

# Vision Training System

## Defense Theory and Base Adjustments

Familiarization Phase

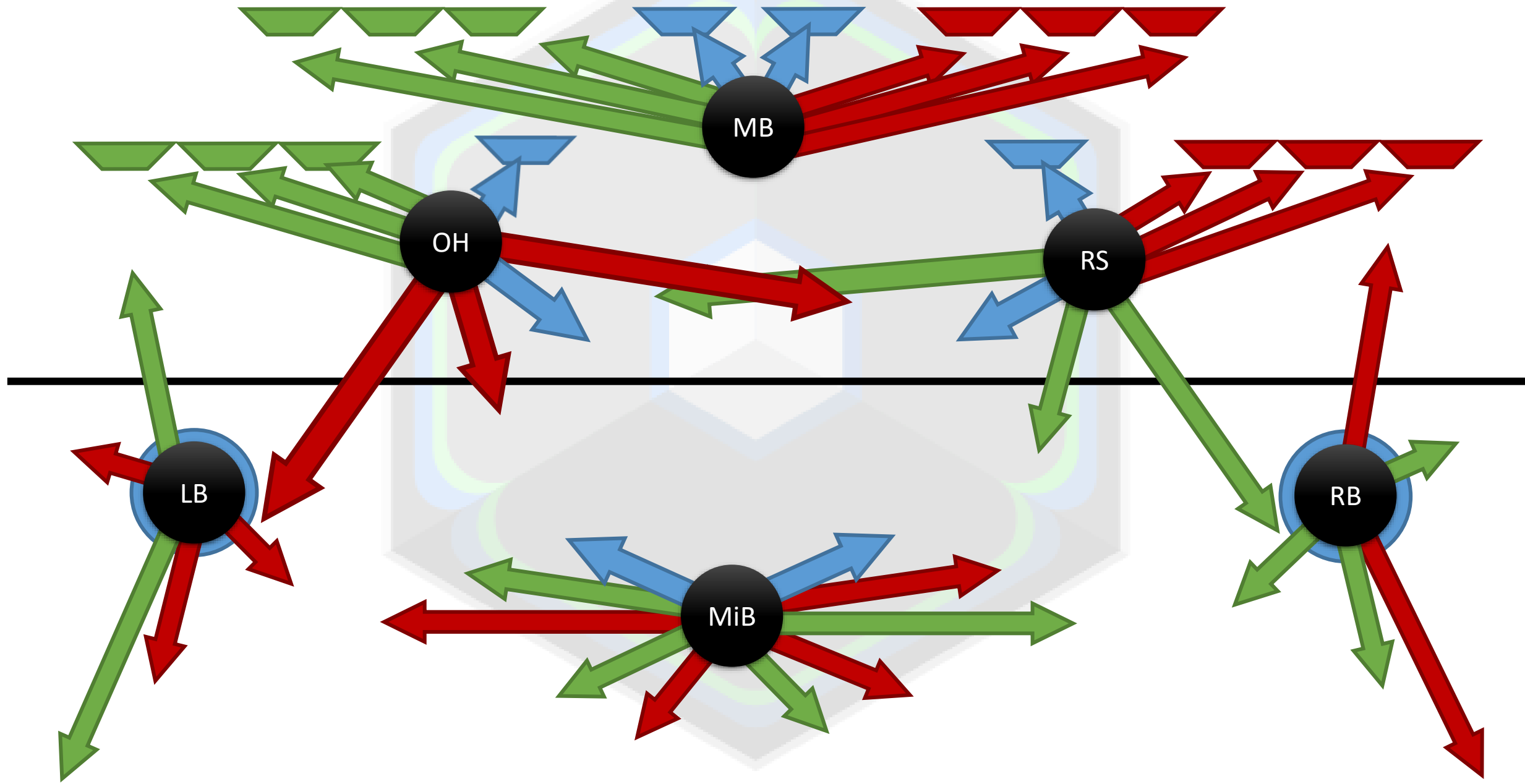


**Python Optics**



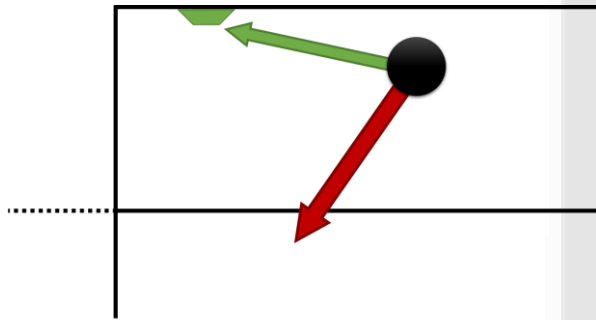
FreshMetrics

# Defense Adjustments – All Positions – Basic Options

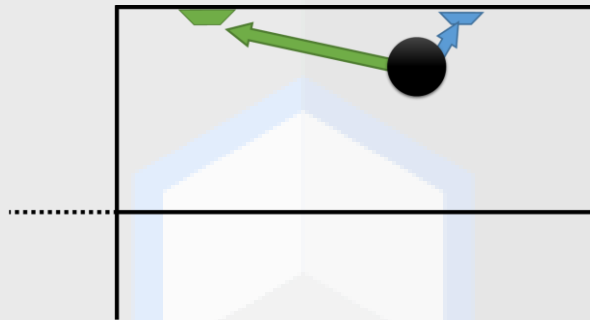


# Outside Blocker

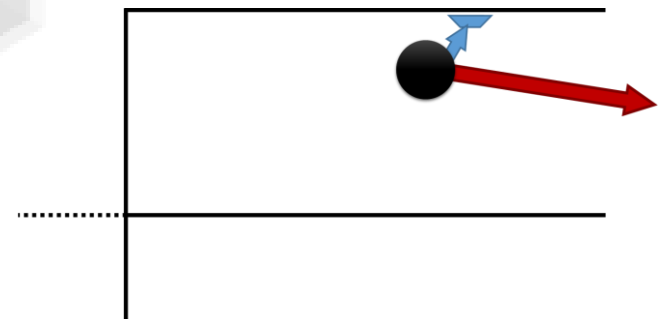
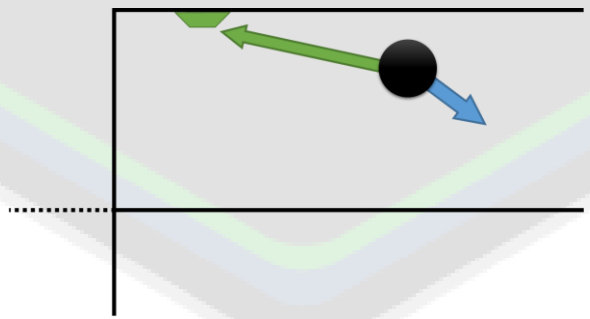
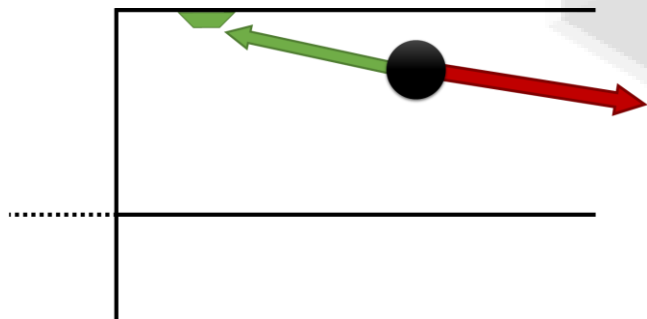
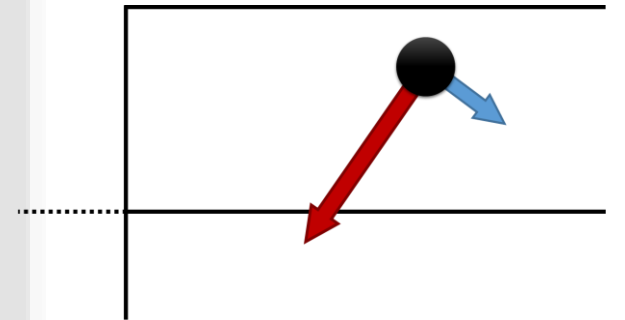
Outside and Right-Side Sets



Right-Side and Middle Sets

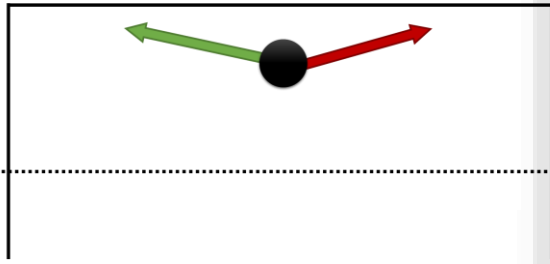


Middle and Outside Sets

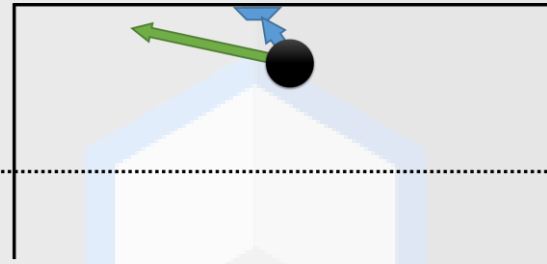


# Middle Blocker

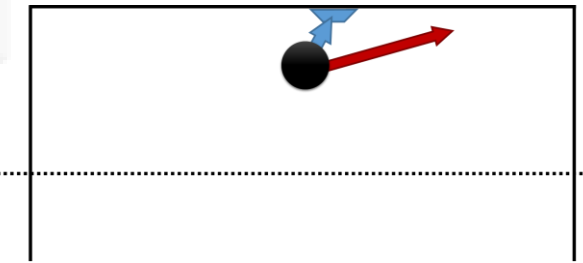
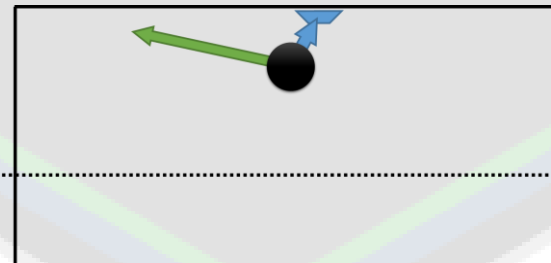
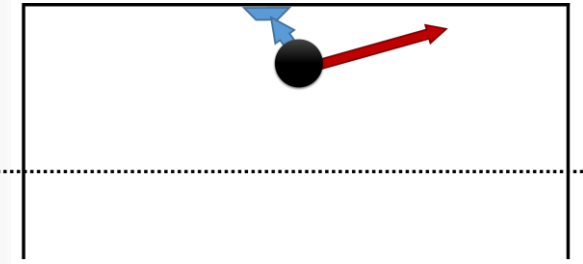
Outside and Right-Side Sets



Right-Side and Middle Sets

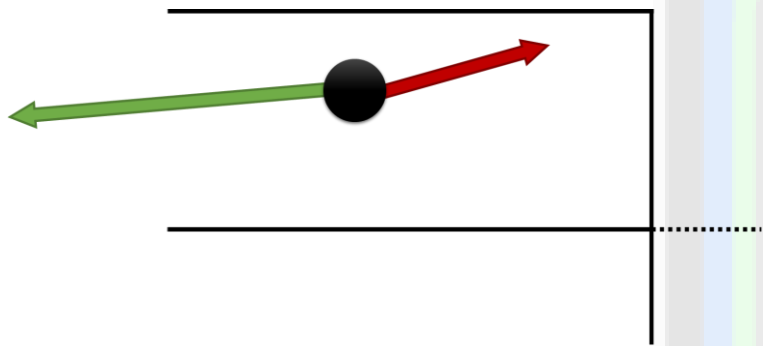


Middle and Outside Sets

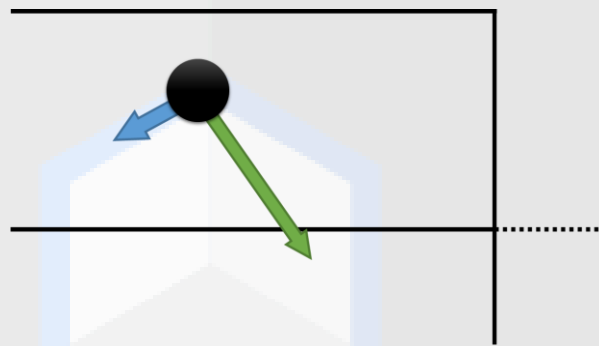


# Right-Side Blocker

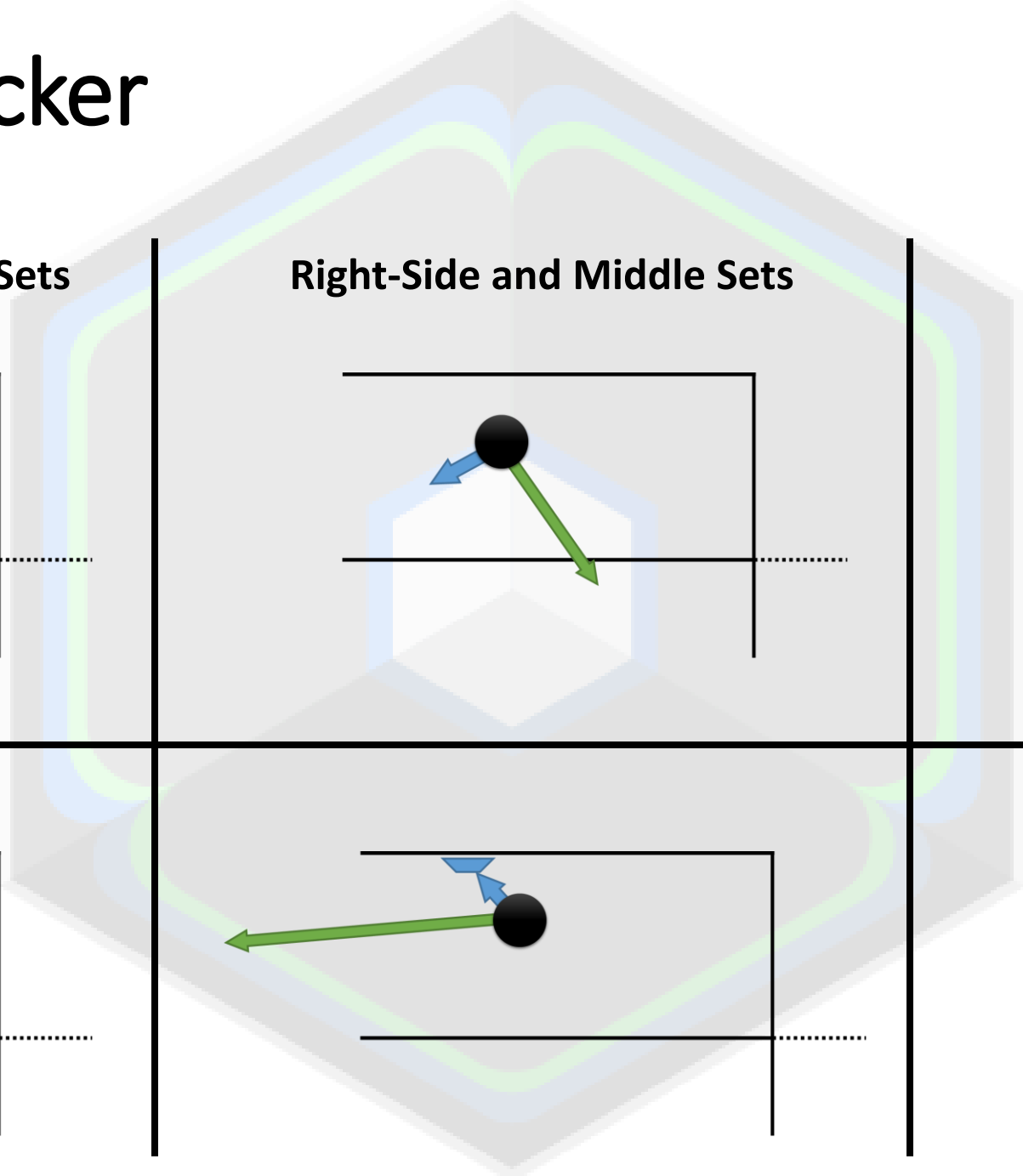
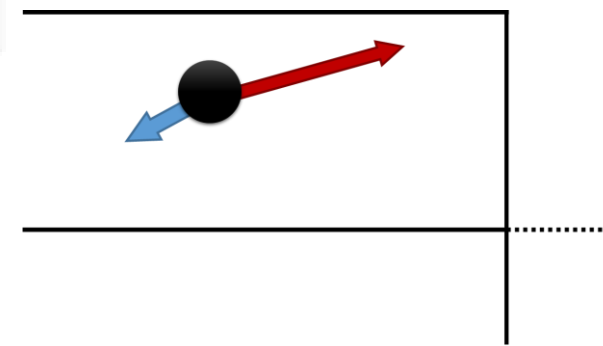
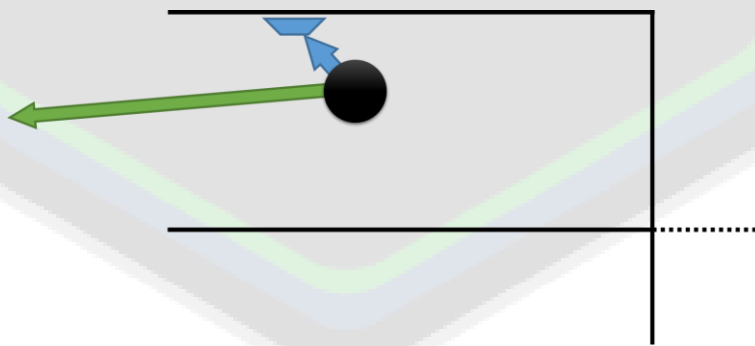
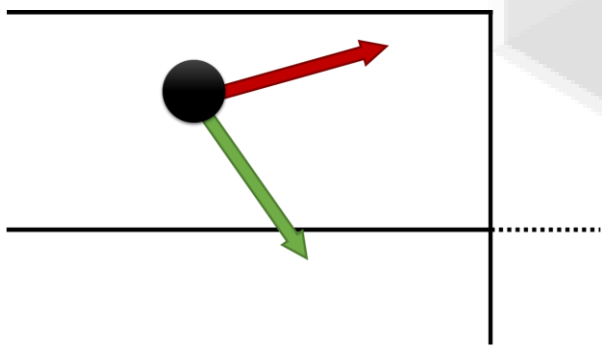
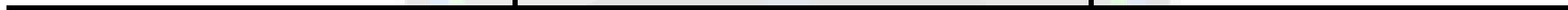
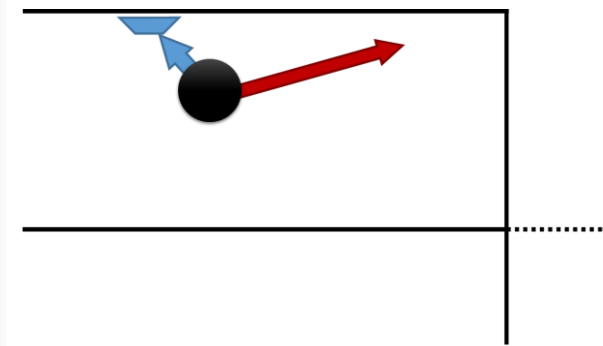
Outside and Right-Side Sets



Right-Side and Middle Sets

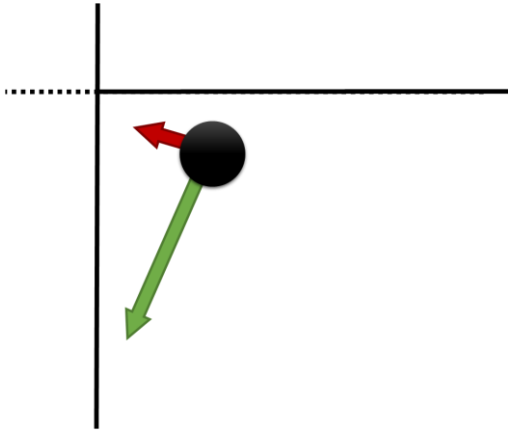


Middle and Outside Sets

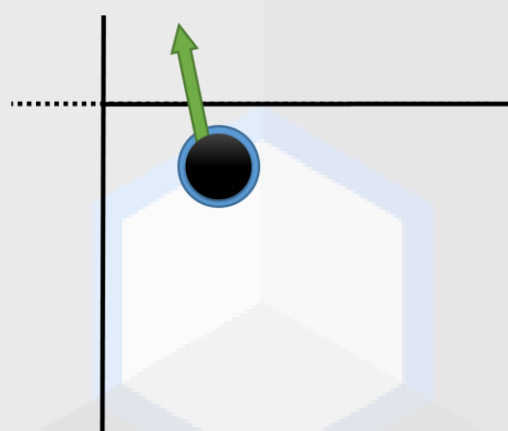


# Left Back Defender

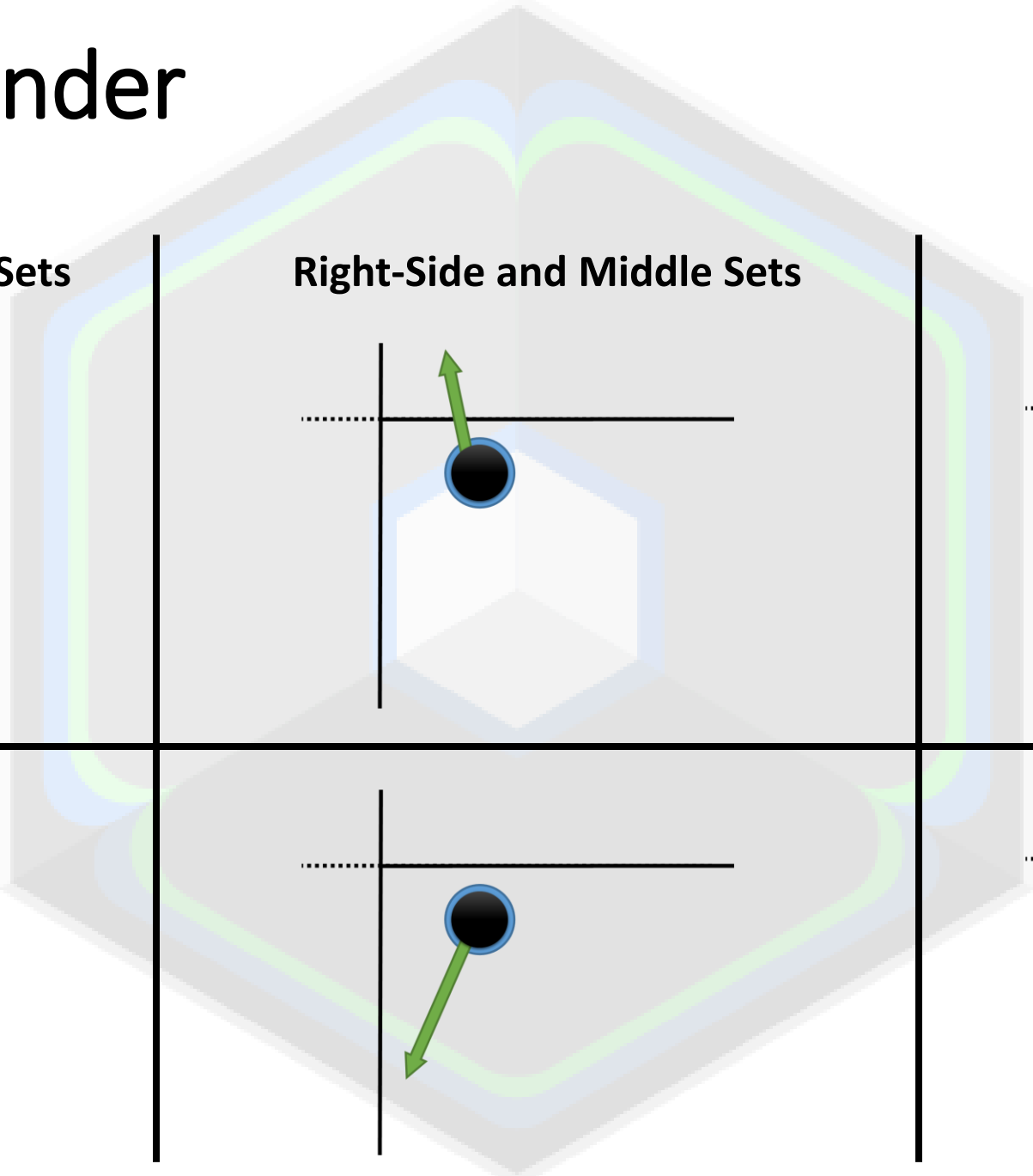
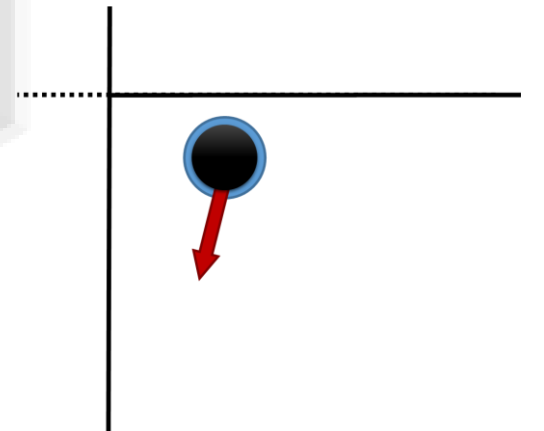
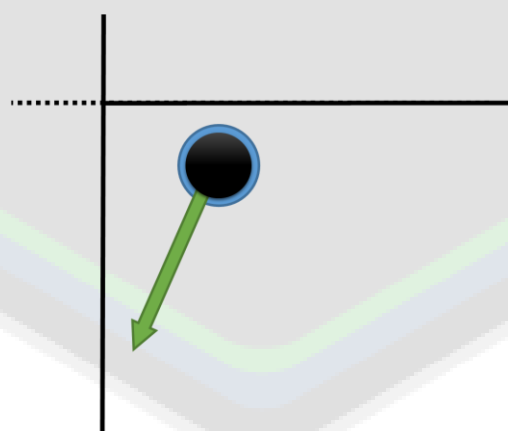
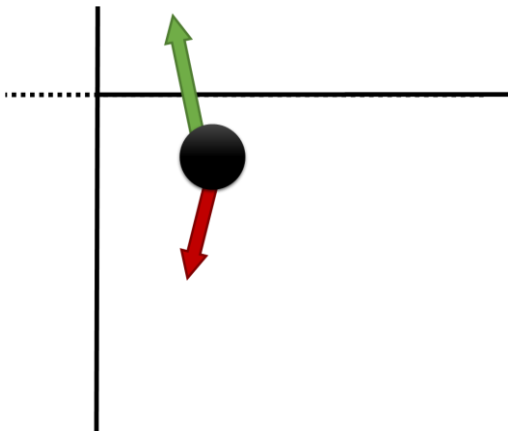
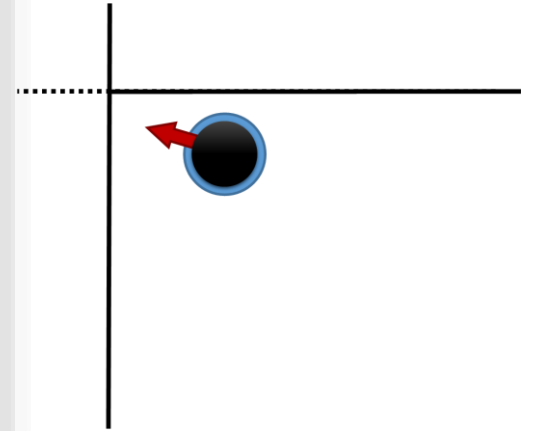
Outside and Right-Side Sets



Right-Side and Middle Sets

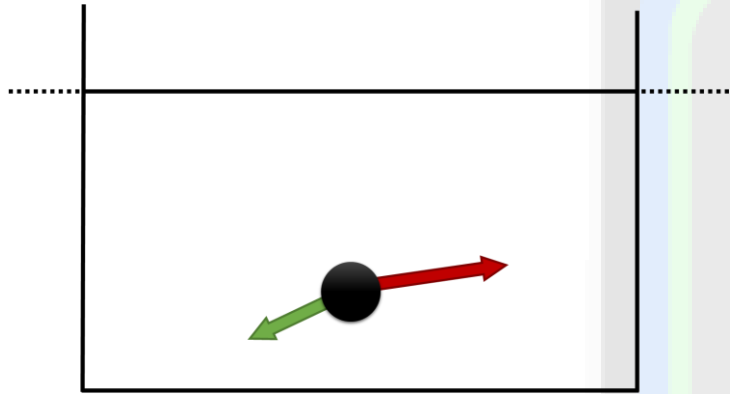


Middle and Outside Sets

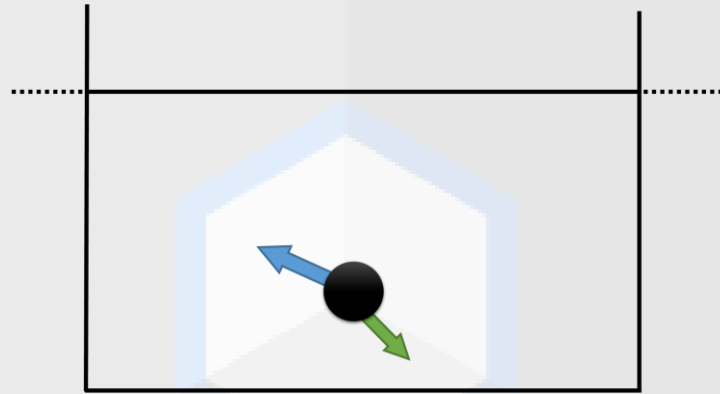


# Middle Back Defender

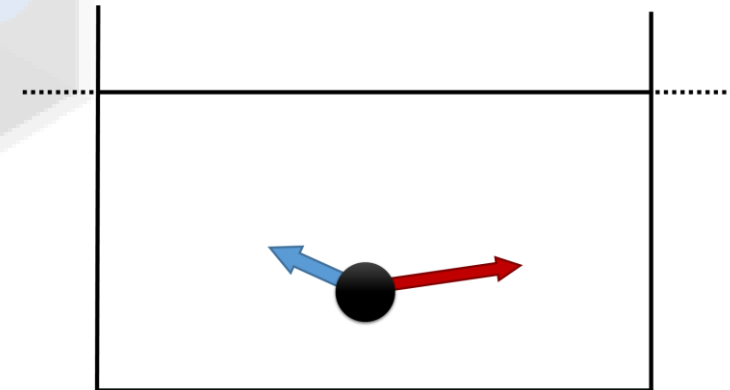
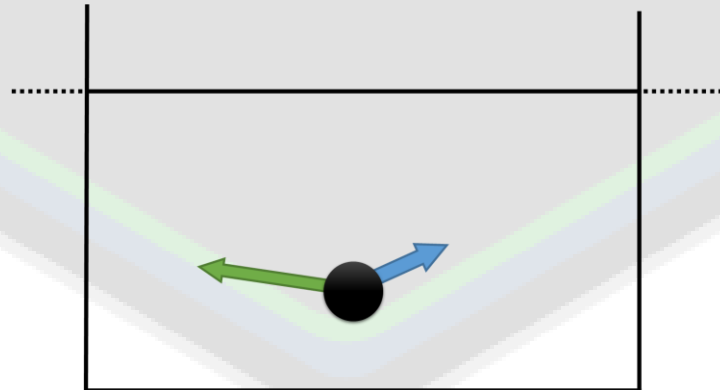
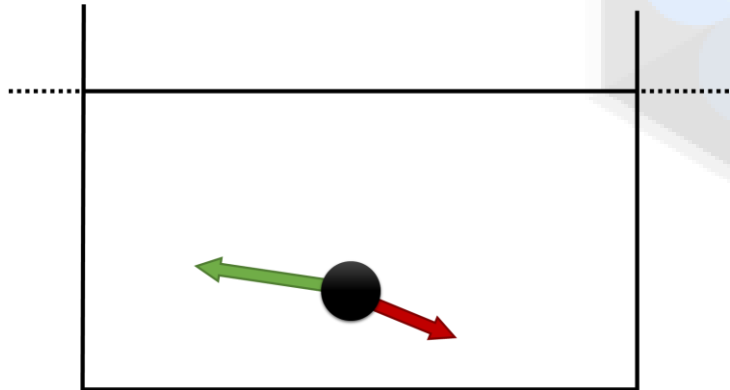
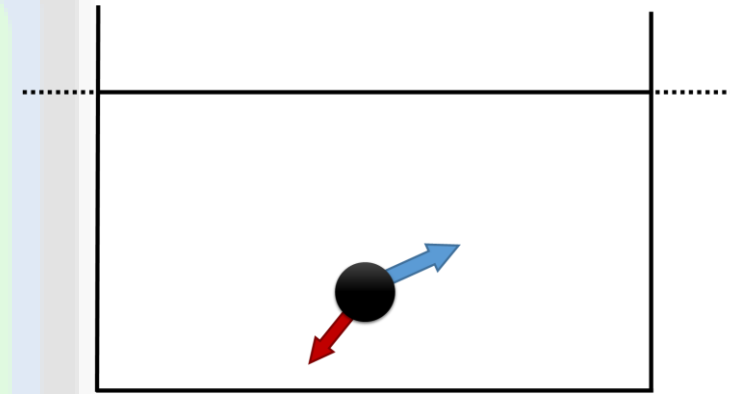
Outside and Right-Side Sets



Right-Side and Middle Sets

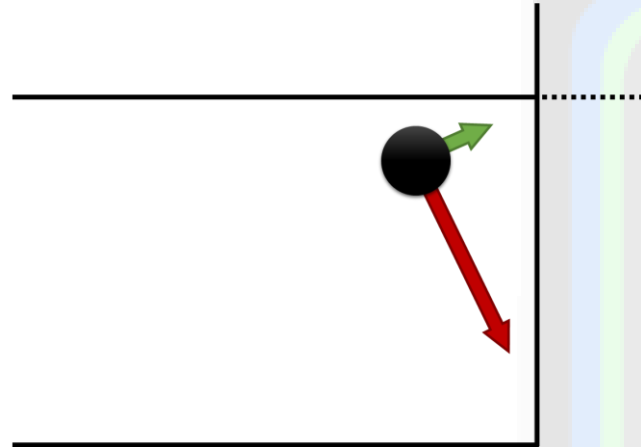


Middle and Outside Sets

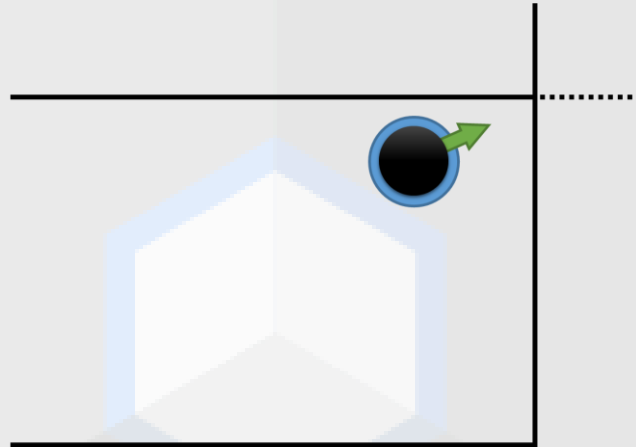


# Right Back Defender

Outside and Right-Side Sets



Right-Side and Middle Sets



Middle and Outside Sets

