

TANDEN BASICS/DRILLS

“Toshi Downball”: A sidearm toss to mimic the line of a rapidly driven attack.

A major reason to favor Tan-den is to keep errors playable. Show what happens w/ a conventional "arms-away-from-body" pass/shank. KEY CONCEPT: defining a "good" miss. A ball dug outside the court, or over the net is a "bad" miss. If a ball is dug towards the court, towards teammates, but not necessarily to the target, it is a "good" miss. Players must learn the difference, and understand that these movements will result in good digs, or at worst, a good miss. Get body behind ball, turn torso to mid-court, to get ball towards teammates. Of course, you still have to pass non-linear because there are some balls you simply aren't going to get around.

TAN-DEN: defined

A point approximately 3 cm below the belly button. This is the energy center. We want to play as many balls as possible in the center of the body, close to the body. Having the center of the body facing the target (or facing the middle of the court).

“GO” POSTURE: defined

From ready posture, drop straight down by lowering hips. Stay straight at the waist. Elbows are bent, close to body, and drawn back so they are next to ribcage. The Go posture is an athletic posture where the player is balanced and is ready to attack the ball on defense or in serve reception.

MOVEMENT POSTURE: defined

Go posture. Shuffle and move in the Go posture, with elbows remaining bent, and back near the ribcage. Do not move around the court with arms extended out, or arms away from body. All moves should finish in a forward direction toward the target.

-Go Posture Movement Drills:

Stand in an athletic posture inside an imaginary clock 10-12 feet in diameter. Call out random numbers and she has to make a 2-, 3- or even 4-step move to that spot ending in an athletic posture ready to play the ball.

- 1 In what direction is she slowest?
- 2 Does her footwork get tangled up?
- 3 Can she regain body position when move involves a crossover step?
- 4 Does her center of gravity go up and down during the steps or does maintain a straight line with her balance?
- 5 What are her arms doing?
- 6 Is her first step efficient?

-Catch and CradleDrill:

Player catches ball and cradles to midline. Catch/cradle emphasis on facing midline to target as the catch is made. Key element; turning hips, turning torso back to target. Isolate this hip/torso turn in this drill. Catch, step to the right and underhand toss to shagger near net.

-Catch/cradle w/ a Side-to-side Read:

Player at middle back, reads coaches' body position, and gets to spot of attack BEFORE coach contacts ball. Emphasis is to read the body position, anticipate direction of attack, and get center of body to the ball, facing the target, as the ball is caught/cradled. Shuffle side-to-side in Go. Underhand toss to shagger.

KEY CONCEPT on DEFENSE: ATTACK THE BALL (ATTACK PASS).

To prepare for this, player is trained to take an aggressive hop move at the attacker before the ball is contacted. In all defensive drills, players should be in Go position, then a short, quick hop move to prepare to attack the ball.

Attack ball with platform, attack ball with body.

Teaching method: coach tosses ball and says "hut," at that time a teammate pushes digger forward (push on upper back). Digger keeps back straight makes aggressive hop, and feels "attack the ball" movement.

Down/up Passing: the focus is on the **BOTTOM** of the ball

Players in Go, drop hips straight down, butt almost to floor. Lift ball with legs, no swinging of arms. Ball must be on midline, full range of motion with Down/up movement. Take tan-den with you.

Up/down Passing:

Regular pass to partner, then, after pass, drop hips down, butt almost to floor, return to Go, pass to partner, repeat.

Drill Combination:

Partner works on tossing soft ball that player down/ups, then partner hits hard ball at head that player hand passes (punch passes), then makes the up/down motion after dig.

Collapse – **no ball**:

From Go position, player makes movement forward, but extending platform so that elbows touch the floor. Work at flexibility, discipline of movement, full range of motion. Player drops from Go position, dropping the inside of both knees to the floor simultaneously. Knees should be wide on the floor, feet are out to the sides behind body (not tucked under butt). Emphasis; get hips **BELOW** the ball.

Collapse – with ball:

Coach attacks ball slightly below knee level to player. Player drops quickly to collapse move after dig. The players read the coaches nose to determine **WHERE** ball will be hit. Players **MUST** be in line with Coach's nose **BEFORE** ball is attacked.

-Inside Knee Drill:

Coach tosses outside of body line, player, in a Go posture, takes a big step out and allows ball to hit them just on the inside portion of their knee. Emphasis is on a big step and getting the knee outside and around the ball.

-Shin Move:

Coach attacks ball outside of player's body line. Player takes **BIG** step, emphasis on a **BIG** step to get around ball. Step way out to side. Catch ball, collapsing to the side. Player stays upright, not falling back on butt, but instead, rotating slightly forward in the direction of the coach. The trailing leg will be extended straight, the lead leg will be bent at the knee, with the outside portion of the knee and shin on the floor. The torso and shoulders will remain upright, not leaning over the lead leg. Emphasis; turn hips/torso back to coach at the time of the catch/cradle. **KEYS:** Big step to get around ball, torso rotation back to target. Do not go back on butt.