



Pre-contact phase

1. The defender is in **defensive ready position** (see *Basic Defense*) and is looking at the attacker to read the hit. The hands are apart.
2. The defender identifies the trajectory of the ball and reacts by **bringing the hands up**. The defender starts to rise to intercept the ball and tries to keep the ball in front of the face.

Contact phase

3. Contact is **in front of the face with the inside of the hands** as opposed to the fingers during a set. The **arms are straightening through the contact** in an attempt to deflect the ball upwards. The outside shoulder stays strong and comes around the ball to make sure the ball stays inside the court.
4. The **legs push upwards** lifting the body off the ground in the immediate follow through motion. The arms are now completely extended.

Post-contact phase

5. The **body leans backwards** as a result of the quick rising of the hands and body. The fingers are pointing back as **there is no wrist motion** in the overhand defense.
6. The defender lands and finds their balance to **get ready for next action**.

