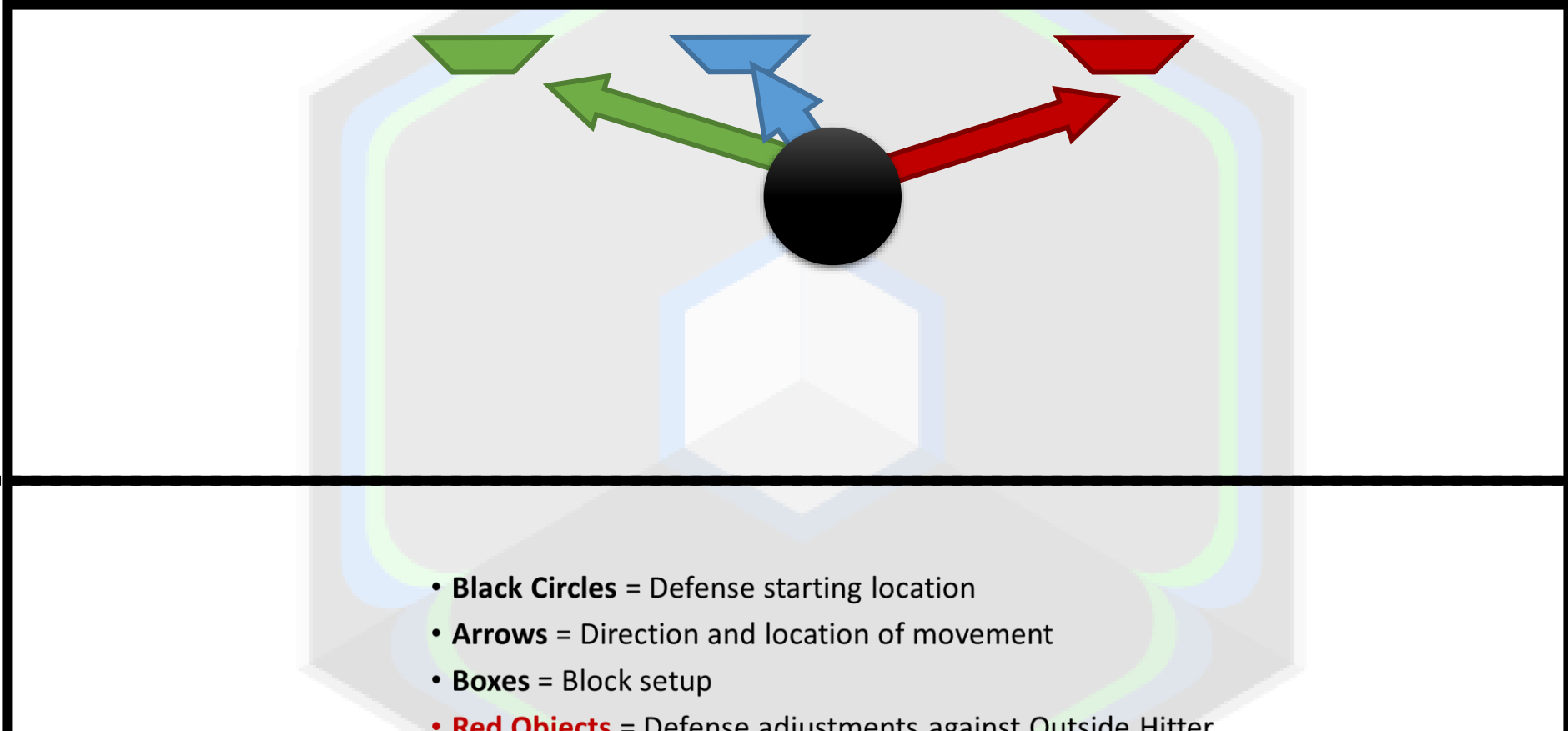


Outside Blocker Defense – Defending Angle and Protecting Left Back



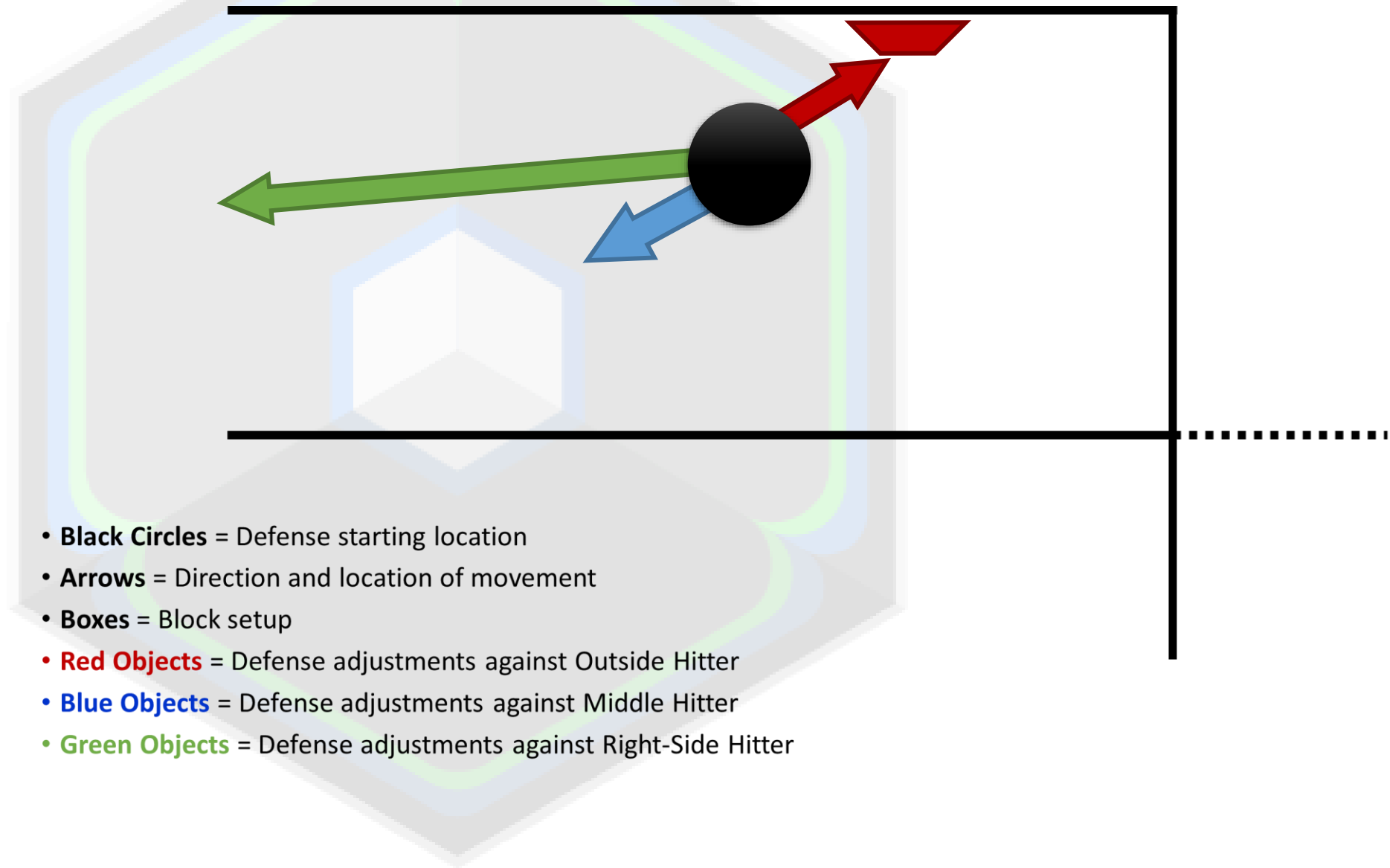
- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side Hitter

Middle Blocker Defense – Defending Angle and Protecting Left Back

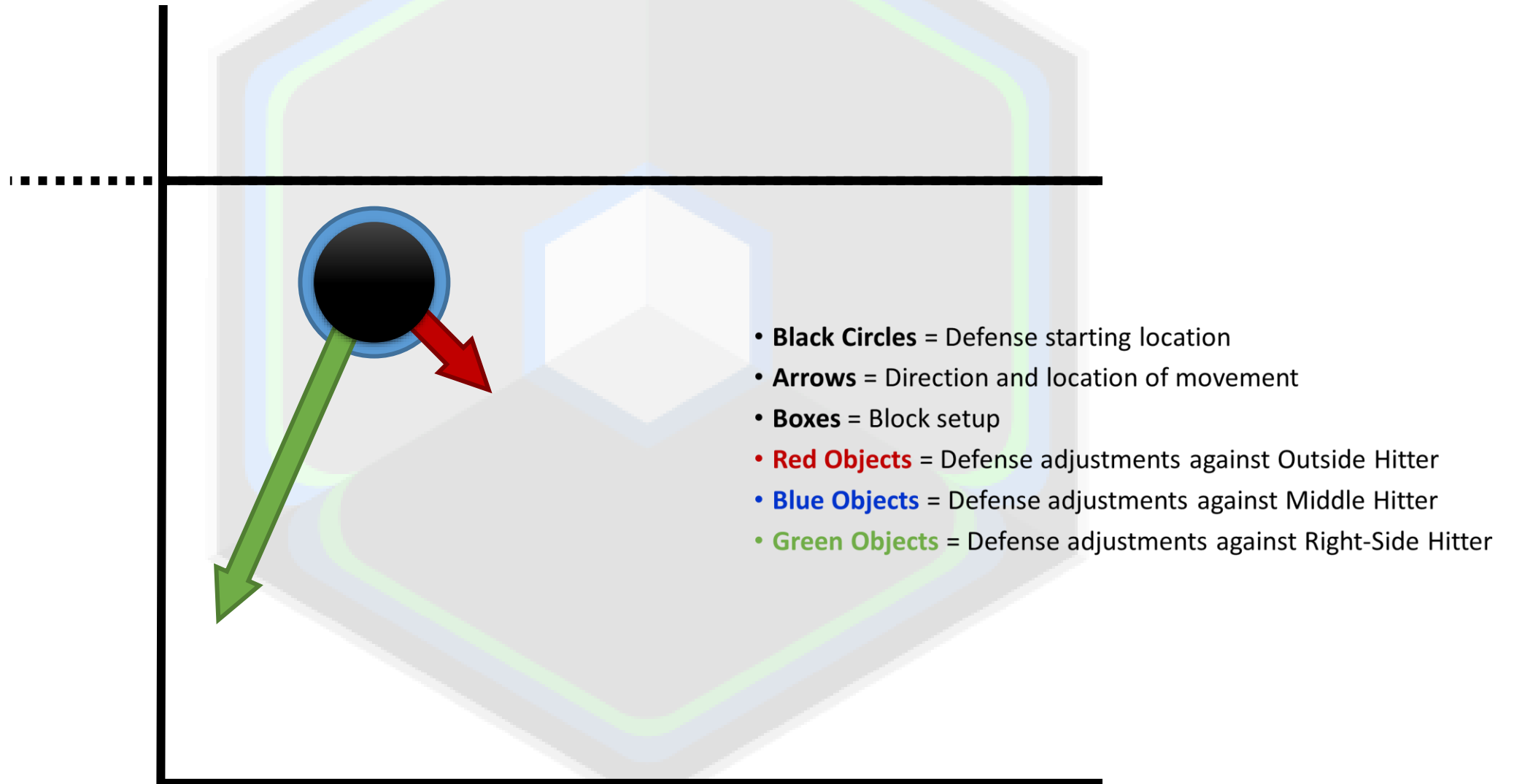


- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side Hitter

Right-Side Blocker Defense – Defending Angle and Protecting Left Back

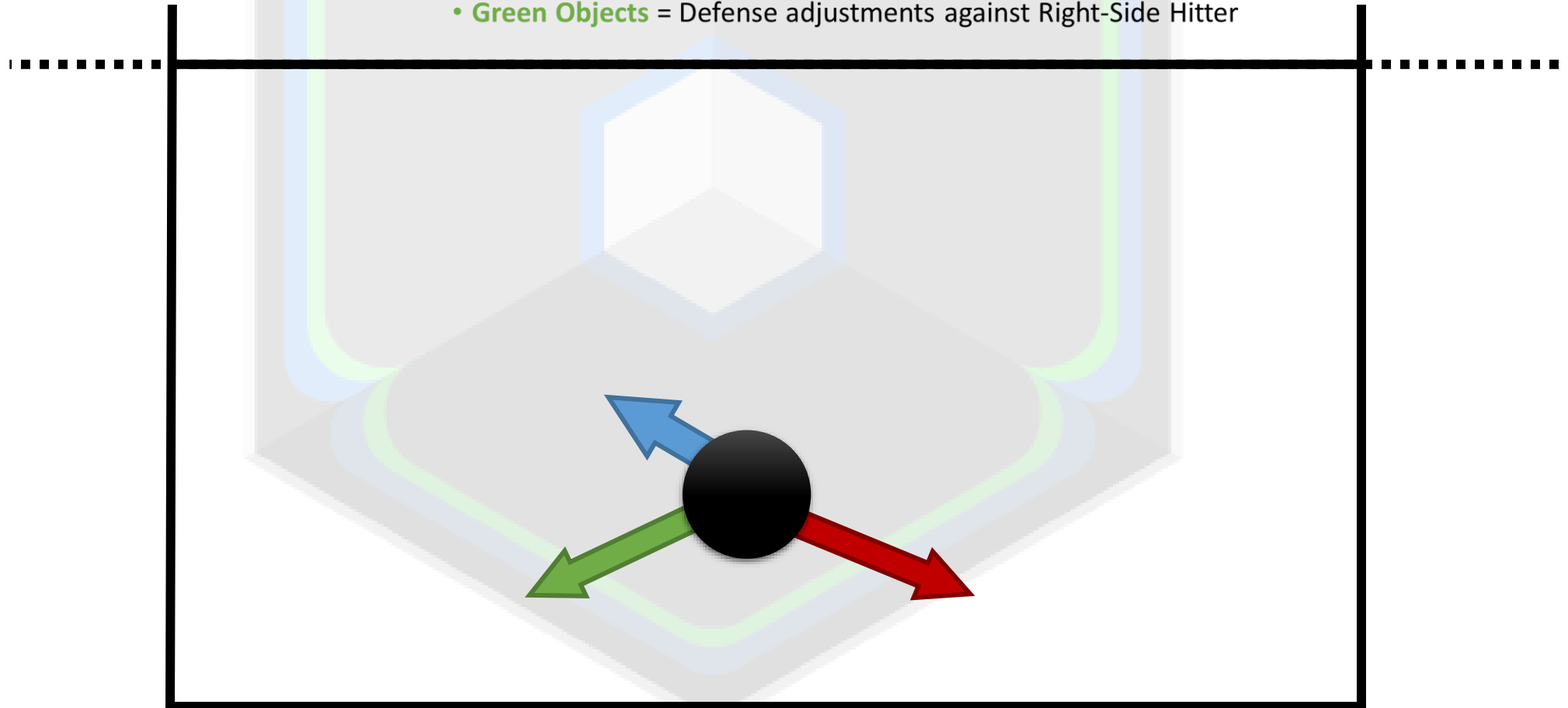


Left-Back Defense – Defending Angle and Protecting Left Back



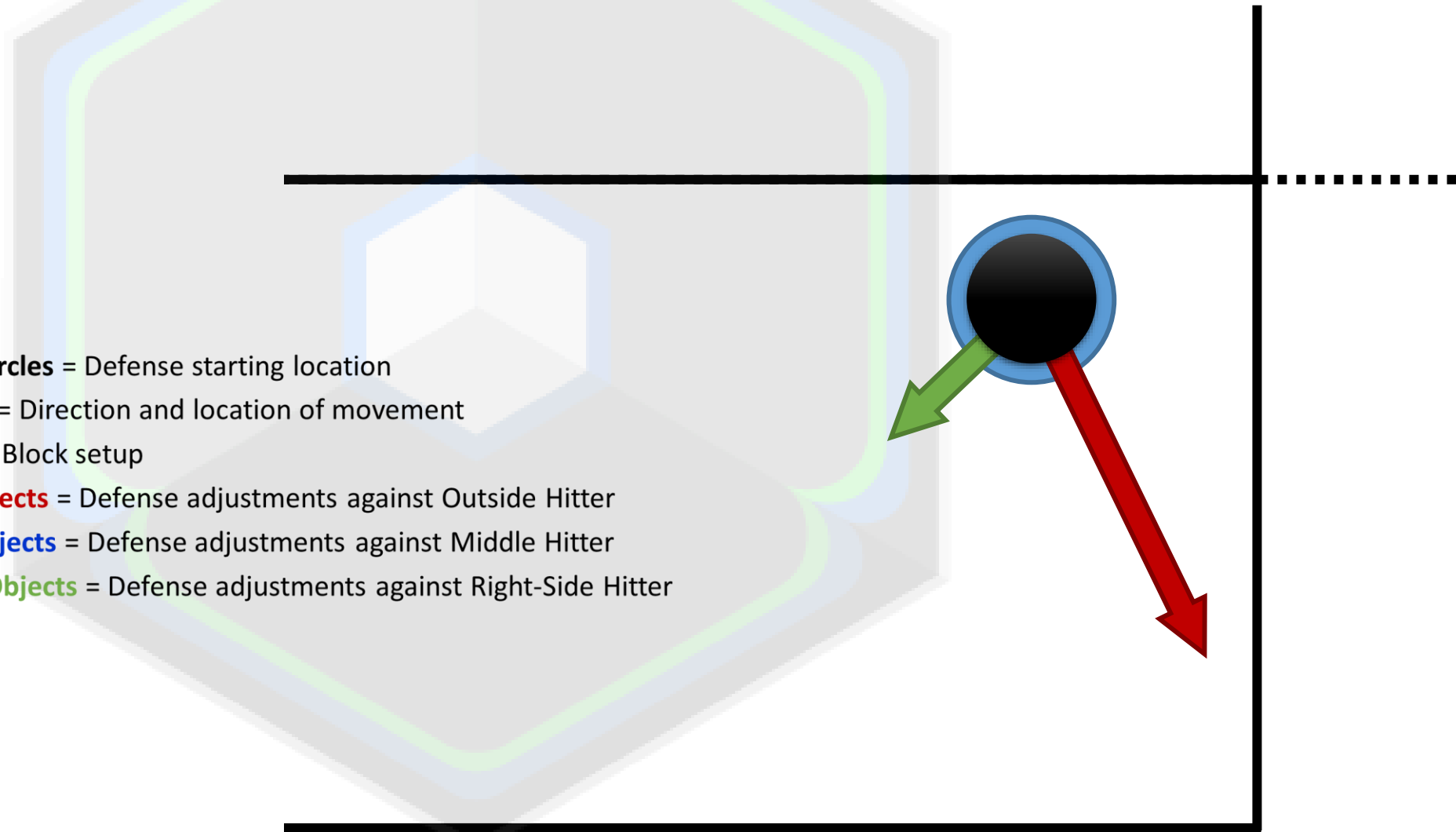
Middle-Back Defense – Defending Angle and Protecting Left Back

- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side Hitter



Right-Back Defense – Defending Angle and Protecting Left Back

- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side Hitter



Defense against "Angle Attacks" and Protecting Left-Back

