



OFFENSIVE SYSTEMS

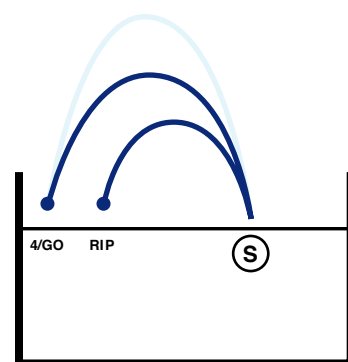
Our sets are based on TEMPO - i.e. which step the attacker is on (of their four step approach) when the ball is in the setter's hands. 1st step sets are higher and slower, 4th step sets are the fastest. (attacker is jumping whether they get set or not!) The ideal location for all sets to the pin (4, GO, 5, etc.) is 3ft. off the net and 3ft. inside the antenna to allow the attacker to attack with range.



FRONT ROW ATTACKS

OUTSIDE ATTACK

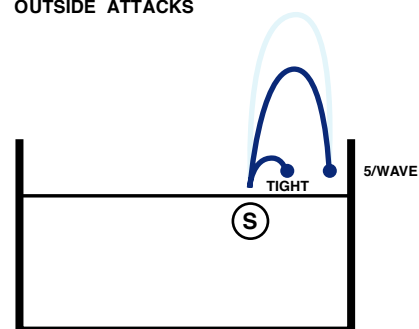
CALL	LOCATION
4	3ft. by 3ft.
GO	3ft. by 3ft.
RIP	3ft. off, in gap



OUTSIDE ATTACKS

OPPOSITE/ RIGHT SIDE ATTACK

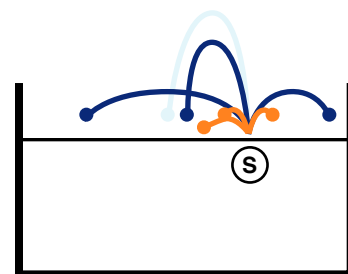
CALL	LOCATION
5	3ft. by 3ft.
WAVE	3ft. by 3ft.
TIGHT	Behind setter



OPPOSITE / RIGHT SIDE ATTACKS

MIDDLE ATTACK

CALL	LOCATION
2	Middle
FAST	3ft. by 3ft.
FLARE	Middle
GAP or 3	In gap
1	In front of the setter
PUSH	In front of the setter
TIGHT	Behind setter



MIDDLE ATTACKS

NOTE:

- 2 or FLARE can also be hit by OH or OPP.
- FAST is hit with a slide approach (3ft. off, 3ft. inside right antenna)



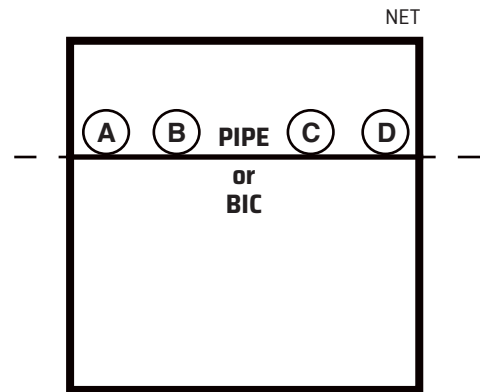
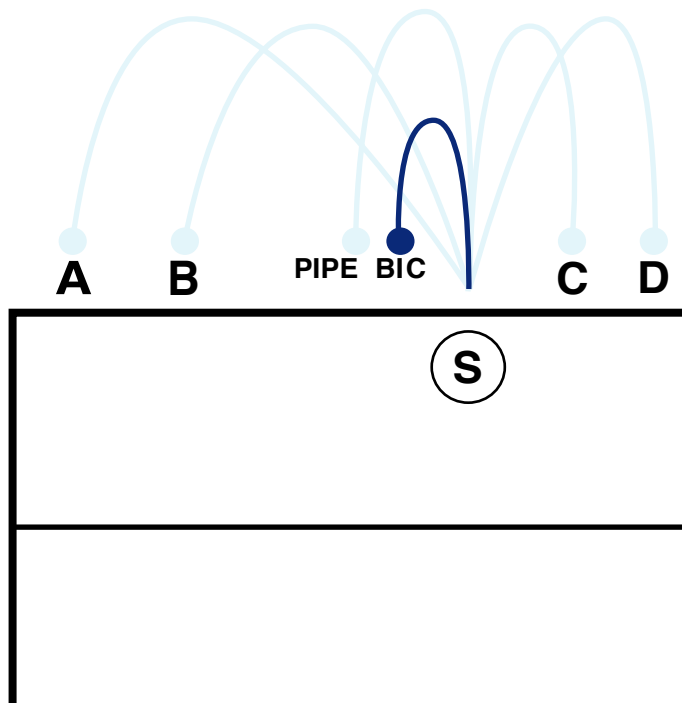
OFFENSIVE SYSTEMS

All back row attacks, except the BIC, are 1st step sets and should be set on or in front of the 10ft. line, not behind.



BACK ROW ATTACKS

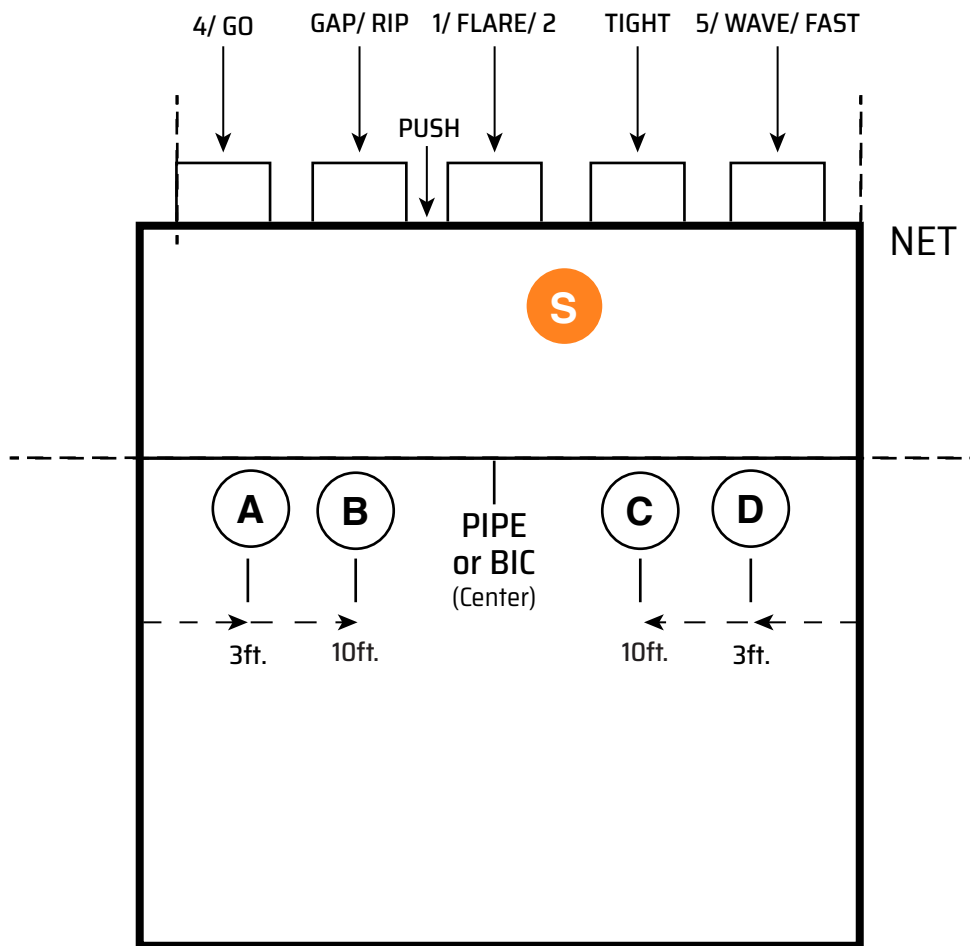
CALL	LOCATION
A, B, PIPE, C, D	On or in front of 10ft. line
BIC	Middle of the court





OFFENSIVE SYSTEMS

NOTE: All sets are to FIXED points along the net regardless of the pass location, with the exception of the 1, Push, and Tight, which move WITH the setter.

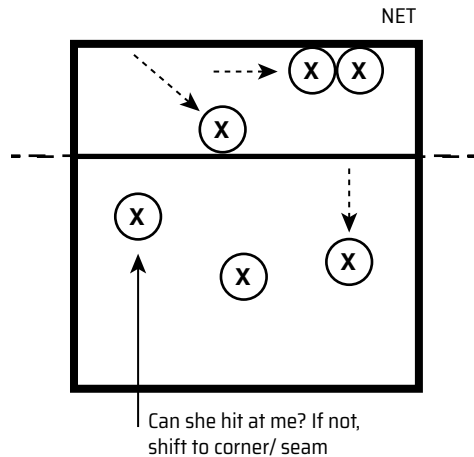




TEAM DEFENSE

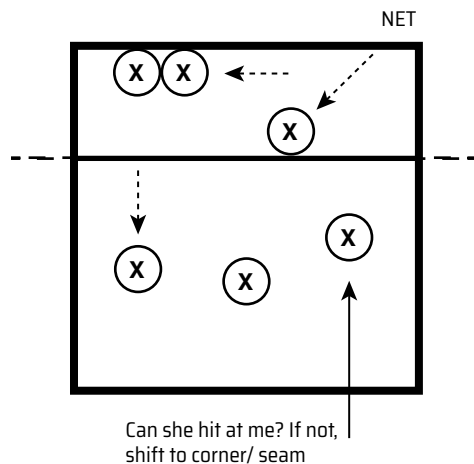
DEFENSIVE PHILOSOPHY: protect the middle of the court in order to cover the areas where plays tend to develop the fastest and a higher percentage of balls tend to be attacked.

vs. OH ATTACK

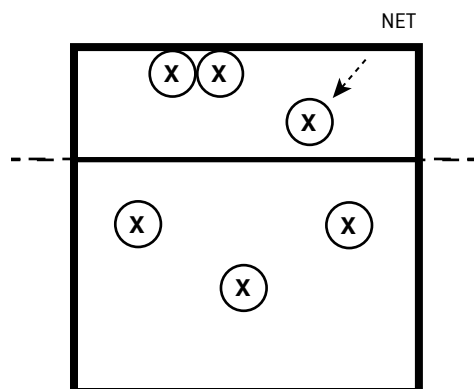


- 2 blockers always
- OH comes off to 10ft. line to cover tips/ shots
- Left back and right back defenders off sideline
- Middle back (middle-middle defender reads)
- All defenders **FACE HITTER!**

vs. OPP ATTACK



vs. MIDDLE ATTACK



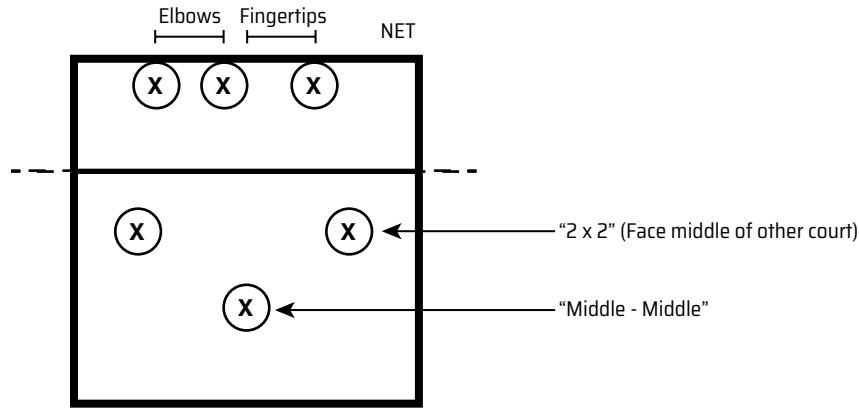
- Wing defenders stay in base and face the hitter (ready to dig overhead!)
- Middle back stays in middle-middle and reads (shift one step to right if defending the gap)



TEAM DEFENSE

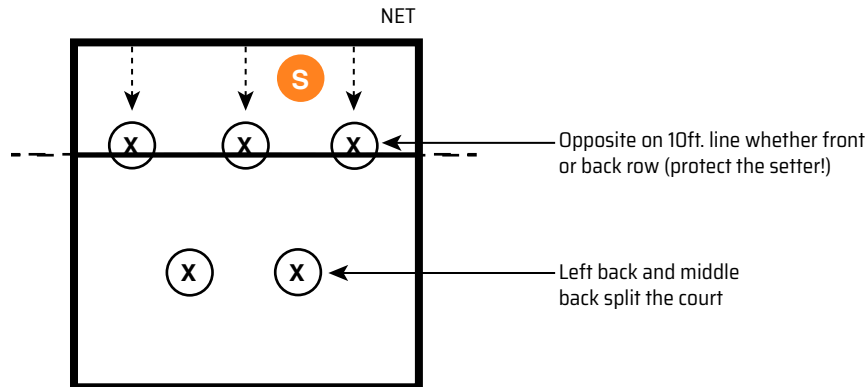
BASE DEFENSE

WHEN: When the ball is on the other side of the net or when we attack a ball over the net, get to base **FAST!**



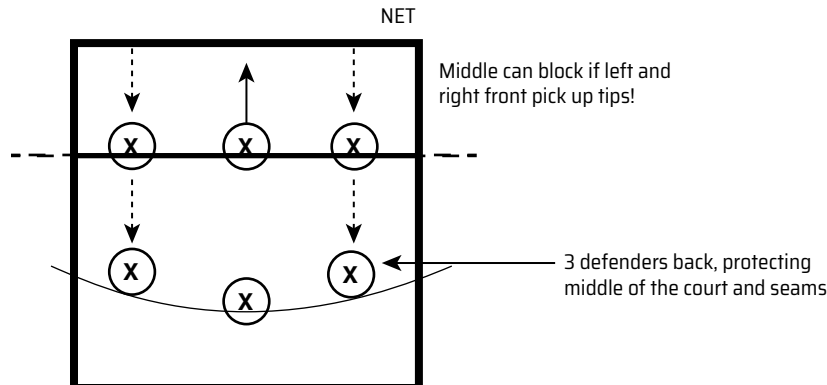
FREEBALL

WHEN: As soon as we recognize a freeball is coming, get to freeball positions **FAST! (setter releases to target)**



DOWNBALL

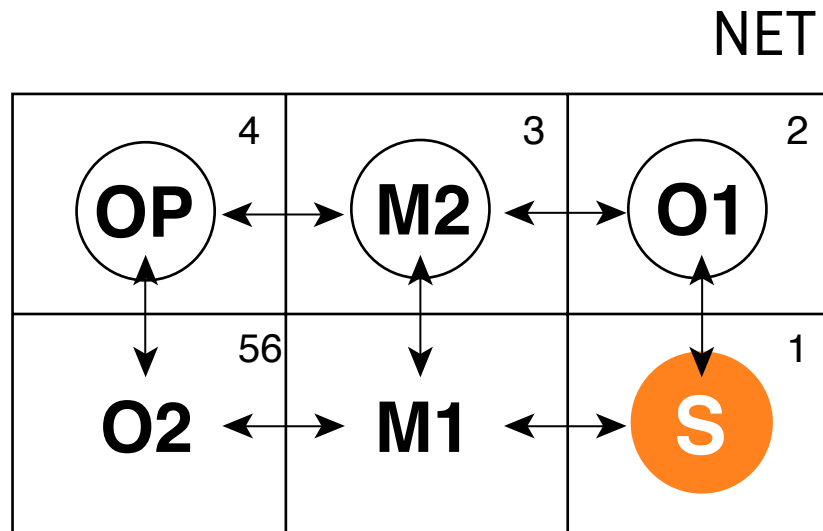
WHEN: As soon as we recognize a downball, get to these positions and face hitter in **DEFENSIVE** posture.





BASIC ROTATIONS & OVERLAP RULES

Everytime a team sideouts, all six players on that team rotate one position clockwise around the court. Each player must be in the correct rotations at the beginning of each rally when the ball is served. After the serve, players are free to move around the court.

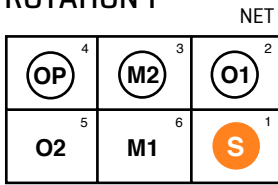


No players can overlap with players directly in front or behind them, or directly to the left or right of them.



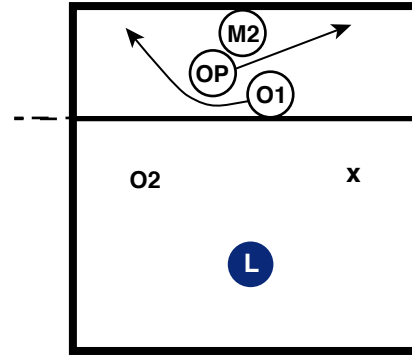
6-2 OFFENSE

ROTATION 1



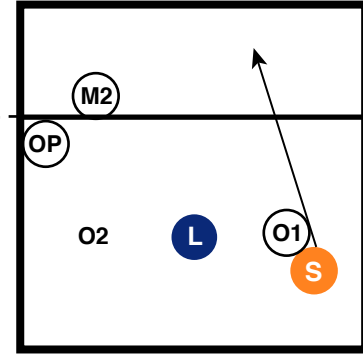
- S** — SETTER
- M1 & M2** — MIDDLE HITTER 1&2
- O1 & O2** — OUTSIDE HITTER 1&2
- OP** — OPPOSITE
- L** — LIBERO
- — FRONT ROW PLAYER
- X** — DEFENSIVE BASE

SERVE



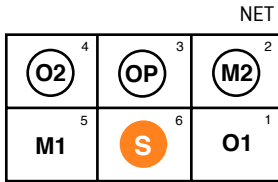
S
Server

SERVE RECEIVE

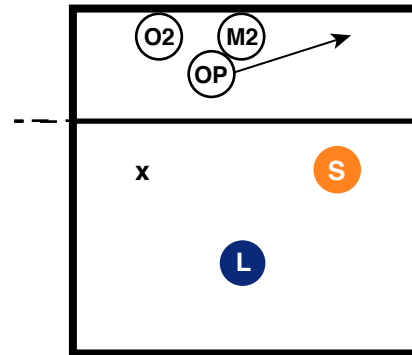


*See 5-1 Offense for alternate "stack" SR formation

ROTATION 2

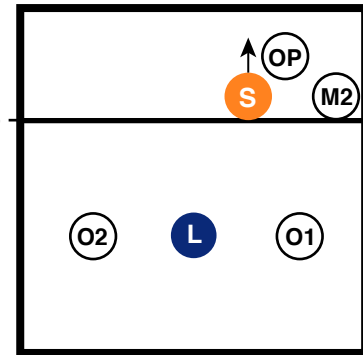


SERVE

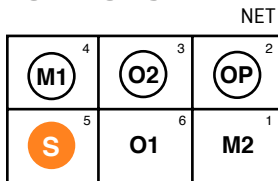


O1
Server

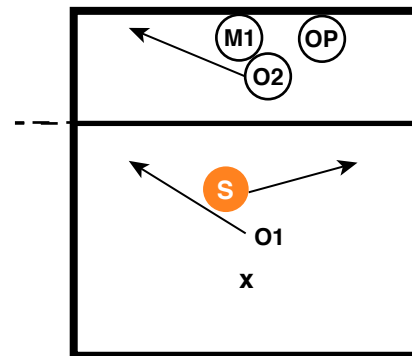
SERVE RECEIVE



ROTATION 3

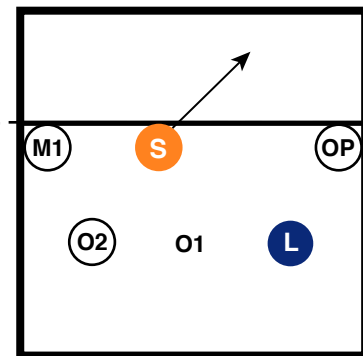


SERVE



L
Server

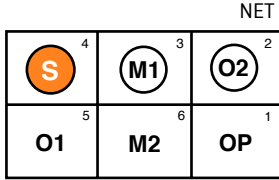
SERVE RECEIVE





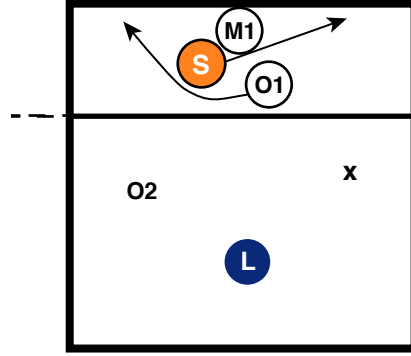
4-2 OFFENSE

ROTATION 4



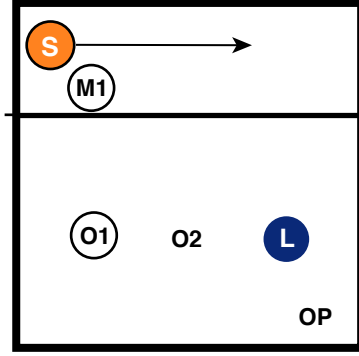
- S** — SETTER
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SERVE

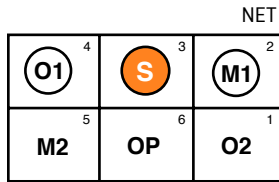


OP
Server

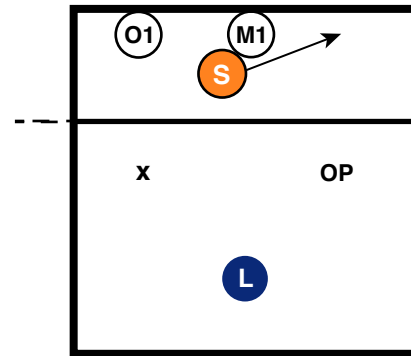
SERVE RECEIVE



ROTATION 5

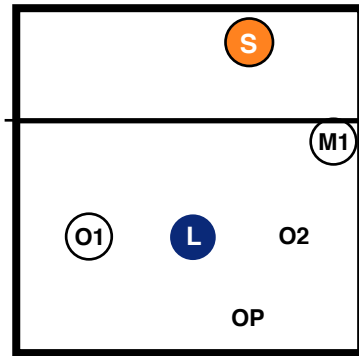


SERVE

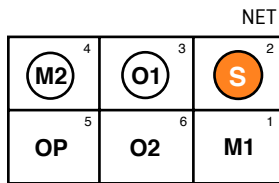


O2
Server

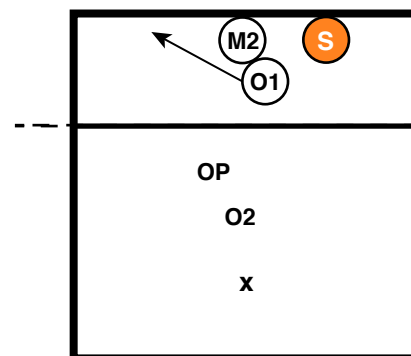
SERVE RECEIVE



ROTATION 6

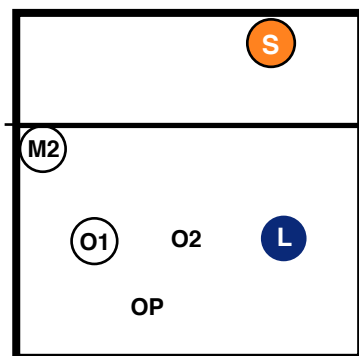


SERVE



L
Server

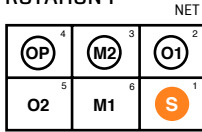
SERVE RECEIVE



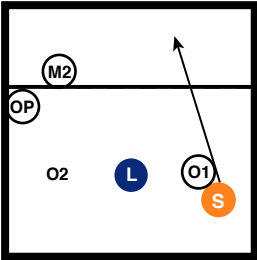


5-1 OFFENSE

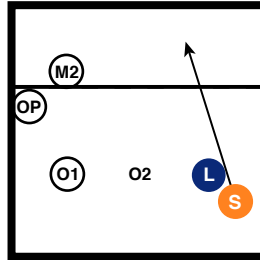
ROTATION 1



SERVE RECEIVE



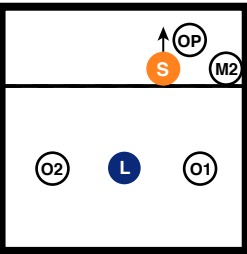
SERVE RECEIVE - STACK



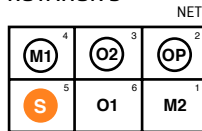
ROTATION 2



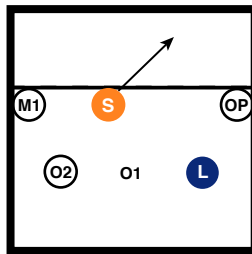
SERVE RECEIVE



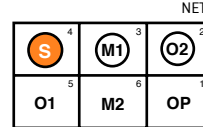
ROTATION 3



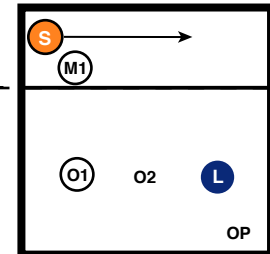
SERVE RECEIVE



ROTATION 4



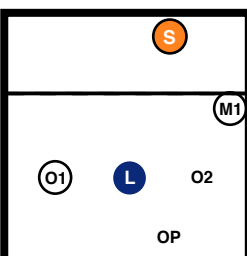
SERVE RECEIVE



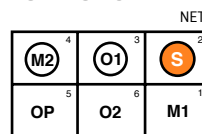
ROTATION 5



SERVE RECEIVE



ROTATION 6



SERVE RECEIVE

