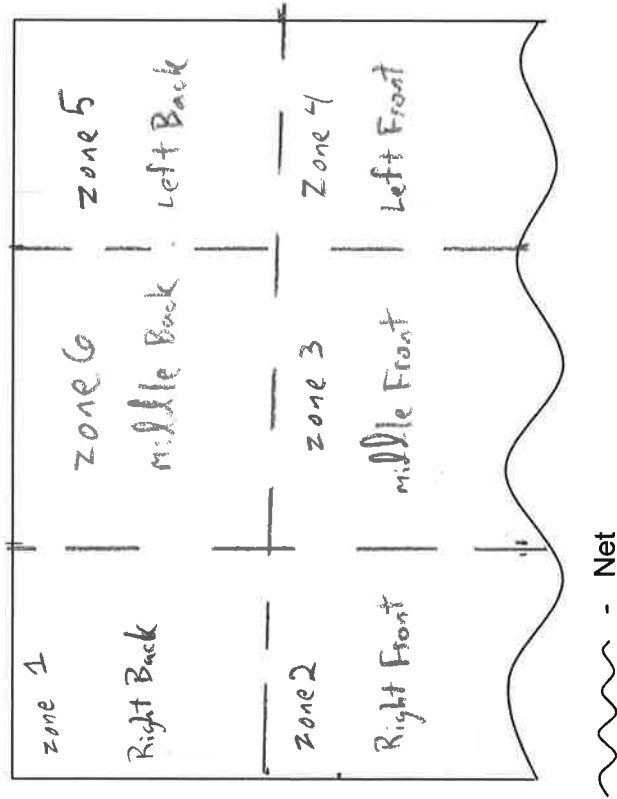


LEGEND

Court Diagrams



Zones 1-6 - The court is divided into 6 imaginary zones labelled above 1 through 6.

→ - The 'Target Zone'. Where we want all first balls to be passed to, and generally where we want the setter to be.

→ - Players shift from Rotational position before the serve.

- - - - - → - Players shift that must happen AFTER the serve.

Terminology

Setter (S) – This denotes any player on the court who is a 'setter'. This includes the active setter, and any other setters who are not in the active setter position.

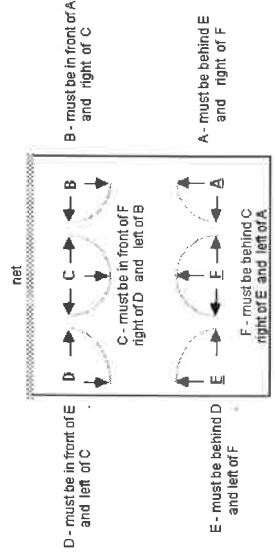
Player (X) – The X will be used to indicate a player on the court who is not a setter.

Rotation (or "box 6") – This is the lineup. When you put 6 people on the court they are in their 'rotation/Box 6'. They may switch or move around after the serve, but they always have to return to their rotational position before the next serve.

Serve Receive – The formation we are in when the opponent is serving to us.

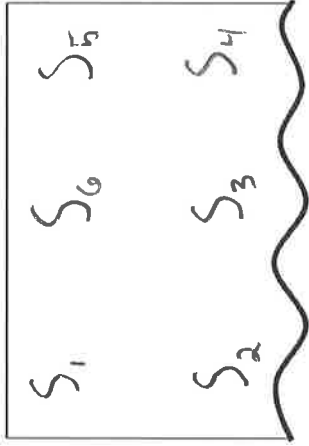
Base Defense – The term for where the players need to be on offense and defense. As soon as the ball is served, players should switch to 'Base'. It is very common for coaches of all levels to be reminding players mid play "Get to Base!".

Overlap Rule - Players are illegally overlapped if they are out of position in relation to players directly in front of, behind, or next to them AT THE TIME OF THE SERVE. We only have to worry about overlap when the serve is being made. Not during normal offense/defense play.



4th Grade

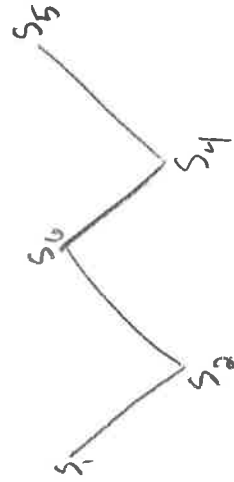
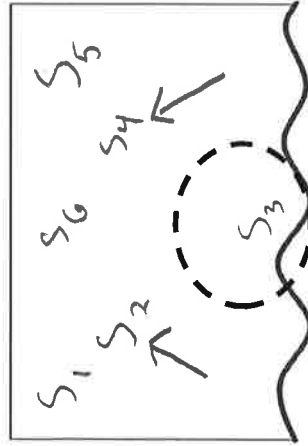
Rotational Positions



Notes

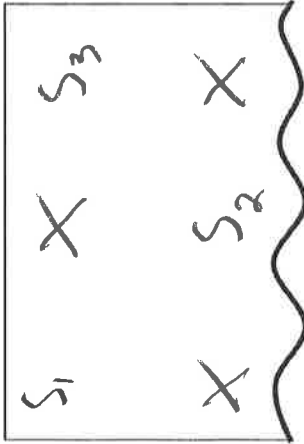
- Keys are that every contact has a purpose. First contact is a pass to the target. Second contact is for our setter to control the ball, and set up her teammates (other front row players). Third contact is to send the ball over the net. As we get more control, the emphasis is to have a more aggressive third contact.
- In this example every player is a setter. The Active Setter is the person who is in middle front.
- Defense and Serve Receive should look the same. Like a 'W'. Very important that the players keep the even W shape on defense, and the two players at the bottom of the W (S2 and S4) don't creep towards the sidelines.
- All passes should be aimed to the target, where our setter is.
- Everyone on the court should be ready to play the third ball over the net, but the setter's goal should be to set up the other two front row players.

Serve Receive + Defense



5th Grade

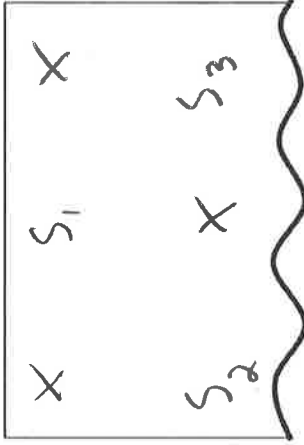
Rotational(Box6) Positions



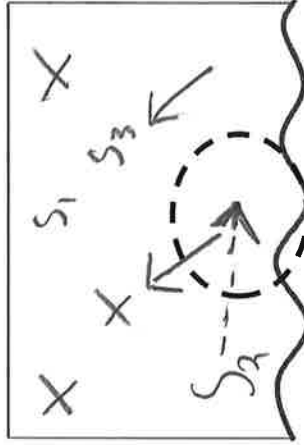
Serve Receive and Base



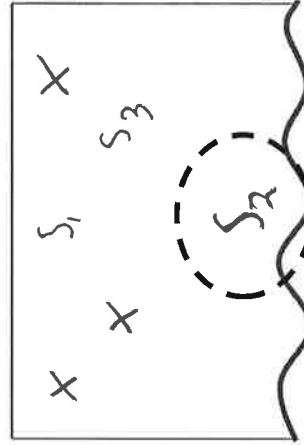
Box6 After Rotating



Serve Receive



Base Defense

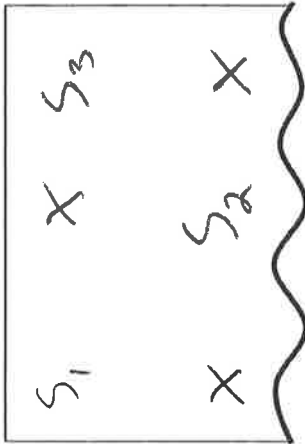


Notes

- In this example 1/2 of your team are designated as 'setters'. The active setter is the setter who is currently in zone 2 or zone 3.
- When putting in a lineup, just alternate setters and non setters.
- When teaching serve receive, rather than "This is where you stand", teach the players WHY they stand there. Here is how we construct our serve receive:
 - 1st Identify who the active setter is.
 - 2nd Hide that setter from the server, by putting them up at the net.
 - 3rd Make our 'W' shaped serve receive with the remaining players.
- This is the first time we are switching from serve receive to base. Refamiliarize yourself with overlap rules.

6th Grade

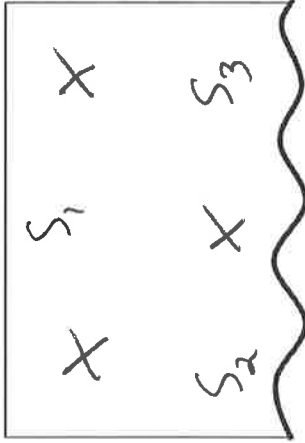
Rotational (Box6) Positions



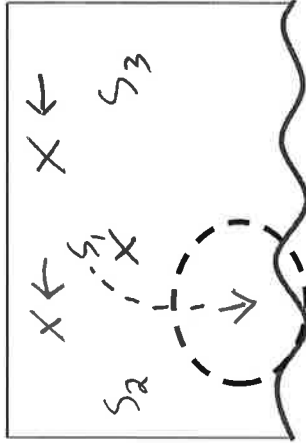
Serve Receive and Base



Box6 After Rotating





Serve Receive



Base Defense



Notes

- In this example 1/2 of your team are designated as 'setters'. The active setter is the setter who is currently in zone 1 or zone 6.
- Notice the target is now off center. Between Right Front and Middle Front.
- When teaching serve receive, rather than "This is where you stand", teach the players WHY they stand there. Here is how we construct our serve receive:
 - 1st Have front row back up to create the front row of our "M" serve receive shape.
 - 2nd Identify who the active setter is.
 - 3rd Hide that setter from the server, by having them stand directly behind the person in front of them.
 - 4th Make our 'M' shaped serve receive with the remaining players.
- This M should look like University of Minnesota . Not the University of Michigan .