

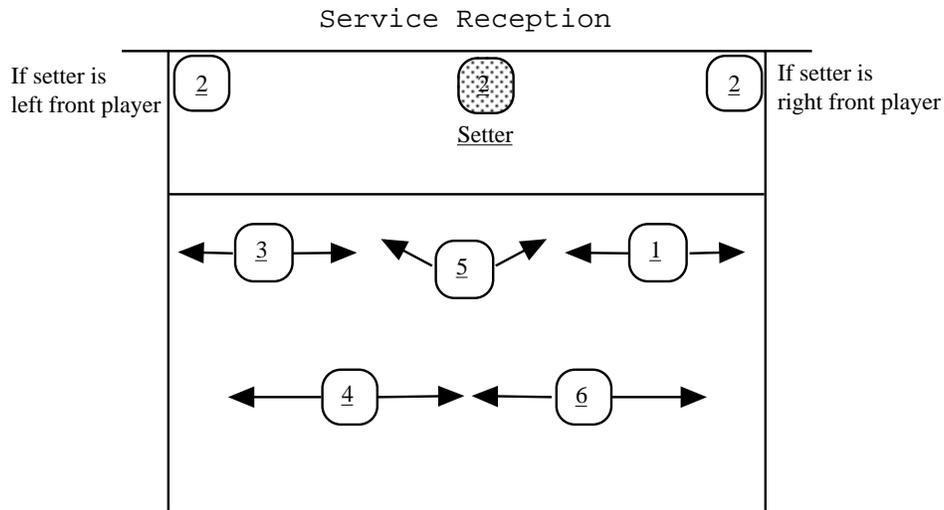
### Team Strategy: 4-2 Offense

One of the offenses used by a power team is called a 4-2 offense. This means that four players are spikers and two will be setters. The setters are positioned opposite each other so that one will always be on the front row. The advantage of this offense is that it is simple to run, covers the court well, and requires minimum movement of the players. The disadvantage of the offense is that you only have two spikers to use on the front row.

#### Basic Team Alignments:

There are three basic team alignments which are used in the most common game situations. They are Service Reception, Offense (spiking), and Defense (blocking). The alignments flow into one another (reception --> offense --> defense --> offense ...) and adjustments are made as the play progresses during a volley. In each of the alignments the players have differing responsibilities depending upon their position in the rotation and you have the setter in the middle as your primary blocker.

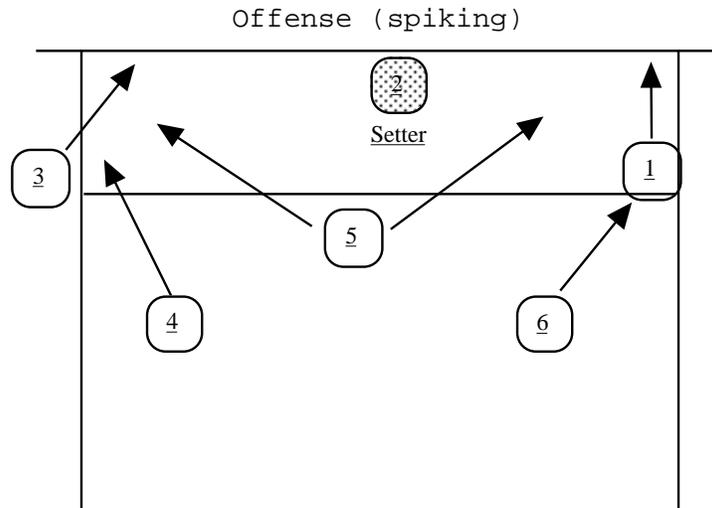
#### Alignment 1: 4-2 offense



The setter (2) is at the net. Five of the players are set in a 'W' formation with the two outside front row players just behind the 10 foot line and two back row players half way between the front row players and the back line. The center back player (5) is between the two outside front players. Players 1, 3, and 5 are responsible for anything served short. They should not attempt to return serves which are at or above shoulder level. Player 5 is particularly responsible for short balls. The back outside players (4 and 6) are responsible for returning longer balls and should return most serves.

As the server strikes the ball the setter (2) will move to the front center position (if he was the left or right front player) in preparation for the first pass from his teammates. The setter is not responsible for making the first pass of the serve and should always start close to the net since it is easier to chase a pass away from the net than into the net. The other players should turn toward the ball on the first pass and be ready to retrieve a bad first pass if the setter calls for help.

Alignment 2: 4-2 offense



As the first pass is going to the setter the outside front row players should move into position for the spike approach. The left (strong) side player (3) should be a couple of feet outside the court and back at the 10 foot line. The right (weak) side player (1) should be at the right side of the court and back at the 10 foot line. All this is preparation before the setter sets the ball. The spikers want to be able to build momentum for the spike with a run-up, plant, and jump technique.

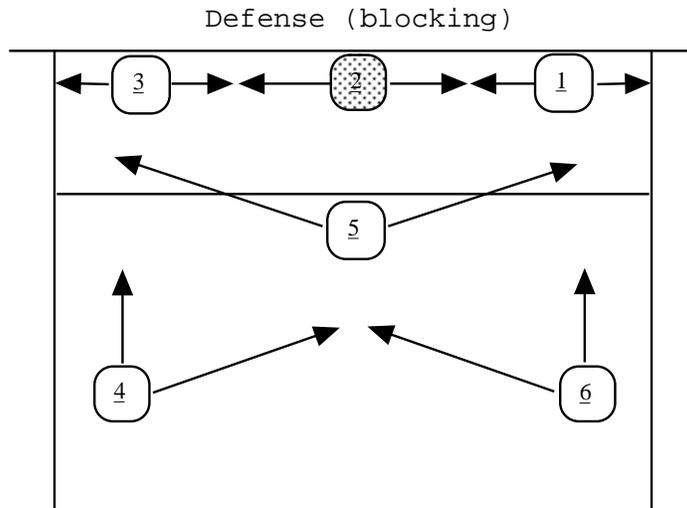
When the ball is set to player 3, he makes his approach a 45° angle so that he will have the option of either hitting across court or down the line. A straight-in (90°) approach leaves him without a strong cross-court hit.

Player 1 should approach at a 90° angle. This gives a right handed player hitting from the right side the cross-court and down the line options.

None of the spikers should begin the approach before the ball is set. If you approach too soon then a bad set will be behind you and it will be difficult to recover. Remember stay back as long as possible.

The back row players (4, 5, and 6) should move in to the 10 foot line in anticipation a block. (This isn't as necessary in Power B, but it's a good habit to get into.) The setter should follow the set and also anticipate digging a blocked spike.

Alignment 3: 4-2 offense



The Defensive Alignment is the basic alignment used when the ball is in the opponents' court. This alignment should be used after service, spike, or other return of the ball to the opponents. The alignment will shift depending on where the ball is passed and set on the opponents' side of the court. Basic responsibilities of the players do not change very much however.

Players 1, 2, and 3 are responsible for blocking spikes by the corresponding players on the opposing team. In addition the center player (2) follows the set and assists players 1 and 3 in blocking against the opponents' outside hitters. If the spike is from the middle then players 1 and 3 will either assist player 2 in blocking or defend against a dink shot by the opponents' middle hitter. The purpose of the block (in addition to actually blocking the ball) is to take away the easy 45° shot across court and force the opponent to hit a difficult shot down the line or at a sharp angle.

The back court players' responsibilities change depending on where the spike is coming from. If the spike is from the right side (at player 1) then player 6 guards the line and the soft dink down the line over player 1 while player 4 moves to guard against the cross-court shot. If the spike is from the left side then the responsibilities of players 4 and 6 are reversed. Players 4 and 6 are also responsible for shots deep in the court. (The weak spot in this defense is the deep middle.)

Player 5 is responsible for anything in the middle of the court and anything short over the blockers. He should begin on the 10 foot line and move toward the ball as the opponents spike it. An alternative defensive alignment is the one used with the 6-2 offense. It has player 5 deep and players 4 & 6 short.

Note: Against a weak spiking team the two outside players may back off the net and the defensive alignment then becomes much like the serve/ receive alignment with five people covering the court and the setter at the net. The main difference in play is that the ball arrives more quickly than in a serve/receive situation.