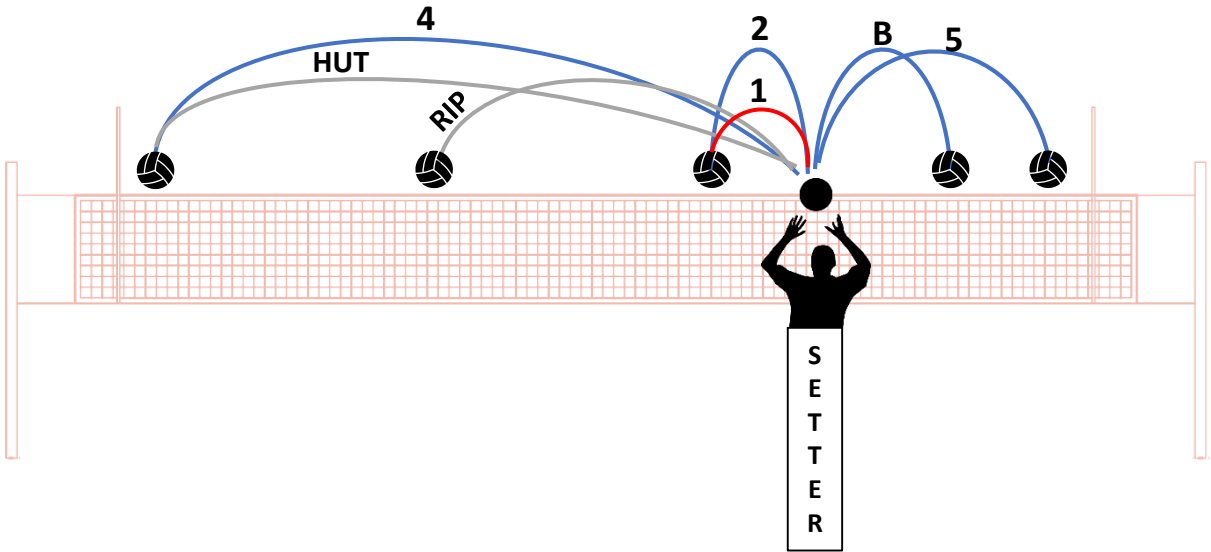


Offensive Sets



Offensive Set Types: three different categories of sets

- Third tempo ———
- Second tempo ———
- First tempo (fast sets) ———

Common Sets (Seasonal Teams)

Left Side Hitter

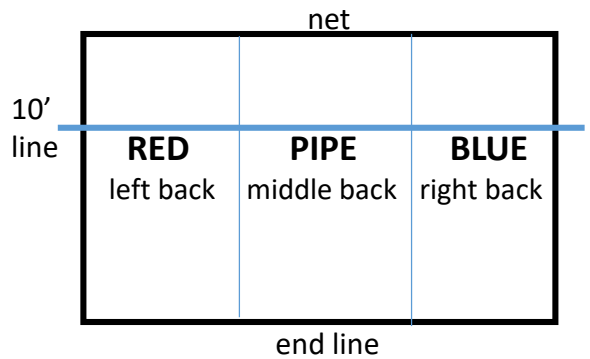
- 4 – third tempo. Most common
- HUT – second tempo

Middle Hitter

- 2 – third tempo. Most common
- RIP – second tempo
- 1 – first tempo

Right Side Hitter

- 5 – third tempo. Most common
- B – third tempo

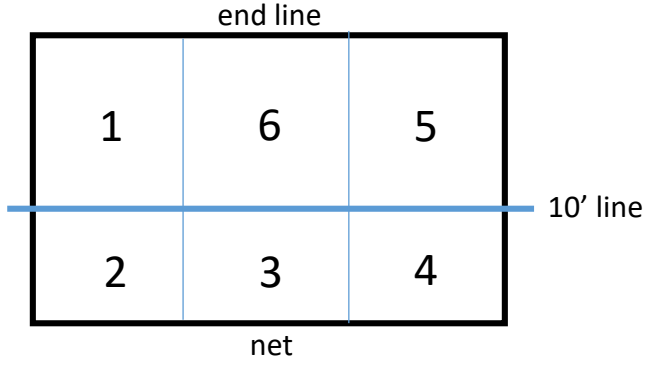


Back Row Set Types: a backrow player can attack the ball above the top of the net as long as they jump from behind the ten foot line. Player is allowed to land in front of the ten foot line. Third tempo.

- RED – left back
- PIPE – middle back
- BLUE – right back

Serving Zone and Defensive Systems

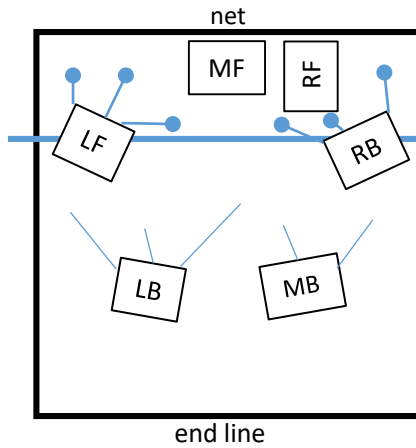
Serving Zones: identifies different areas of the opponent's side of the court. In some situations, a coach will signal where the server should place the ball in order to increase the team's chances of scoring a point or getting an ace.



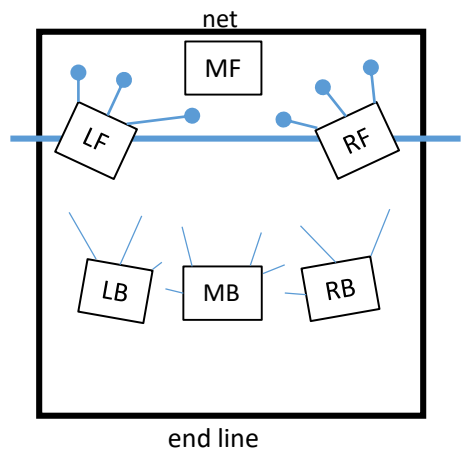
Defensive Systems: utilized to defend against the opponent's offensive attacks. Every player on the court, diggers and blockers, are responsible for covering portions of the court.

● TIP
— ATTACK

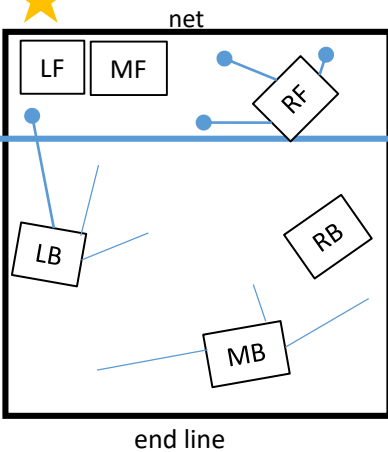
vs FREE BALL



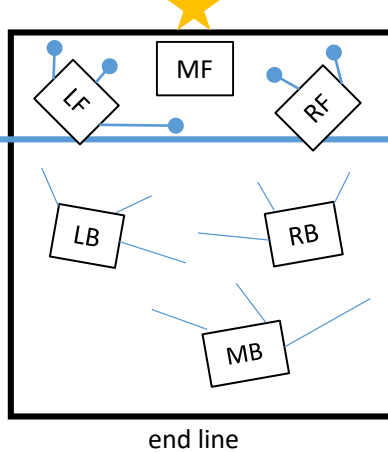
vs DOWN BALL



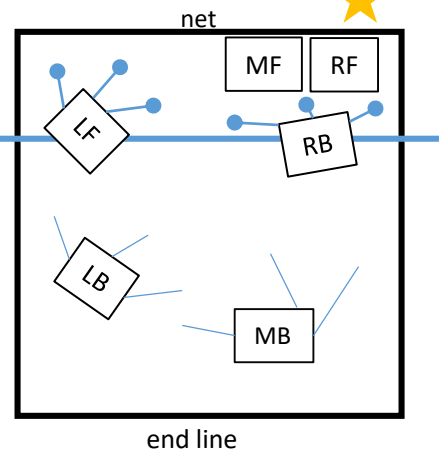
vs RIGHT SIDE



vs MIDDLE



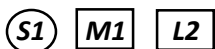
vs LEFT SIDE



Silver State Volleyball – Rotations Quick Guide (Serve Receive & Base)

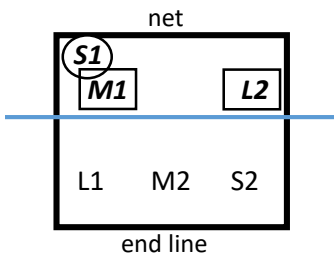
ROTATION 1

LINE-UP CHECK

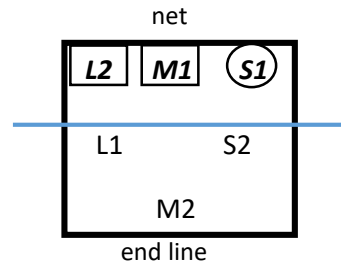


L1 M2 S2

SERVE RECEIVE POSITION



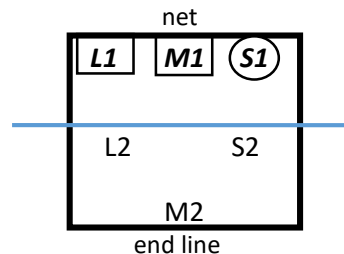
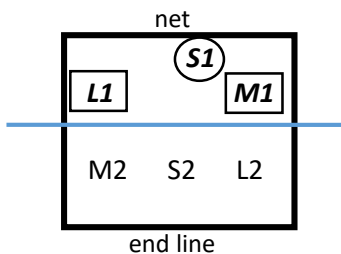
BASE POSITION



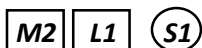
ROTATION 2



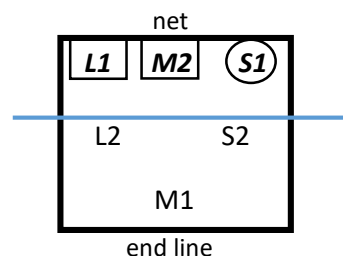
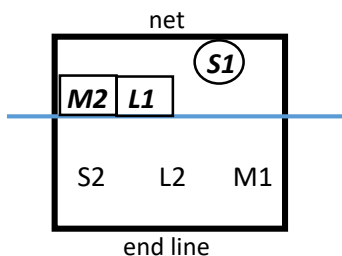
M2 S2 L2



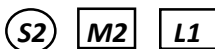
ROTATION 3



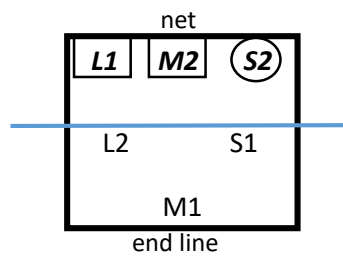
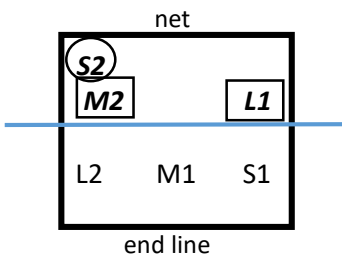
S2 L2 M1



ROTATION 4



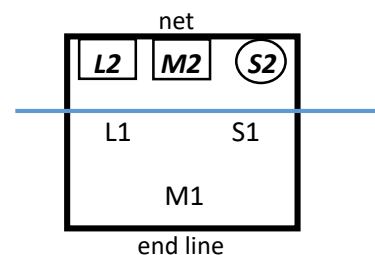
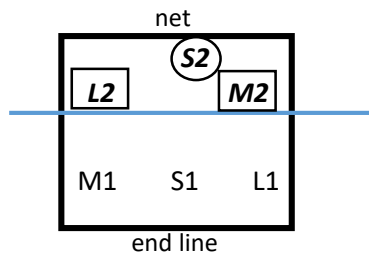
L2 M1 S1



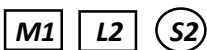
ROTATION 5



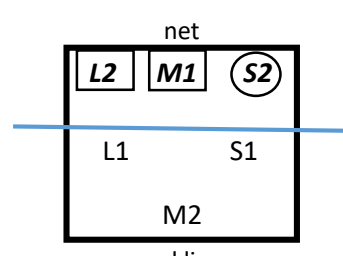
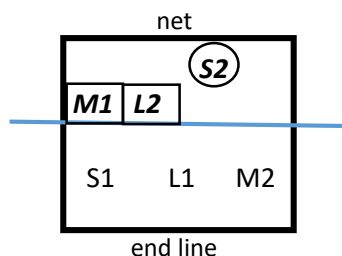
M1 S1 L1



ROTATION 6



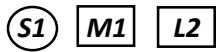
S1 L1 M2



Silver State Volleyball – Rotations Quick Guide (Serving & Base)

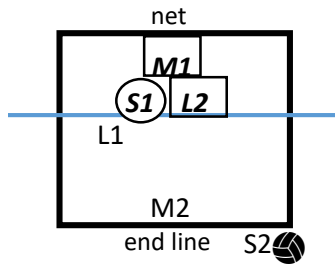
ROTATION 1

LINE-UP CHECK

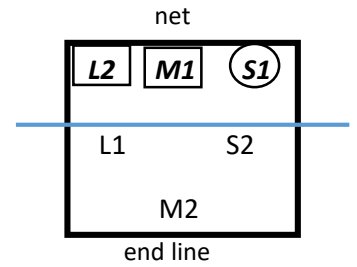


L1 M2 S2

SERVING POSITION



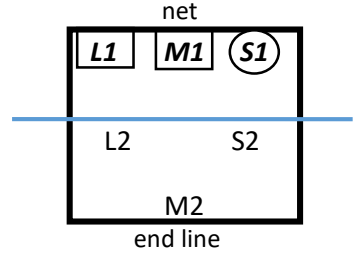
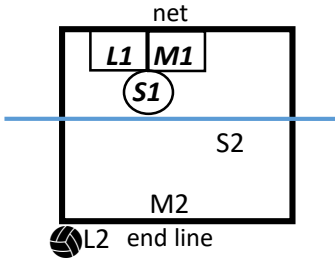
BASE POSITION



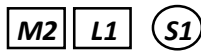
ROTATION 2



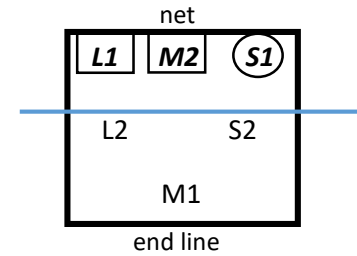
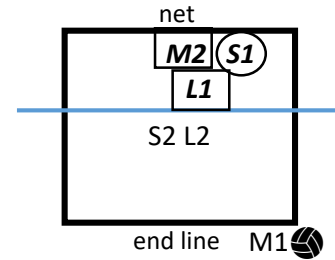
M2 S2 L2



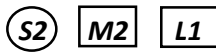
ROTATION 3



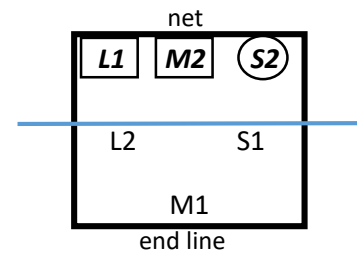
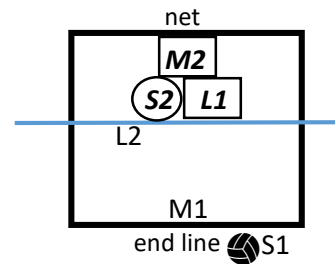
S2 L2 M1



ROTATION 4



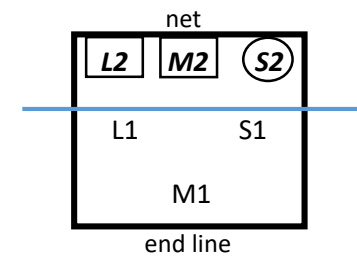
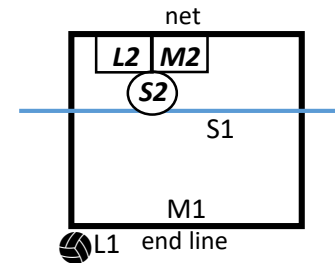
L2 M1 S1



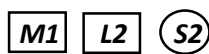
ROTATION 5



M1 S1 L1



ROTATION 6



S1 L1 M2

