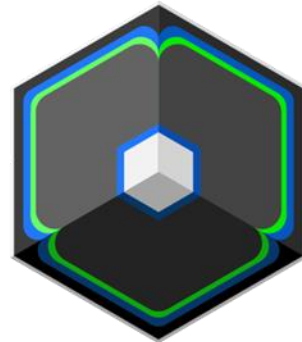


# Vision Training System

Defense Theory and Base Adjustments Walkthrough

**Defending against Line and Protecting Right-Back**



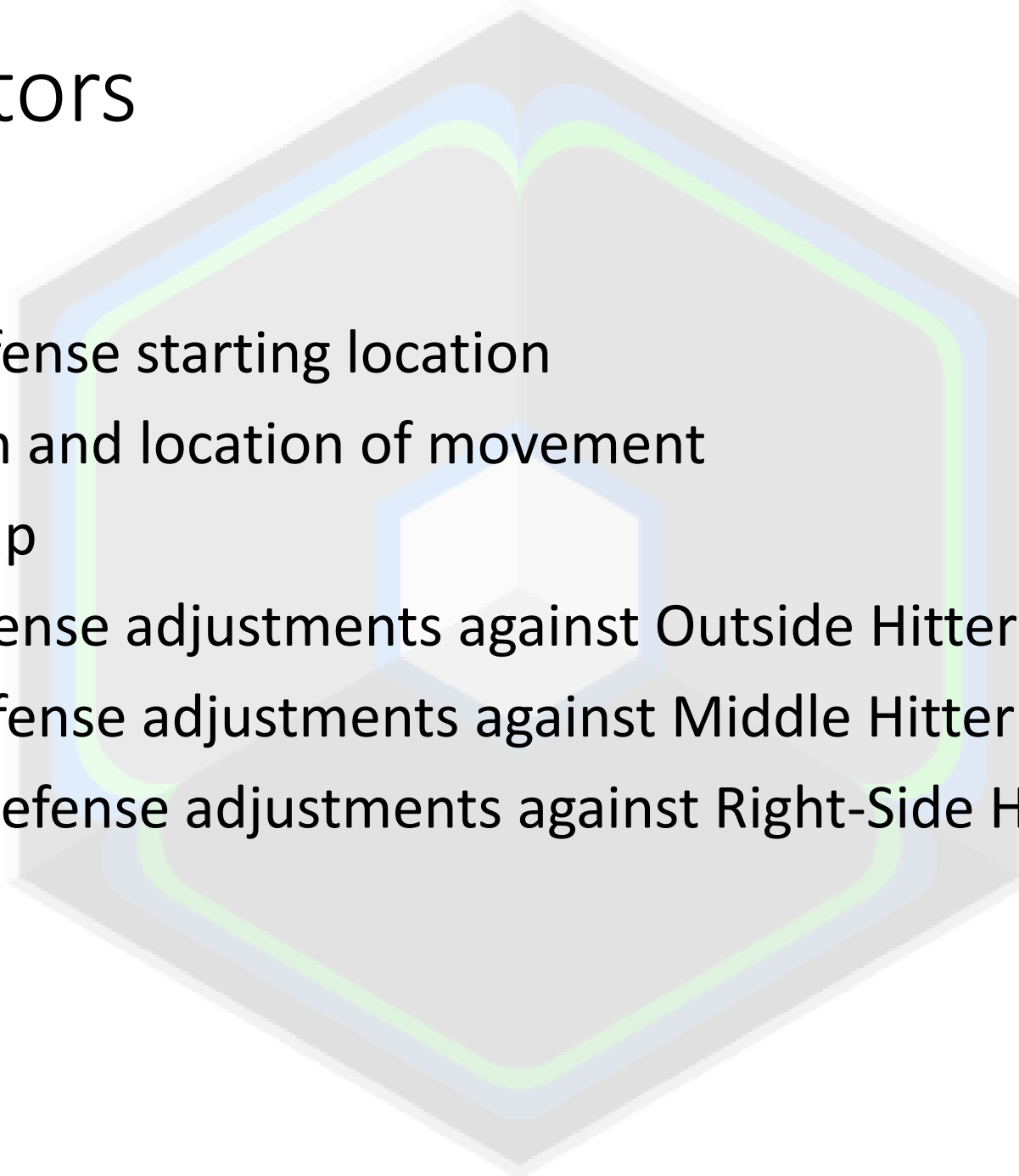
**Python Optics**

 FreshMetrics

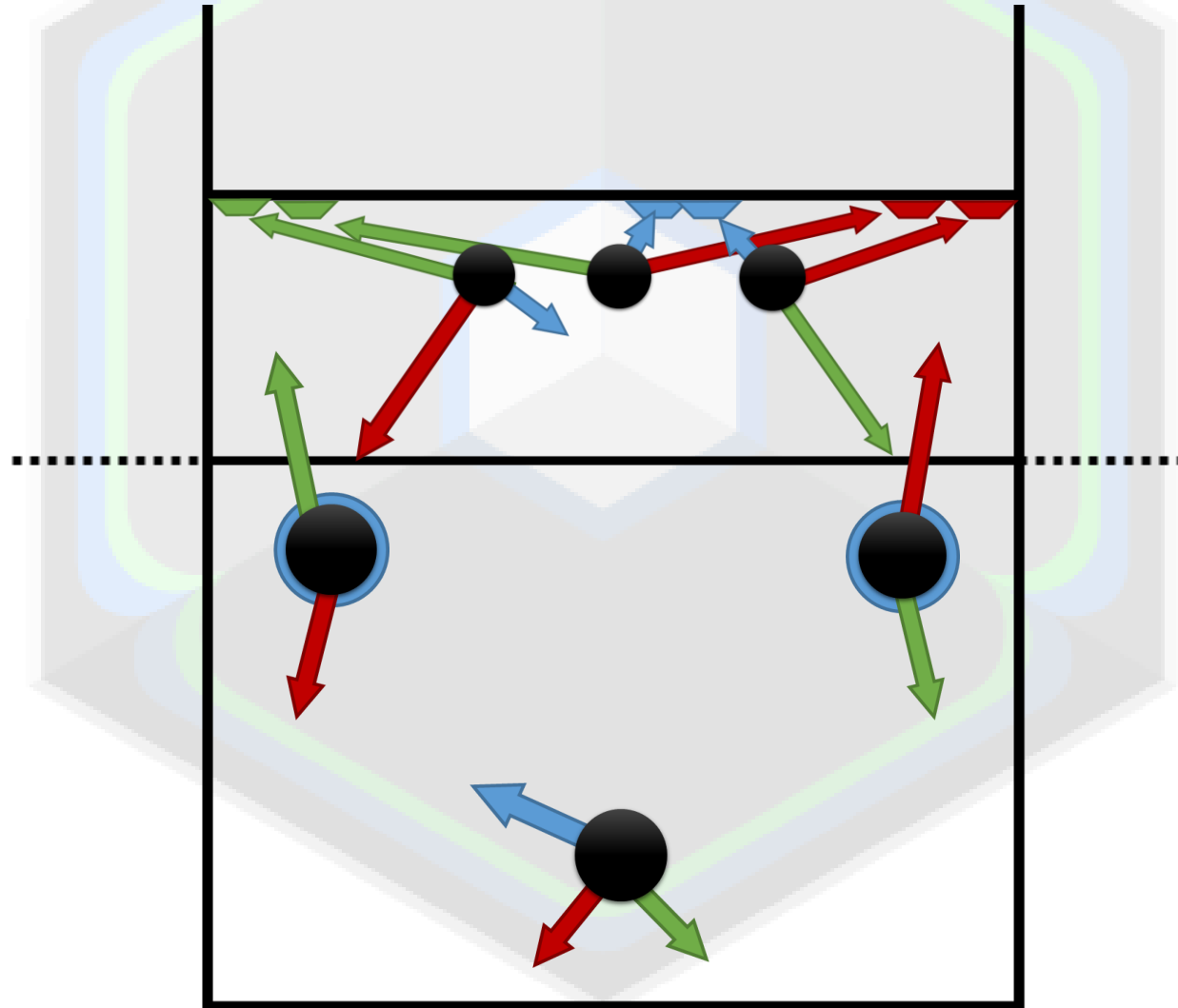
# Color Descriptors

## Legend

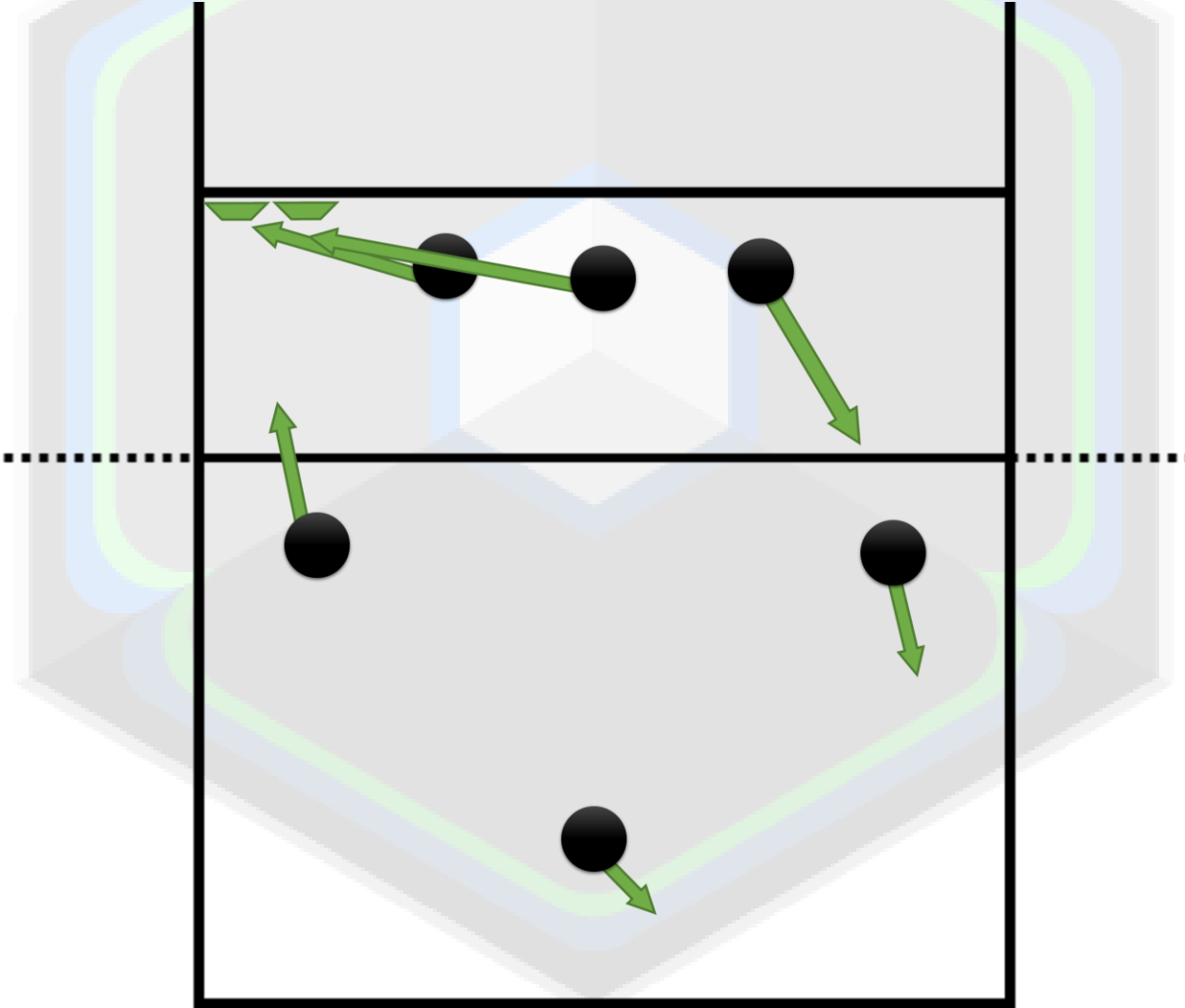
- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side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



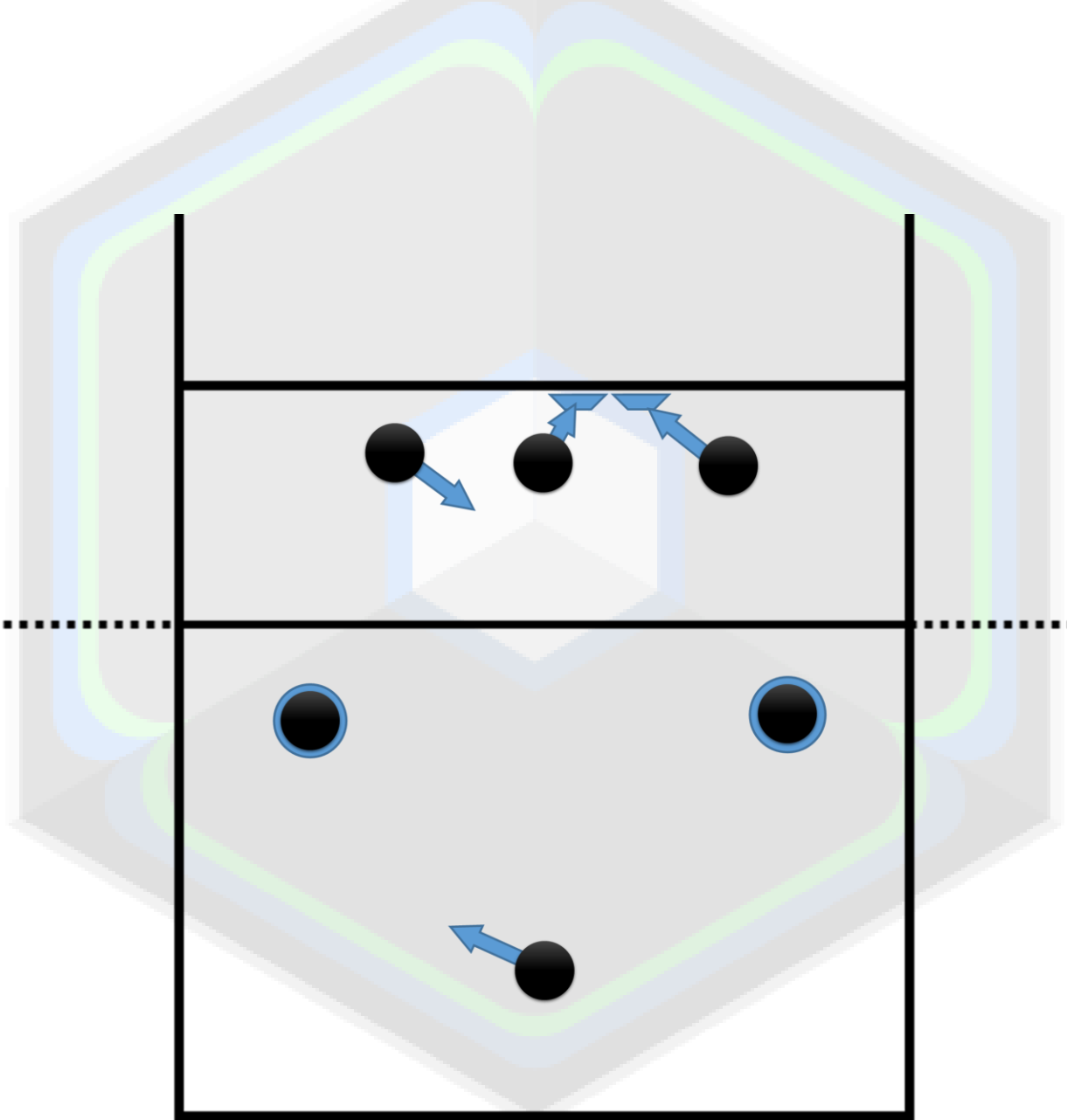
# Defense against "Line Attacks" and Protecting Right-Back



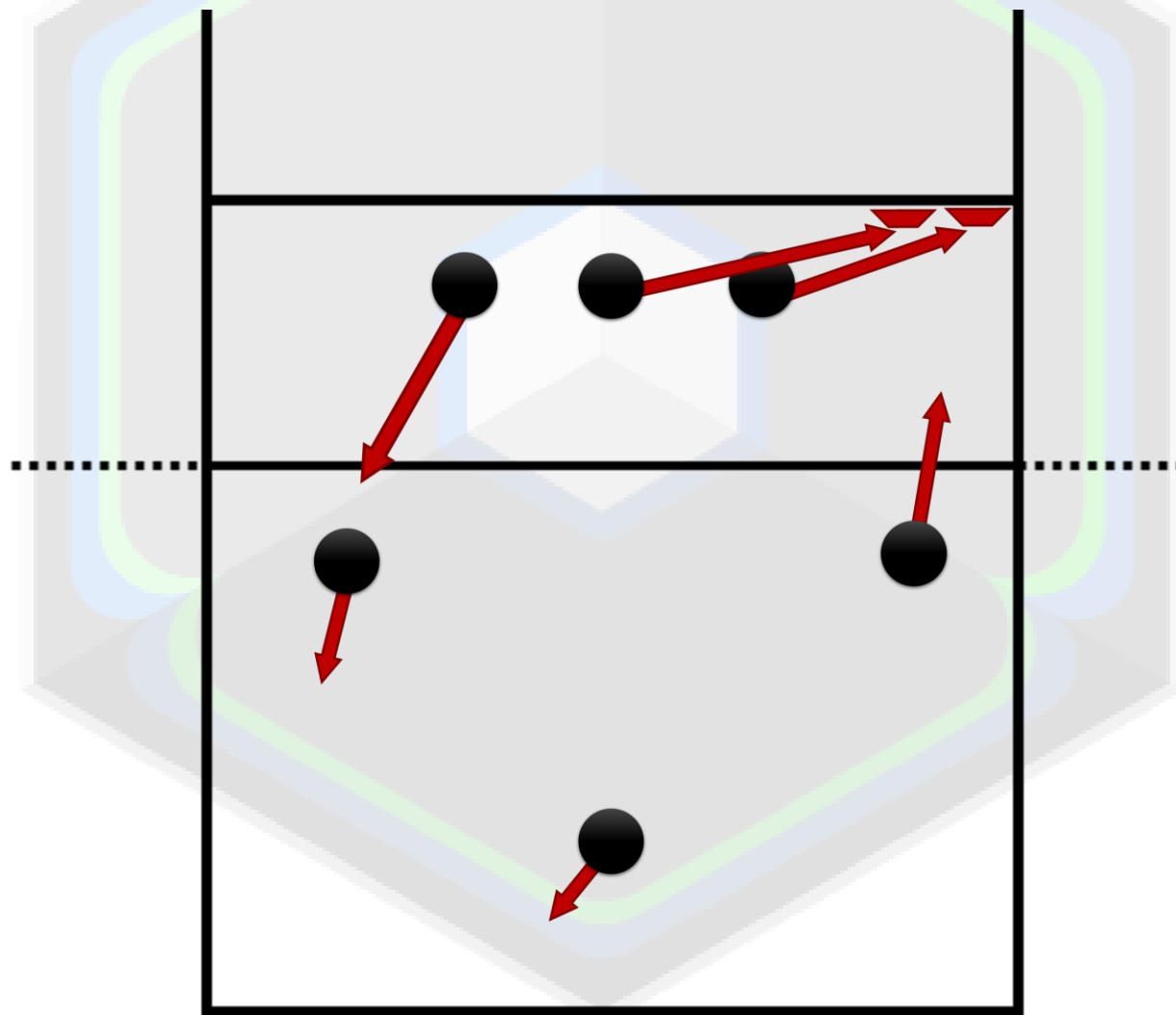
# Base-Adjustments – Line Defense– All Positions – Right-Side



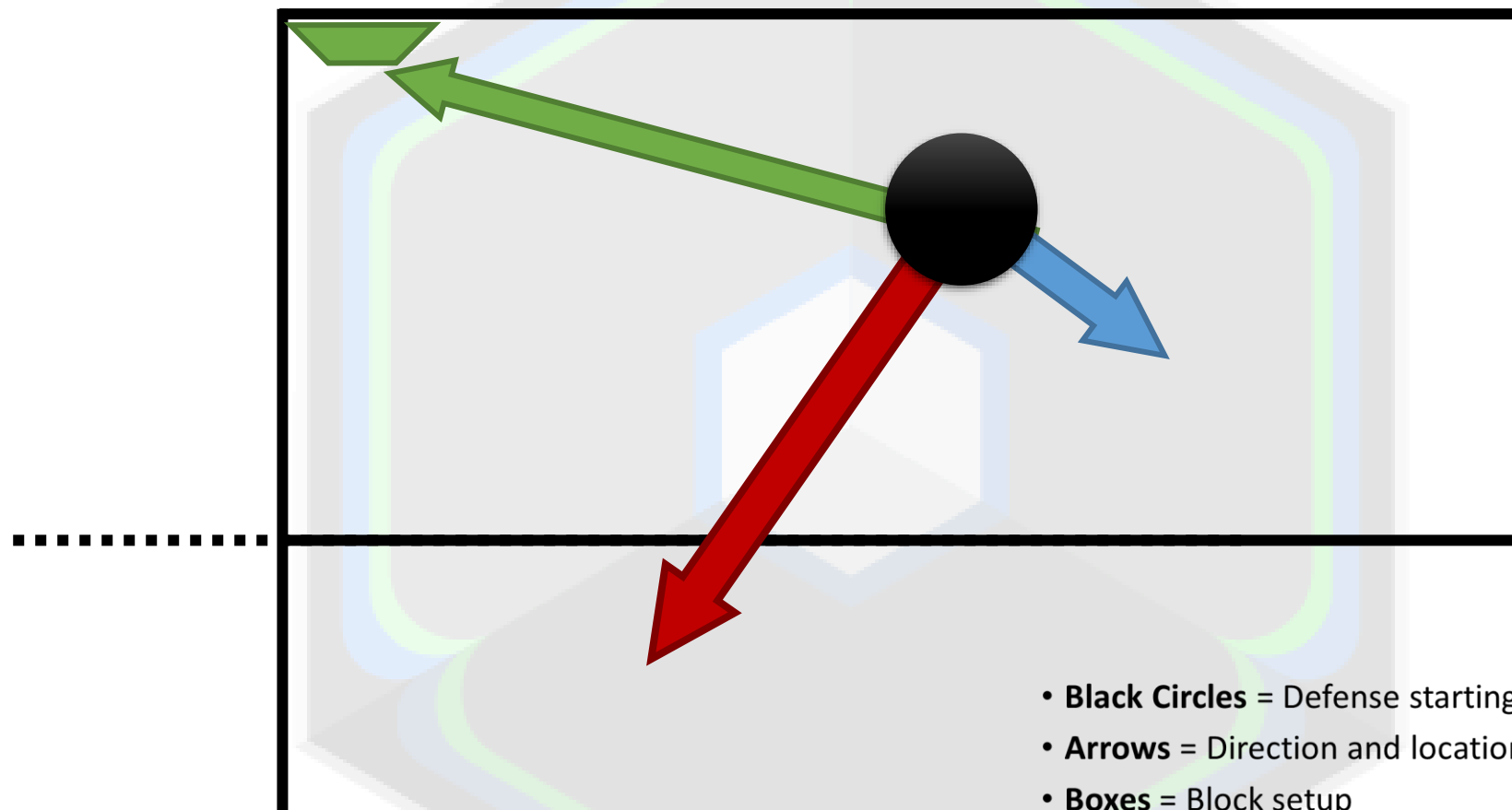
Base-Adjustments – Line Defense– All Positions – Middle



# Base-Adjustments – Line Defense – All Positions – Outside

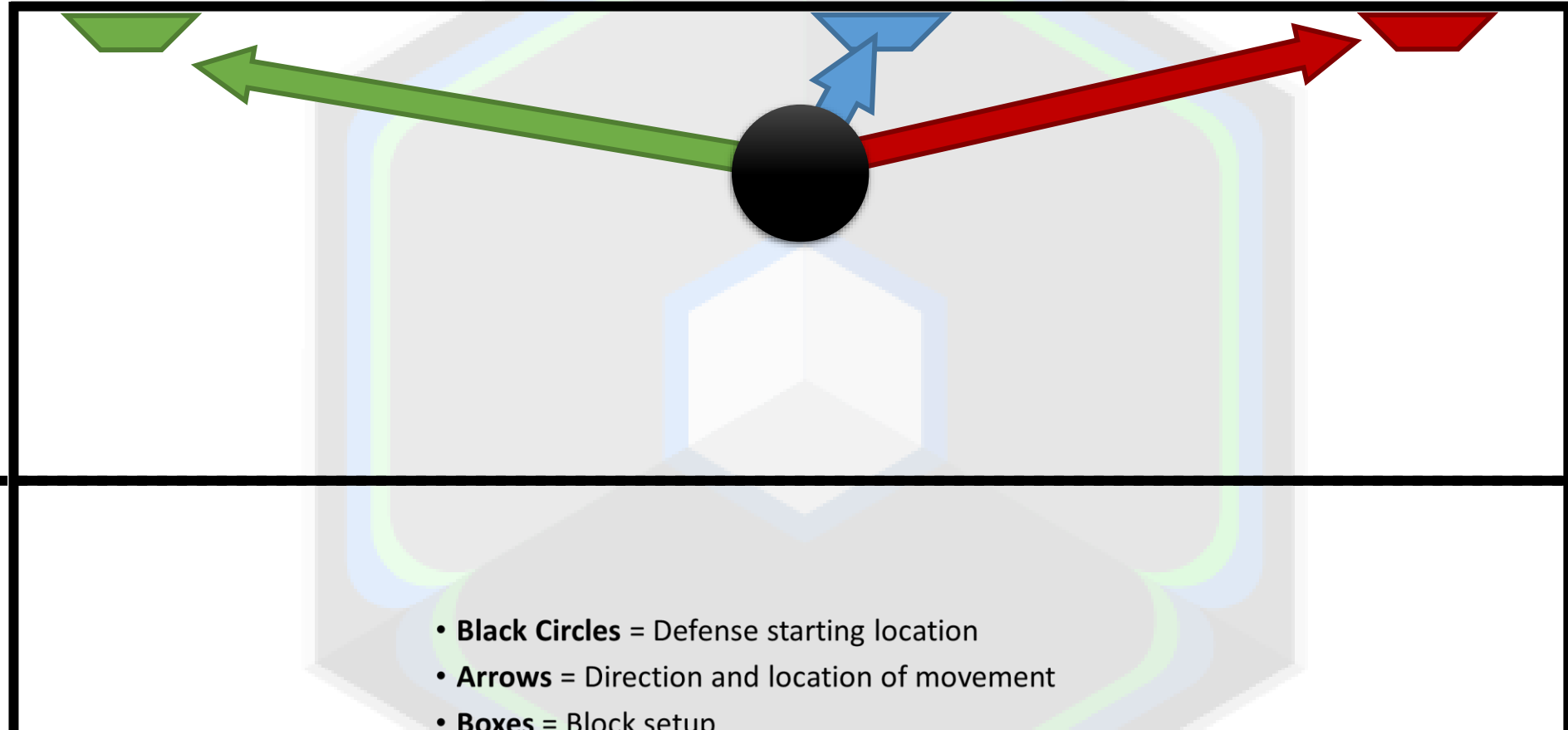


# Outside Blocker Defense – Defending Line and Protecting Right Back



- **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

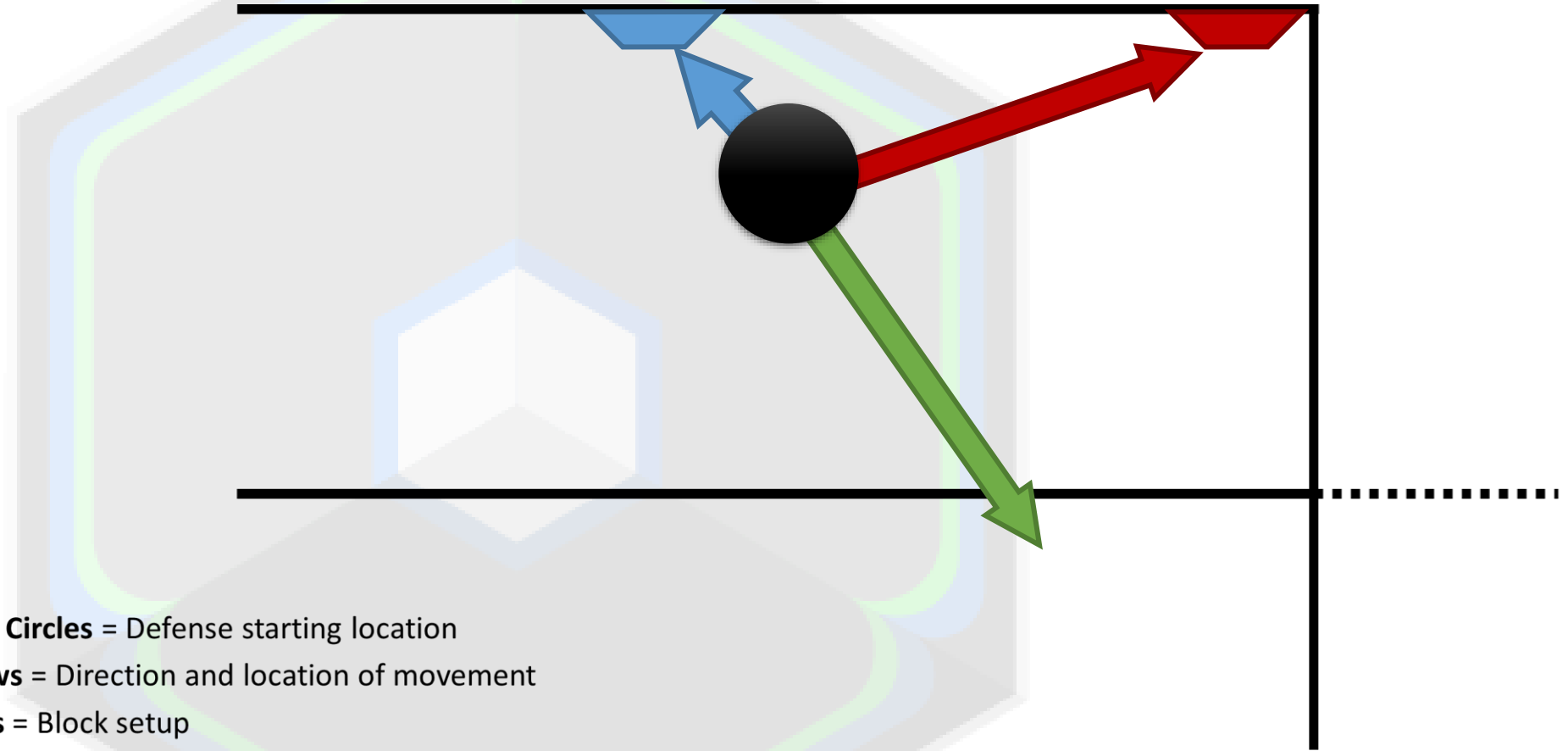
# Middle Blocker Defense – Defending Line and Protecting Right Back



- **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

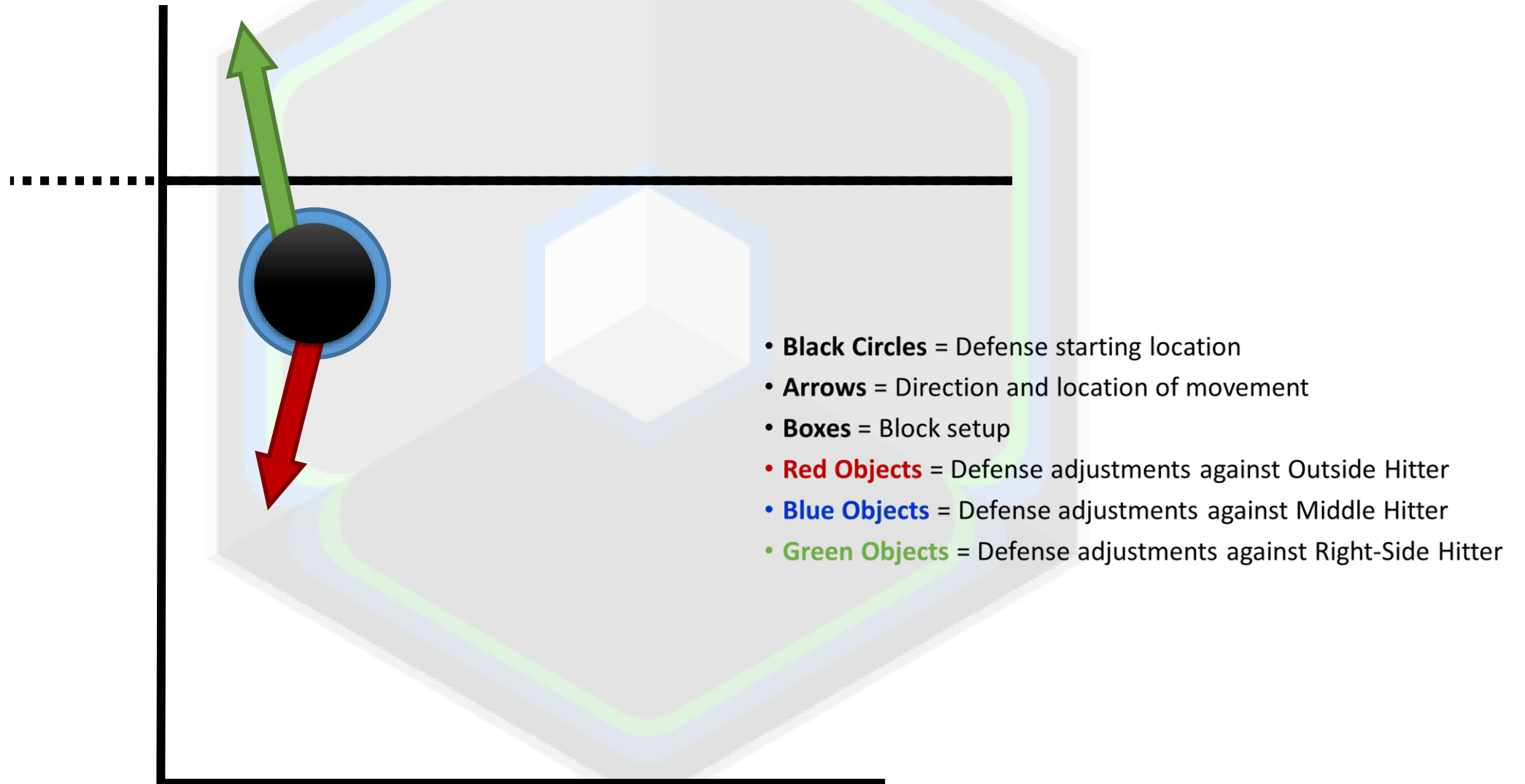


# Right-Side Blocker Defense – Defending Line and Protecting Right Back



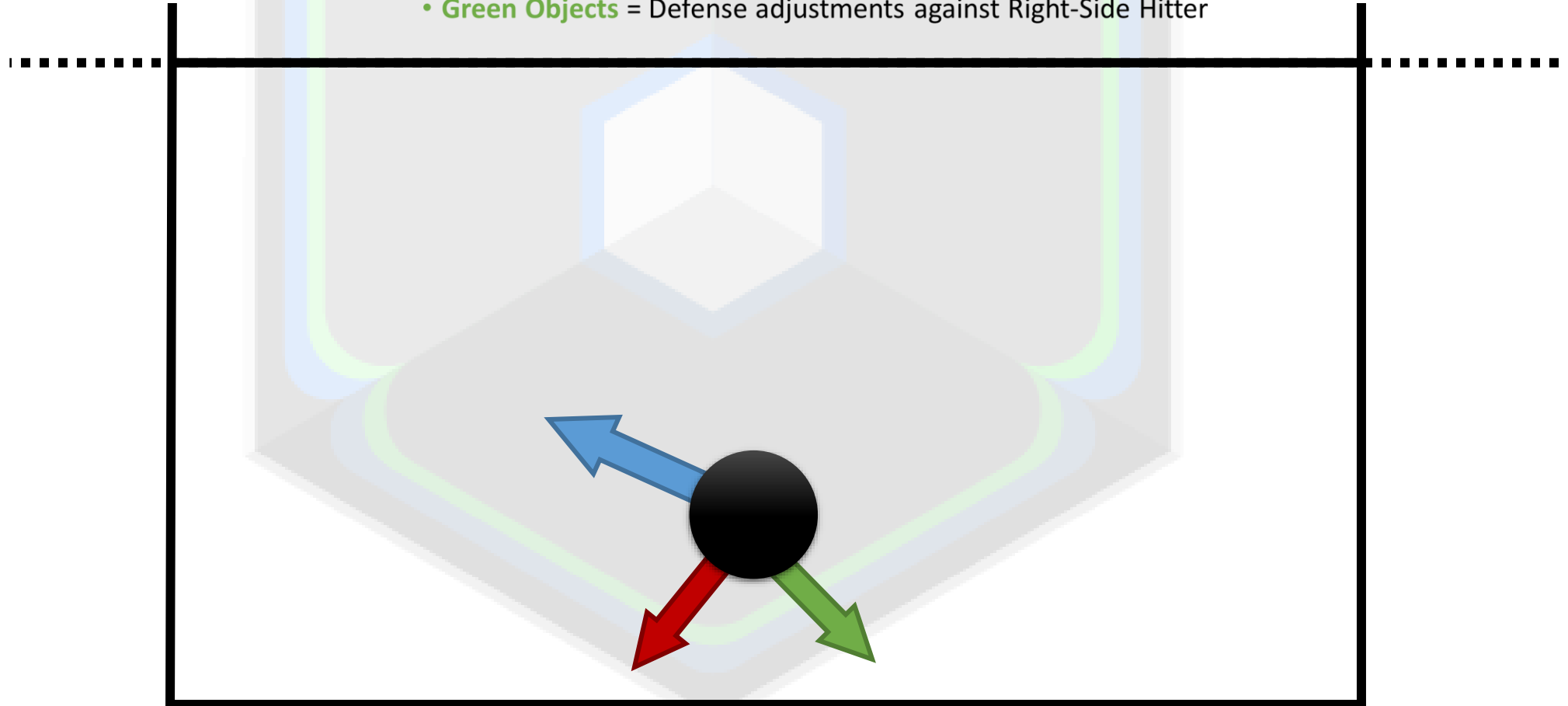
- **Black Circles** = Defense starting location
- **Arrows** = Direction and location of movement
- **Boxes** = Block setup
- **Red Objects** = Defense adjustments against Outside Hitter
- **Blue Objects** = Defense adjustments against Middle Hitter
- **Green Objects** = Defense adjustments against Right-Side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

# Left-Back Defense – Defending Line and Protecting Right Back



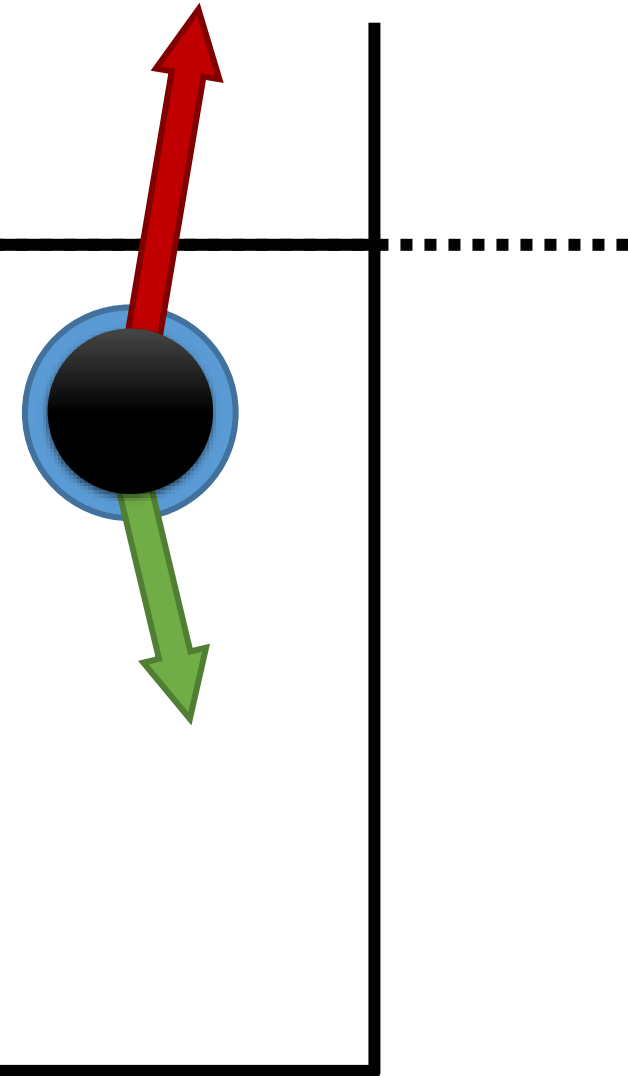
# Middle-Back Defense – Defending Line and Protecting Right Back

- **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 Line and Protecting Right 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 "Line Attacks" and Protecting Right-Back

