



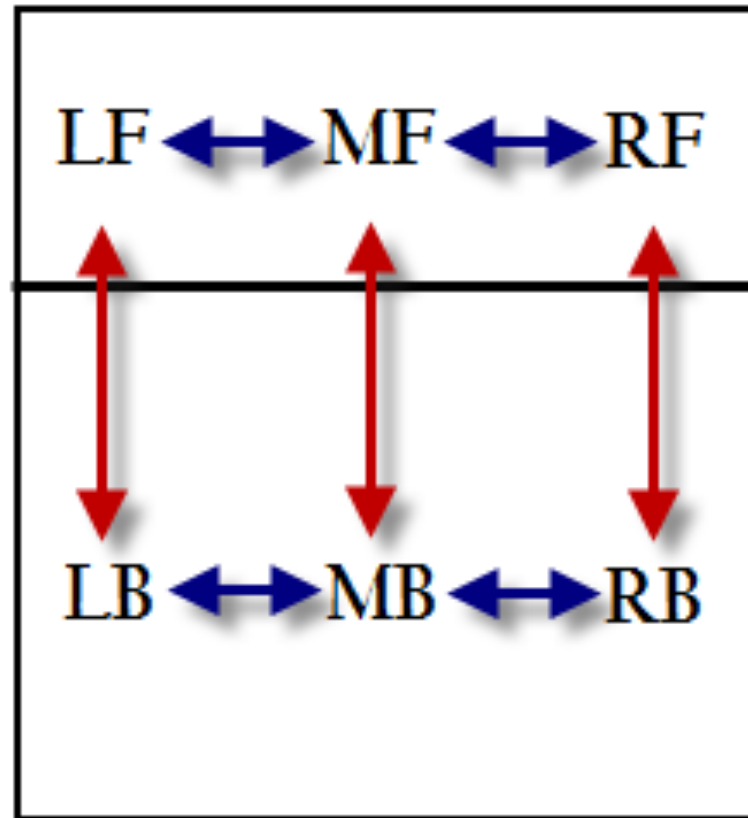
Rotations, Overlapping & Offensive System Basics

Serve Receive Principles

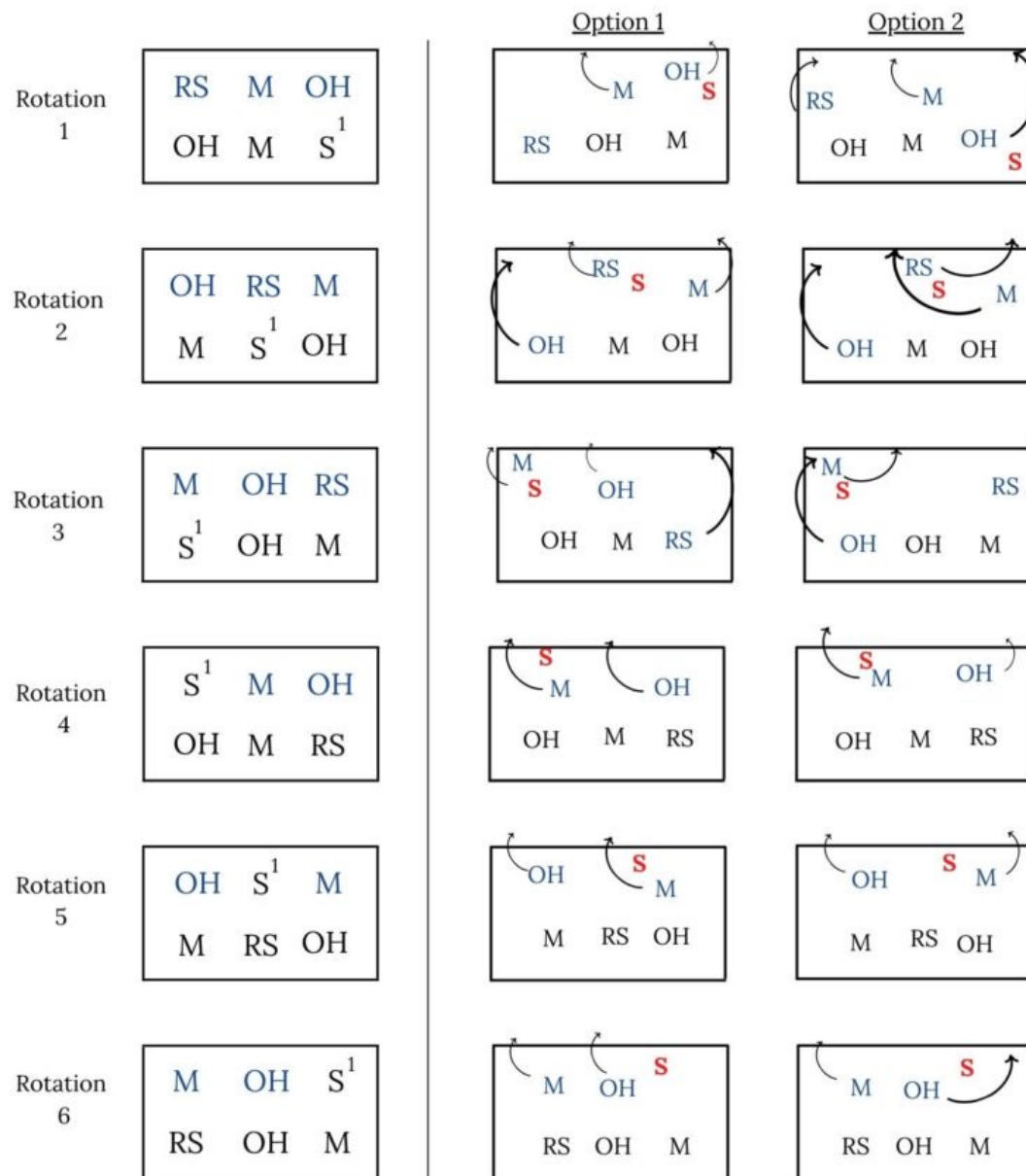
- Keep passing statistics at every practice.
 - From every position – L, M, R
- Identify your primary and secondary passers.
- Make sure to train passing in pairs (seams).
- Put your primary passer in the middle of the serve reception pattern as much as you can.
- Be prepared to change patterns.
- Have 4 attacker options for each reception pattern
- Make sure middles receive serves and can still go hit a quick

Overlapping

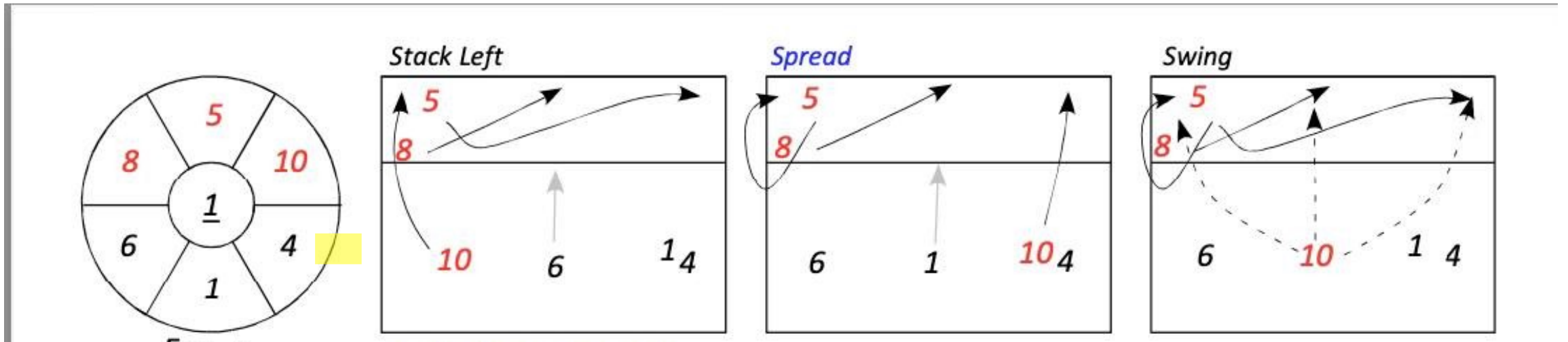
- Players must be in these positions at the time the ball is served.



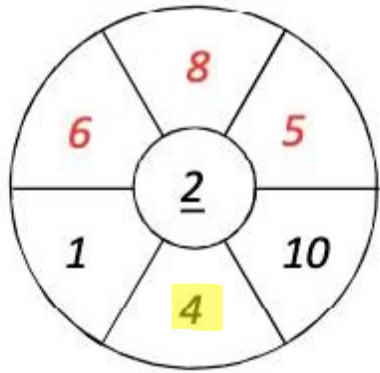
5-1 SERVE RECEIVE FORMATIONS



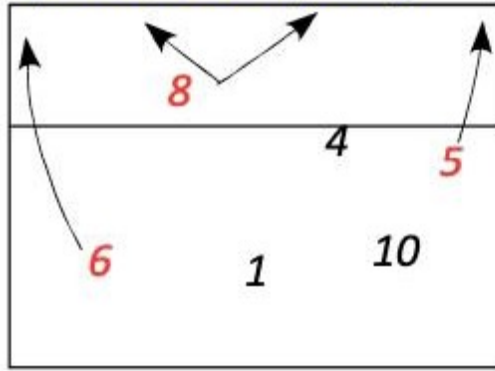
Rotation 1 – Setter in RB



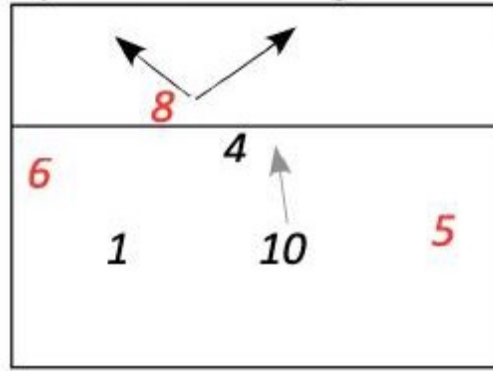
Rotation 2 – Setter in Middle Back



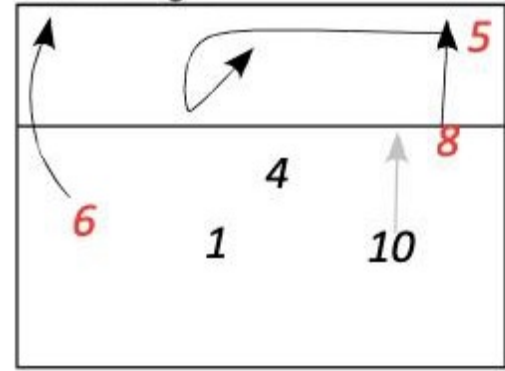
Spread w. 6 or 5 passing



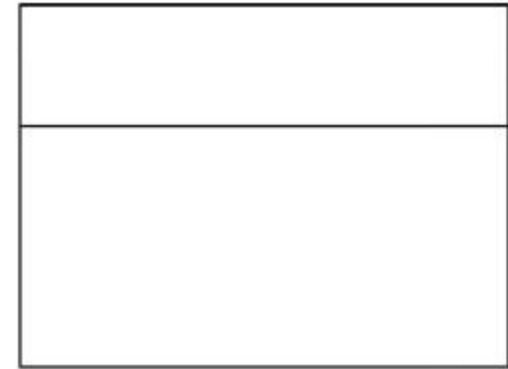
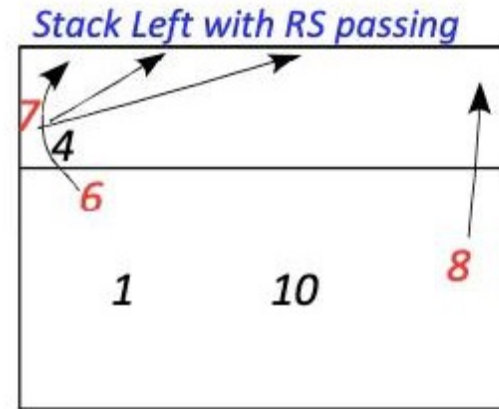
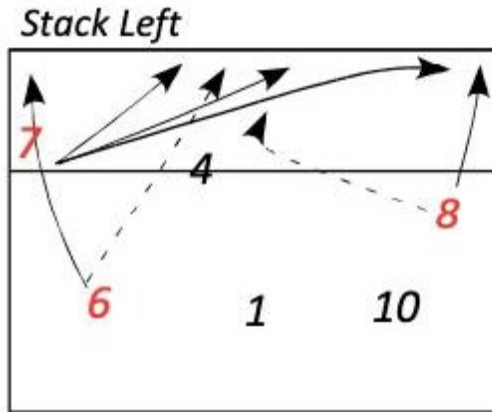
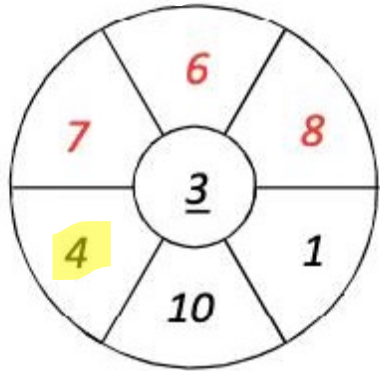
Spread w. 5 Passing



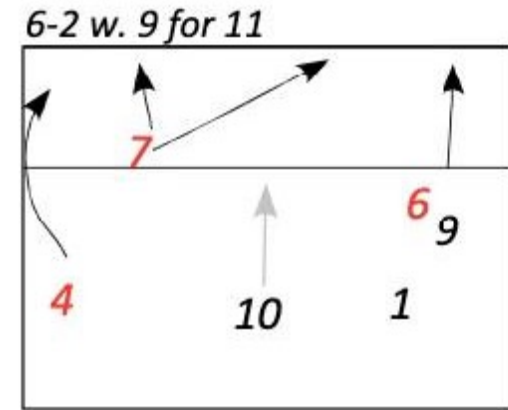
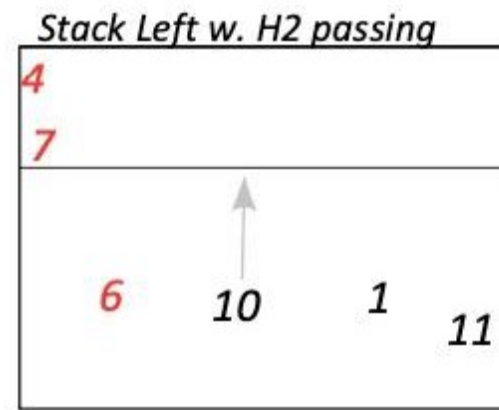
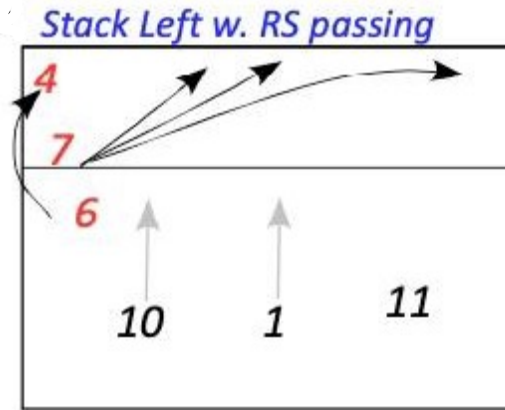
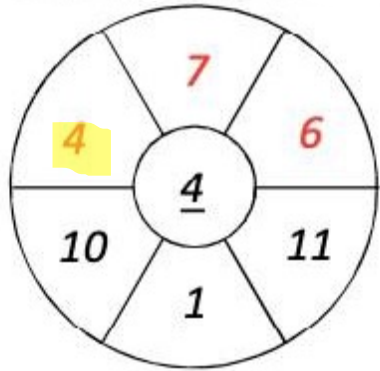
Stack Right



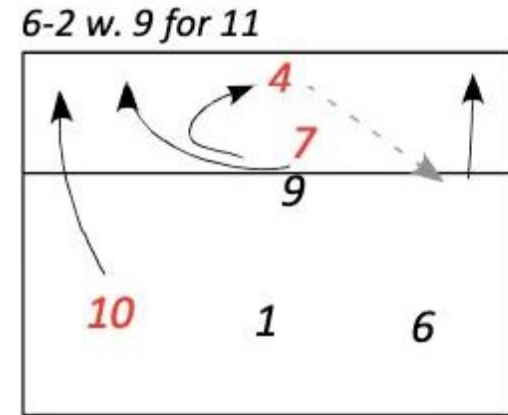
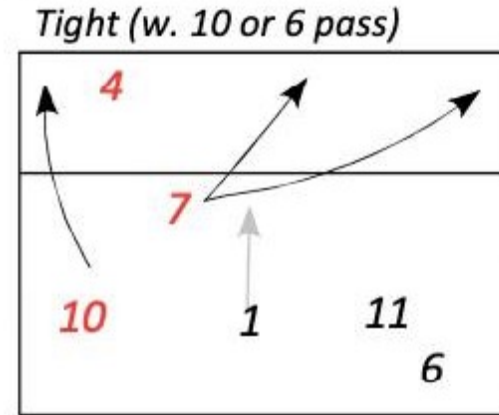
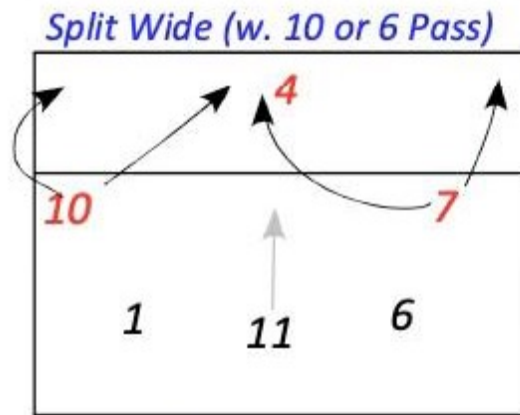
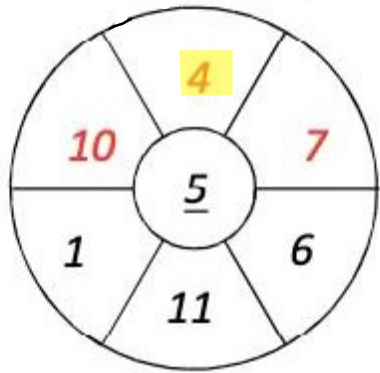
Rotation 3 – Setter in Left Back



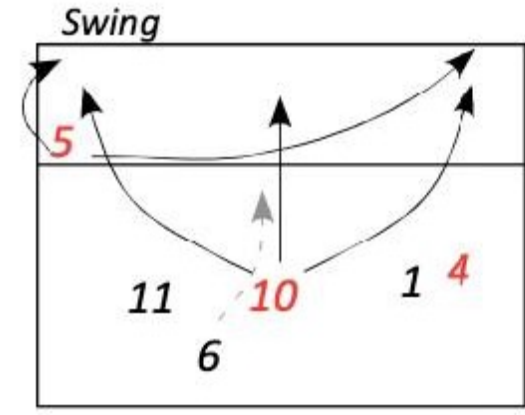
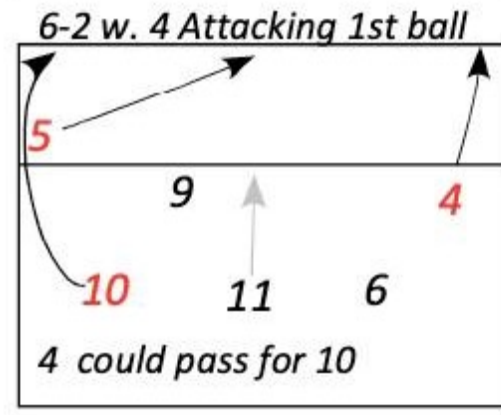
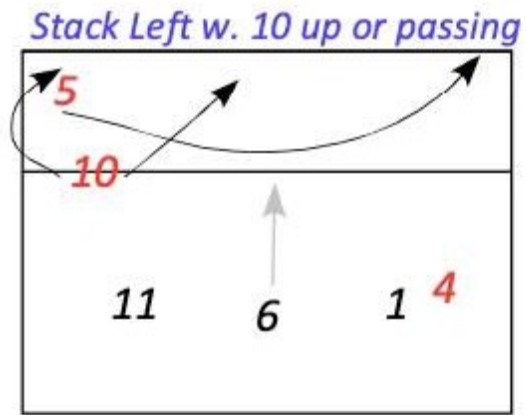
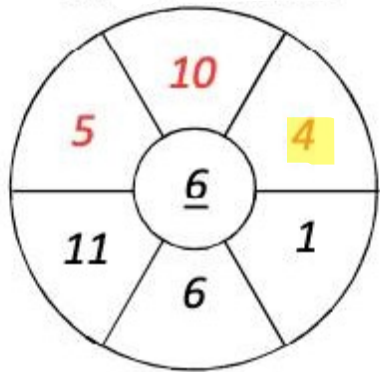
Rotation 4 – Setter in Left Front



Rotation 5 – Setter in Middle Front



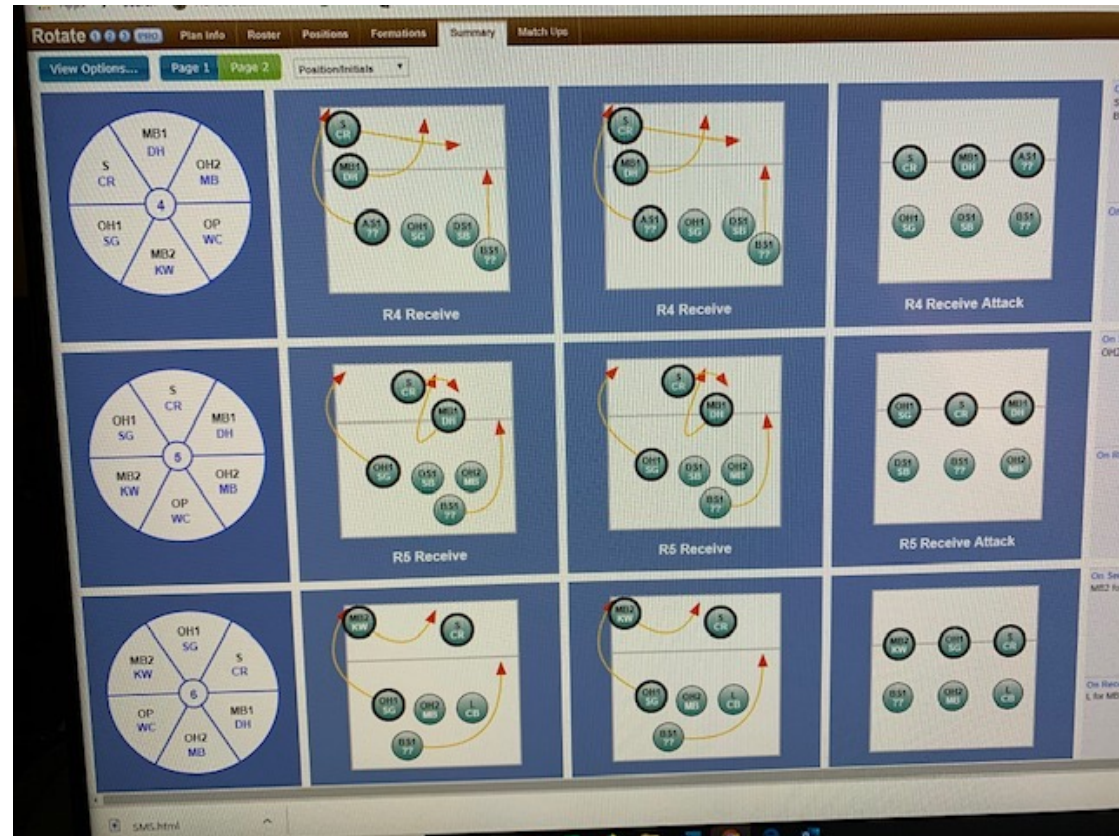
Rotation 6 – Setter in Right Front



Software Programs for Rotations and Serve Receive Patterns

- Solo Stats – Rotate 123
 - <https://www.solostatslive.com/rotate-123.html>

- Others...



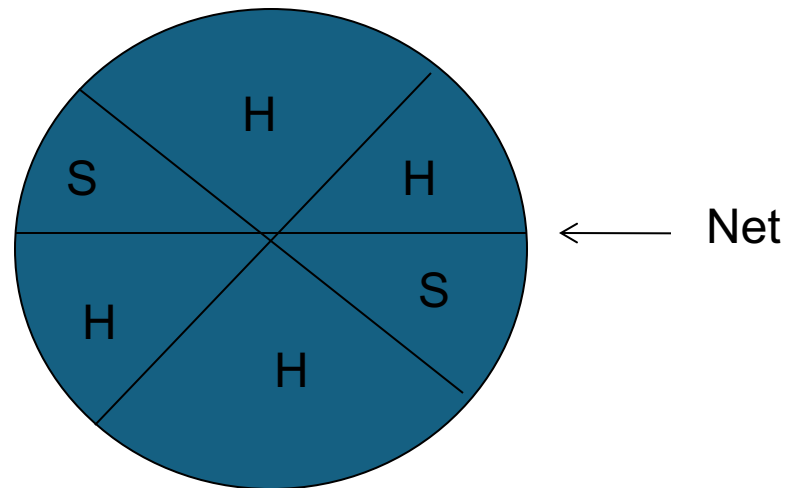
4-2 Offense (setter middle or right)

- **STRENGTHS**

- Easier for setters
- Setter in front row
- Setter can pass in BR
- Can use back row attack

- **WEAKNESSES**

- Only two attackers in front row
- Setter may also be a good hitter



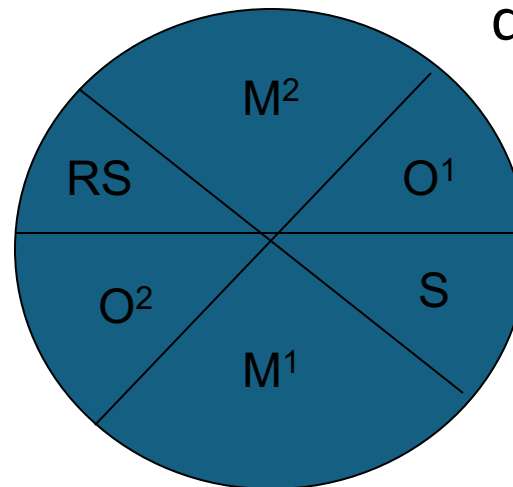
5-1 Offense

- **STRENGTHS**

- 1 offensive leader
- 3 attackers in the front row more often
- Players specialize
- Variety of patterns to use

- **WEAKNESSES**

- 1 setter gets hurt
- Only 2 attackers in 3 rotations
- If setter is short a possible blocking disadvantage



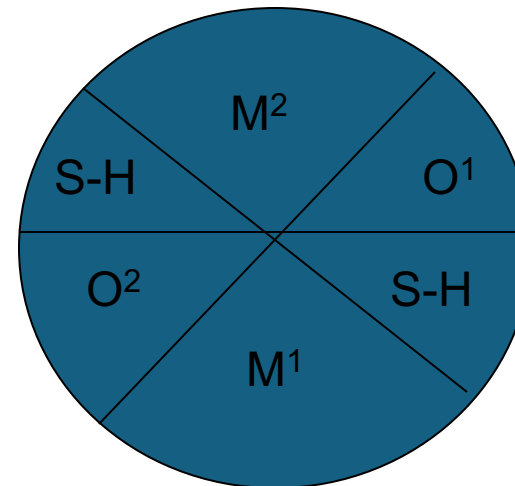
6-2 Offense

- **STRENGTHS**

- Symmetrical
- Uses 2 good setters
- Always 3 hitters in the front row
- Setter can be a hitter in the front row

- **WEAKNESSES**

- 2 different setters (speed, sets, etc.)
- Split leadership



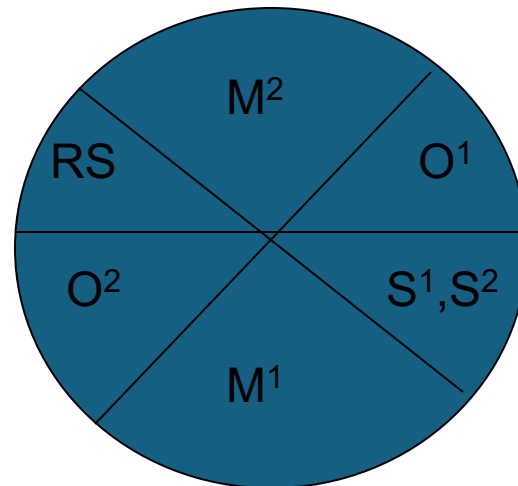
5-2 Offense

- **STRENGTHS**

- Uses 2 setters
- Use strength of each one
- 5 hitters available

- **WEAKNESSES**

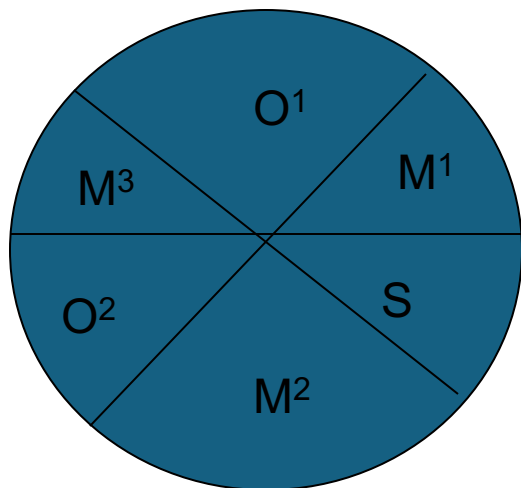
- 2 different setters
- Run out of substitutions



3 Middle Offense

- **STRENGTHS**

- Use all middles skills
- Confusing to opponents



- **WEAKNESSES**

- Middles must be able to play a variety of positions well

	<u>L</u>	<u>M</u>	<u>R</u>
•	O1	M3	M1
•	O1	M3	O2
•	O2	M3	M2
•	O2	M2	S
•	M1	M2	S
•	O1	M1	S

