



Volleyball Basics

6-2 system
(6 hitters and 2 setters
Setter comes in from back row)

red=back row Green = front row

Team 6-2 System

- The 6-2, is a system where all players on the court hit and two players are designated setters. This means that the setter penetrates from the back row so that there are always 3 hitters in the front row to set to. The biggest advantage of this system is that there are always 3 options to set to and create a strong offense in all rotations.

When serving

- Players line up in preparation to immediately switch to their designated positions. The instance the server contacts the ball, play has started and they may switch.

When receiving service

- Players will line up in their 3-player formation. (crooked smile ☺)
- Once the server contacts the ball, the setter moves to the setting position.
- Setter penetrates to the setter's position, usually between 5 and 6 at the net.
- The setter set the ball for attack. This location of the set should be to one of the "lanes" in which there is a front row player. The setter needs to be aware of this.
- Once the ball has gone over the net, all players must switch to their designated positions.
- There are several ways to set up a 6-2 system for serve receive. This is the one we will use

Explanation of the diagrams

- The symbols **P**, **M** and **S** represent the designated Power, Middle and Setters players on the team.
- Those shown in red are the back row and green is front row.
- The S in bold black indicates the Setter as she moves through the rotation.

Basic starting line-up positions

Rotation #1

Line-up prior to starting set

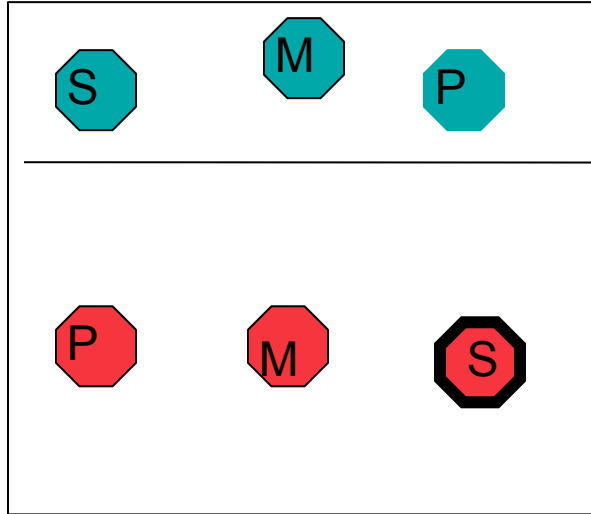
Always have to be in this rotation to receive serve


Switch happens after our serve or after we have played out a serve from opponent and ball is over net

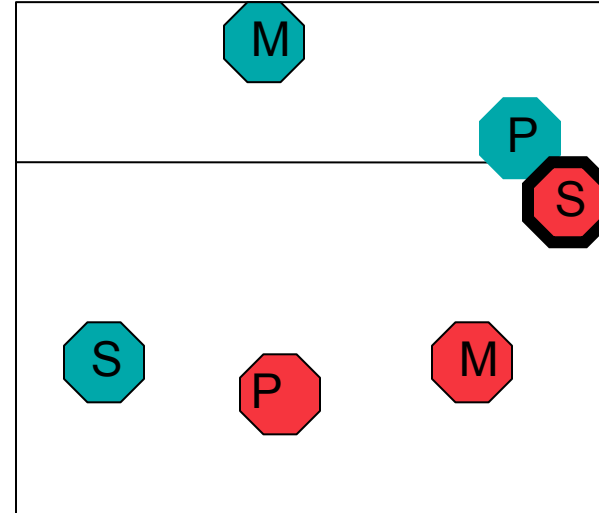
S=Setter

M=Middle

P=Power



Rotation #1  in position 1



Serve Receive (Sr)

3-player Sr

Front row S drops back to Sr

Must be to the right of front row S and in front of back row P

Positions on court

4	3	2
5	6	1

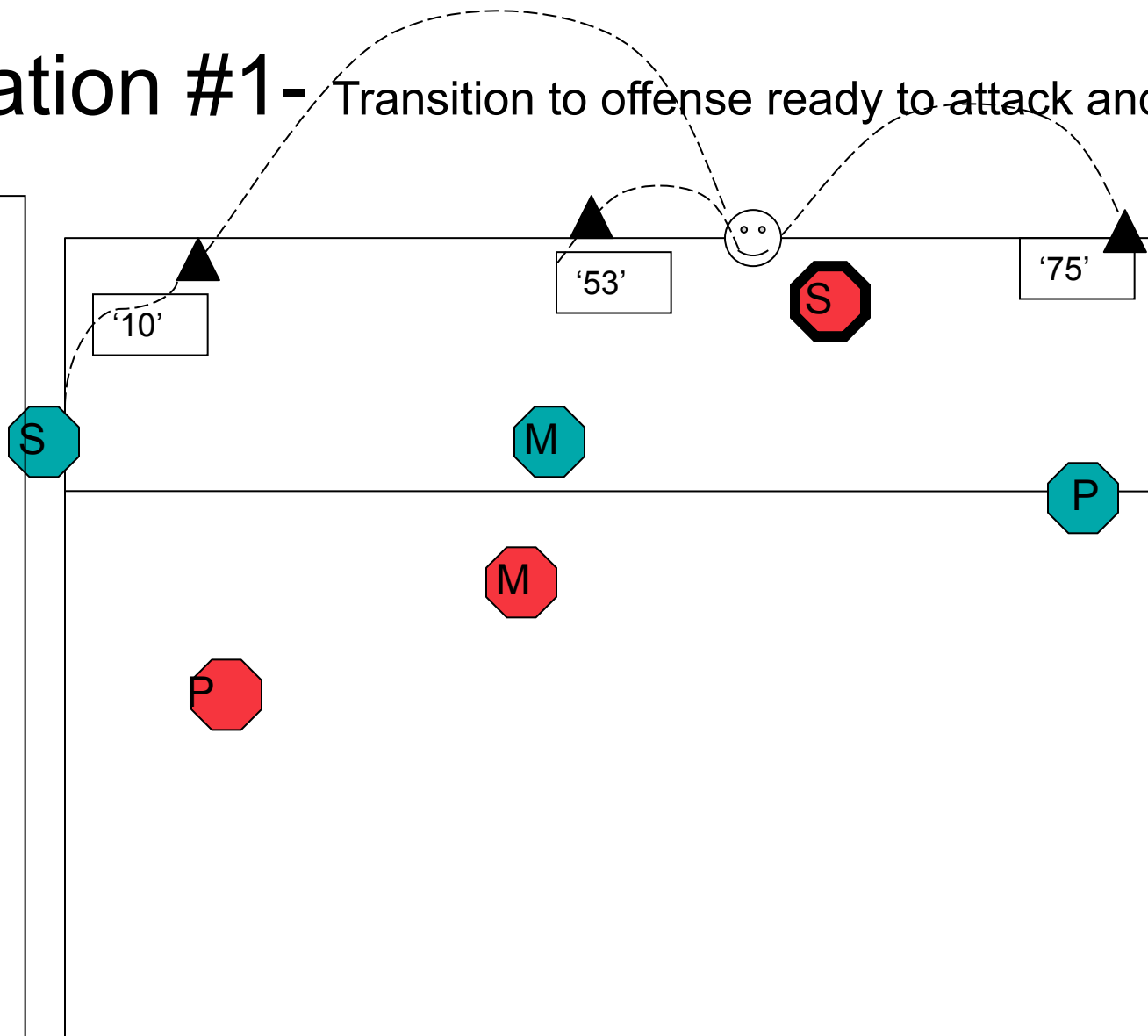
red=back row Green = front row

Rotation #1 - Transition to offense ready to attack and cover

After opponents serve and nice pass to S, Setter has options to set to outside, middle or right side.

All other players come in **low** and cover

Players *switch* after ball safely over net (P goes to left side, S goes to right side, M stays in middle)



red=back row Green = front row

Rotation #1-Transition to defense ready to dig/block opponent's play

Players switch to team play positions.

Ps on left side

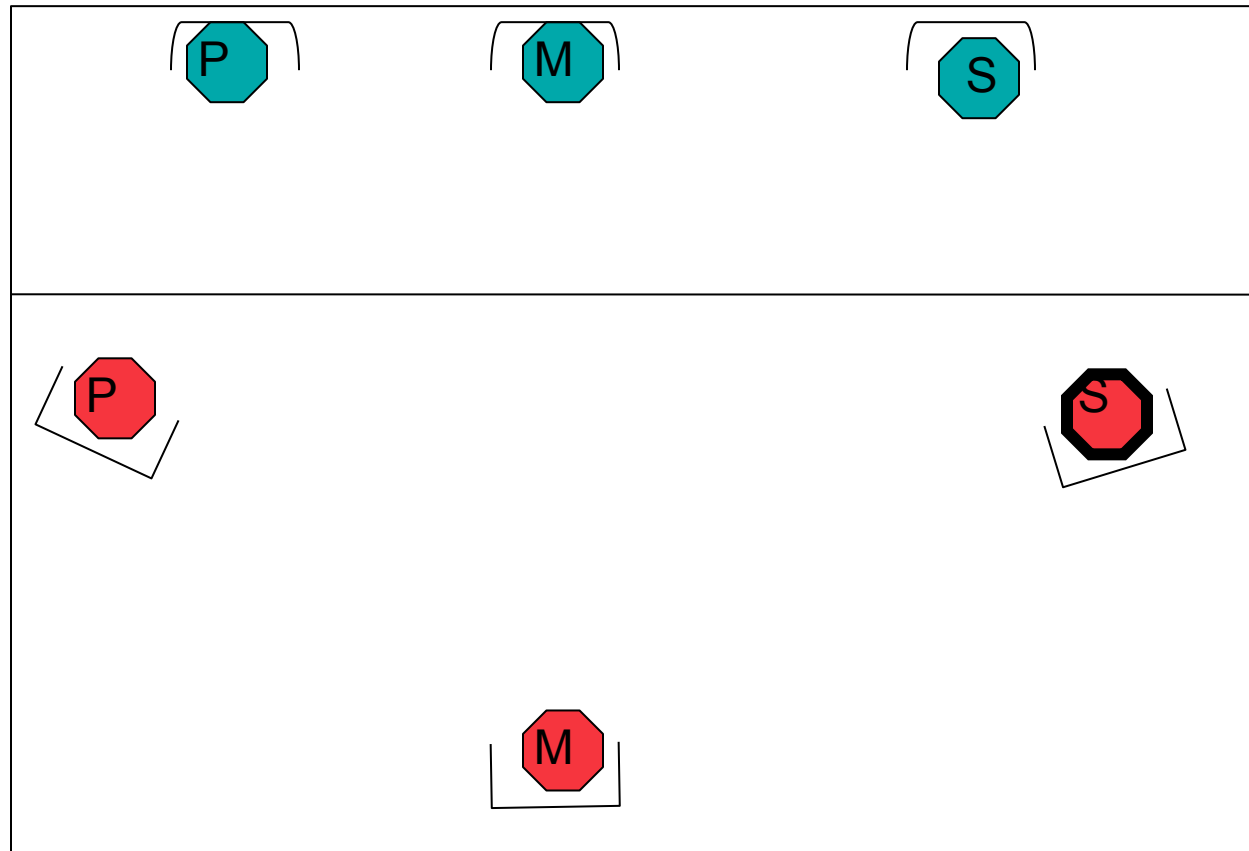
Ms in middle

Ss on right side

6-back
(middle back plays back)

Front row up ready to block

Red P,S cover hits and tips



red=back row Green = front row

Rotation #2

Players rotate 1 position so that S is in Position 6

Line-up prior to starting set

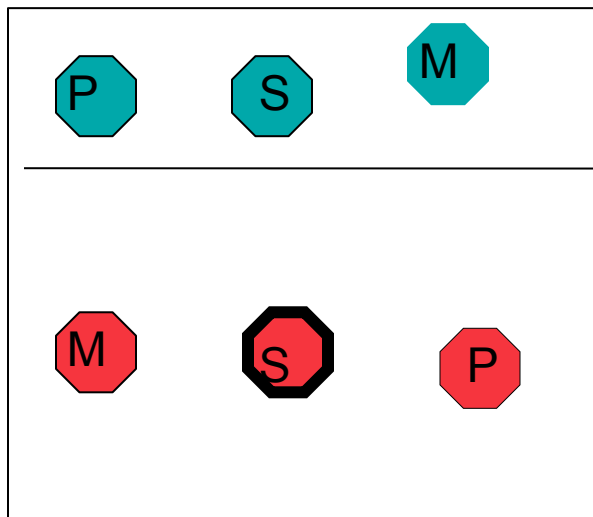
Always have to be in this rotation to receive serve

Switch happens after our serve or after we have played a serve from opponent

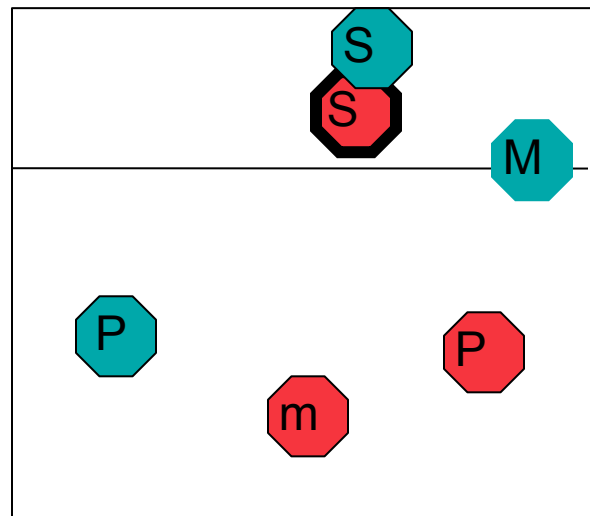
S=Setter

M=Middle

P=Power



Rotation #2  in position 6



Serve Receive (Sr)

3-player Sr

Front row P drops back to Sr M shifts over

P Must be to the left of back row M and P

S must be behind back row S

red=back row Green = front row

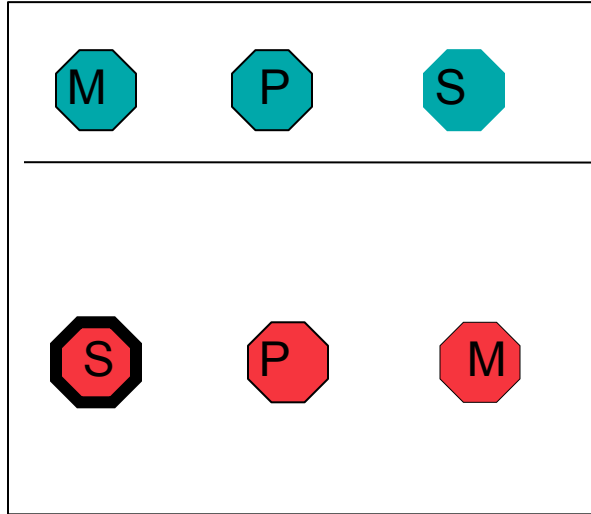
Rotation #3


Players rotate 1 position so that S is in Position 5

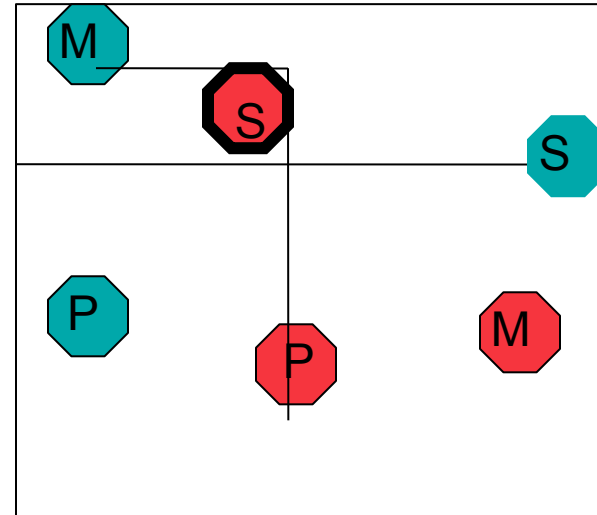
Players have to be back in rotation for serve reception

Switch happens after our serve or after we have played a serve from opponent

S=Setter
M=Middle
P=Power



Rotation #3  in position 5



Serve Receive (Sr)

3-player Sr

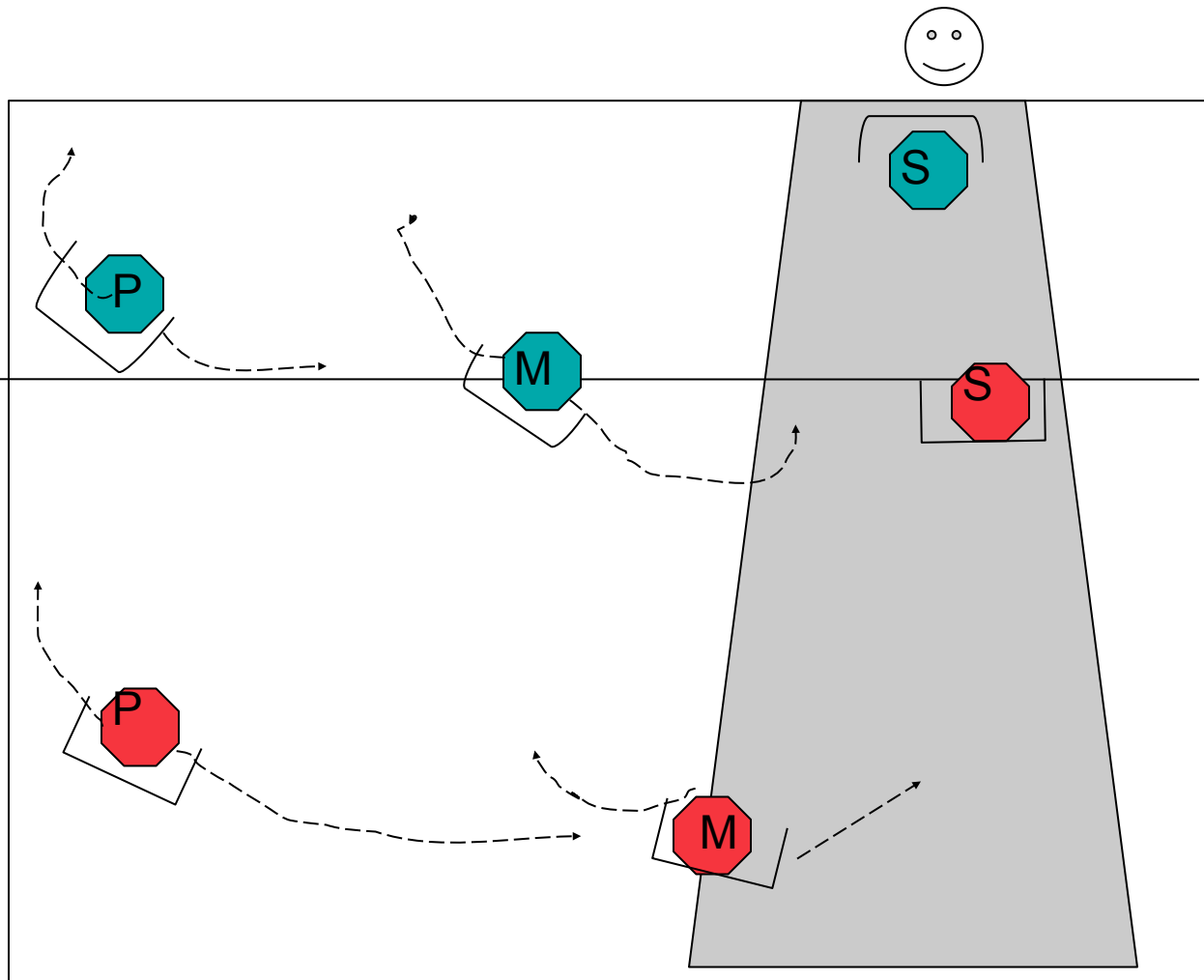
Front row P drops back to Sr

S must be behind front row M to the left of back row P.

red=back row Green = front row

Defense to dig/block opponent's play with 1 blocker (not what we aim for...aim for two blockers)

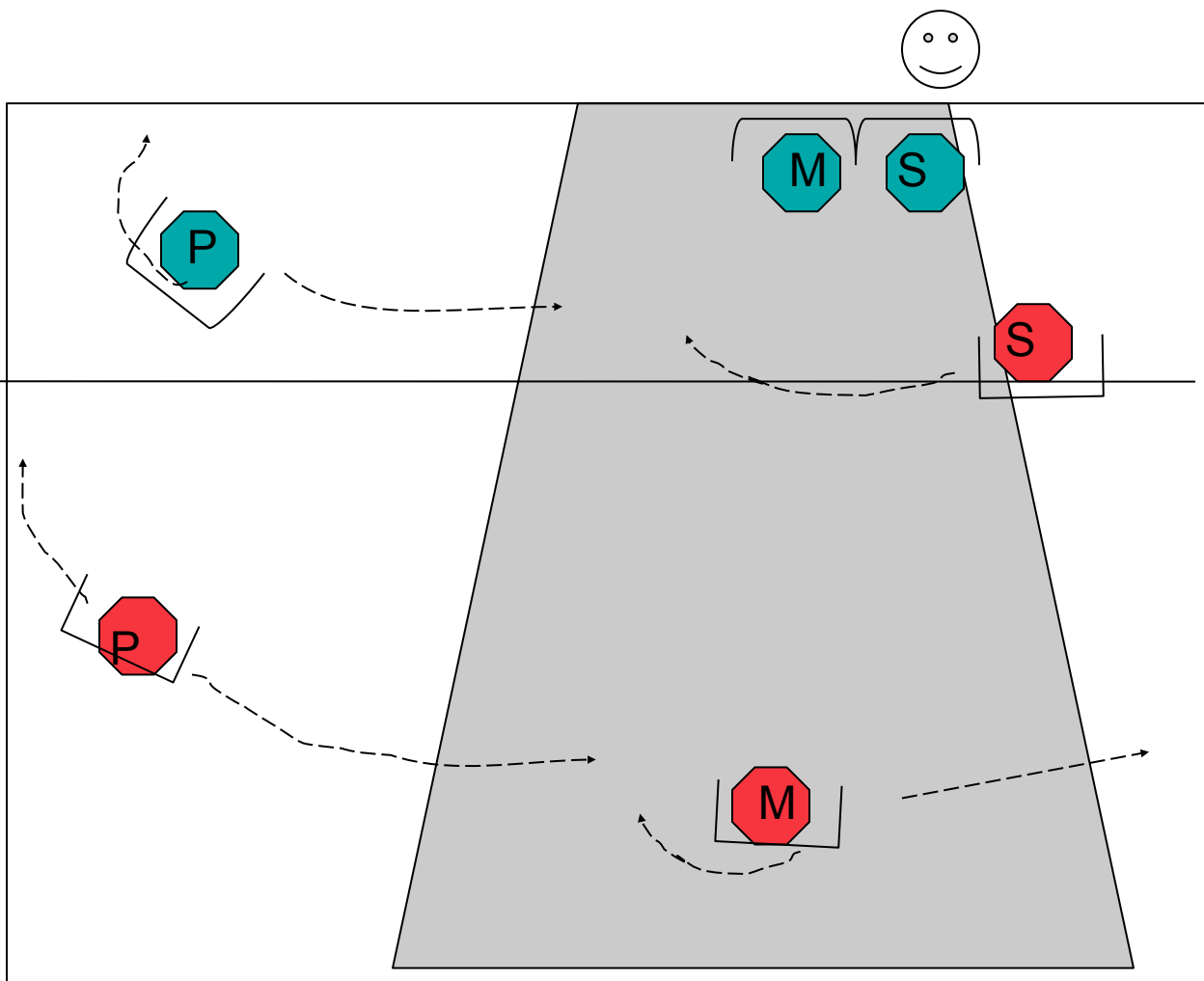
- S blocks
- Back row S covers behind block
- M drops off net and prepares to dig
- P drops off net and prepares for dig
- Back row P and M prepare for digging hit
- Grey area hopefully covered by block



red=back row Green = front row

Defense to dig/block opponent's play with 2 blockers-ideal

- Front row M, S block
- Back row S covers behind block
- Front row P drops off net and prepares for dig
- Back row P M prepare for digging hit
- Grey area hopefully covered by block



red=back row Green = front row

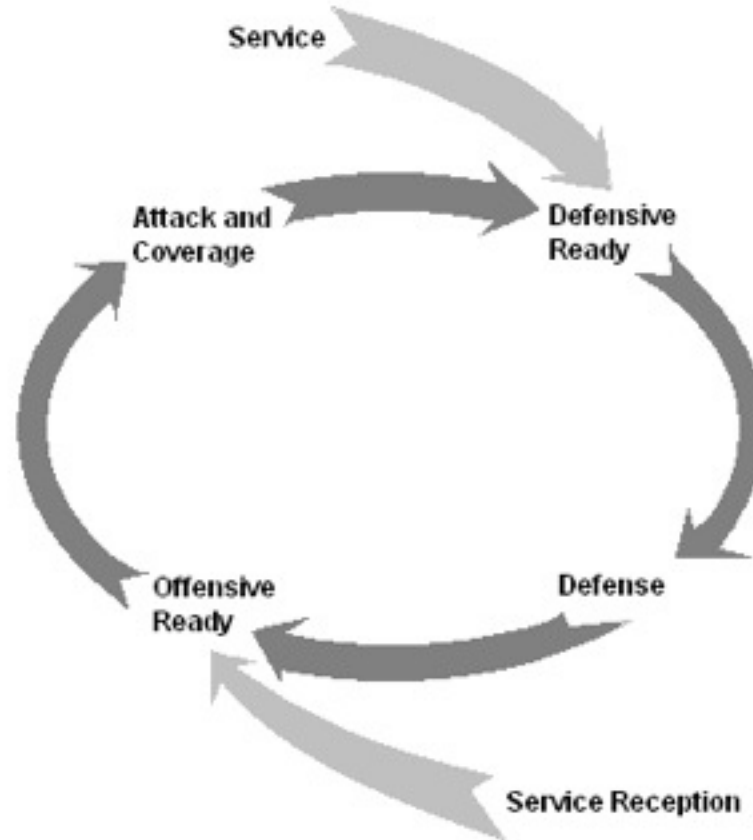
Transition...

“passage from one state, stage, subject, or place to another ...an abrupt change in energy state or level ”

- To transition from serve reception, to offense to defense requires moving up, back, side to side
- staying low, knees bent, arms out ready to take hit is one key to successful transition
- Remember, the “floor is your friend”
- Volleyball play is cyclical in nature and involves the movement from one phase to the next. The team’s success is not only dependent on learning these systems in isolation but also in its ability to transition from one phase to another in a quick, smooth and consistent manner.

red=back row Green = front row

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red=back row Green = front row