



A Word About Volleyball Rotations & Overlaps

So you're watching volleyball, and you get it, the six players on the court rotate every once in a while after a point and before a serve. But, why? Where? In what order? Where can they go after they rotate? Here is everything you need to know to understand volleyball rotations.

FIRST, WHEN AND WHY DOES THIS HAPPEN?

A rotation occurs after every side-out, which is when the receiving team gains the right to serve by winning a rally. So basically, if you are the receiving team, and you win the point, the players are required to rotate and the serve is switched. The new serving team will rotate clockwise one spot. The purpose of this is to rotate all the players through the serving position. If you continue winning points, you stay in that rotation.

THE ROTATION ORDER

The rotation order is determined by the starting lineup and must be maintained throughout the set. To break it down – six players are on the court, three are front-row players and three are back-row players. The locations are named by their place on the court, but are not to be confused with the player's positions: setter, middle hitter, left-side hitter. The locations are the spots players stand before the ball is served. It is left front, middle front, right front, and left back, middle back, and right back. Picture it just like you think. Three in the front, three in the back. One at left front, one at left back, etc.

When the ball is served, every player must be in the correct rotation position.

THE OVERLAP

Players need to be in a certain location in relation to the other players on the court. For example, the middle front player has to be in front of the middle back player, to the right of the left front and to the left of the right front. As long as she is in a T-shape in relation to those three players, she is in the correct rotation spot. Another example is left back, this player needs to be behind the left front, and to the left of the middle back. This one is an "L" shape.

DO YOU HAVE TO STAY IN THAT LOCATION THE WHOLE TIME?

Before the serve is put into play, you must be in the correct rotation order. After the ball is served, you are free to move. If you are serving, you want to move to your base position. If you are receiving, you will pass, set, hit and then go to your base position.

[Understanding Rotations Video](#) by The Art of Coaching Volleyball



Definition of Common Terms

Assist: awarded any time a set, pass, or dig to a player results in that teammate attacking the ball for a kill. The setter usually has the most assists on a team. An assist is usually the second touch on the ball.

Attack Attempt: recorded any time a player attempts to hit the ball into the opponent's court. It could be spiked, tipped, or hit.

Attack Error: given any time the ball is hit out of bounds, into the antennae, or into the net. An attack that is blocked and not returned by the attacking team is also an attack error. An attack error is also given if the player touches the net, crosses the center line, lifts/carries the ball, or attacks from the back row.

Attack Line: aka 10 foot line. A line 3 meters (10 feet) away from and parallel to the net. This line separates the front-row players from the back-row players. A back-row player cannot legally attack the ball over the net unless it is from behind the attack line.

Block: this is the first line of defense, and the objective is to "block" the opposing team's spiked ball from crossing the net. The three front-court players share the responsibility of blocking.

Defensive Specialist: Similar to the libero, a defensive specialist plays in the back row and is responsible for defensive plays and receiving serve. They do not wear a different colored jersey and have to abide by the normal substitution rules, meaning they are in for three out of the six rotations.

Dig: a defensive play, when the player is able to keep a spiked or rapidly hit ball from being terminated. It is when the defensive player is able to pass an opposing team attack from low to the ground, to the setter. It is usually the first contact.

Hitting Percentage: $(\text{Kills} - \text{Errors}) / \text{Attempts}$. The hitting percentage is the number of kills minus hitting errors, divided by the total number of hitting attempts during the game or season.

Kill: An attack that results directly in a point or side-out. This is not returnable by the receiving player.

Libero: a defensive specialty position that is signified by one player who wears a different-colored jersey from the rest of the team. The libero plays in the back row and often receives the attack or serve. This player usually leads the team in digs and is typically fast and able to change direction quickly. They often times have the first touch and have to turn that into a good pass to the setter. They can be subbed in and out of the game without counting against a team's total substitutions.

Middle Blocker/Hitter: usually, the team's tallest player. Defensively, they block the center area of the net against quick middle attacks. They also slide to the right and left side to work together with the hitters on blocks. Offensively, they play near the setter and have fast attacks, which can lead to a lot of kills.

Opposite Hitter: aka Right-side hitter, hits from the right side of the court. They are opposite of the net to the outside (left) hitter on the opposing team. They need to be able to hit from both the front and back row. Since they are opposite the outside hitter, they also work with middle blocker on blocks, and at times act as a backup setter.

Outside Hitter: usually attacks from the left side of the net and is a focal point of the offense. They have to be able to adjust to sets coming from all locations and hit from the front and back rows. They also work with the middle hitter/blocker in blocking opponents' shots.

Overpass: A ball passed across the net.



Definition of Common Terms

(continued)

Pancake: a defensive technique where the hand is slid along the floor palm facing downwards while a player dives to keep a ball alive. The ball bounces off the back of the hand and is considered legal.

Pass: when a player receives the serve or the first contact of the ball with the intention of controlling the ball to another player, usually the setter. Also called a bump.

Rally: the time between the serve and the end of the play.

Reception Error: given to a player when the serve hits the floor in the area of the player or if the player passes the serve, but is not kept in play.

Rotation: after a side-out occurs, players must rotate clockwise around the court and through the serving position. A team must be in correct rotation order before the serve is put into play. Once the ball is served, the players can move positions, but the backcourt players cannot attack or block in front of the 10 foot line. The setter must be in proper rotation before moving to the setters spot.

Serve: This is used to put the ball into play and start the volley. It is controlled solely by one player.

Service Ace: a serve that scores a point without the receiving team being able to return the serve back over the net.

Service Error: occurs when the serve lands out of bounds, doesn't go over the net, or hits the antennae. A service error is also given if the server commits a foot fault, takes too much time or serves out of rotation.

Serving Specialist: player put in the game just to serve, and has a very consistent, tough-to-serve.

Set: a skill where a ball is directed to a point where a hitter can spike it into the opponent's court. They can be different heights, and on different sides of the net.

Set Attack: when a setter attempts to score instead of setting the ball to a hitter.

Setter: runs the team's offense and aim to receive the second touch to set up the third and final touch over the net. They can set from the back or front row, so they also need to be able to dig and block. Setters communicate with teammates to set the ball up for an attacking player.

Side-Out: occurs when the serving team has failed to score a point, and the receiving team successfully terminates the ball against the serving team. Or, when the serving team commits an un-forced error. When a side-out occurs, the players have to rotate, and the teams switch serve.

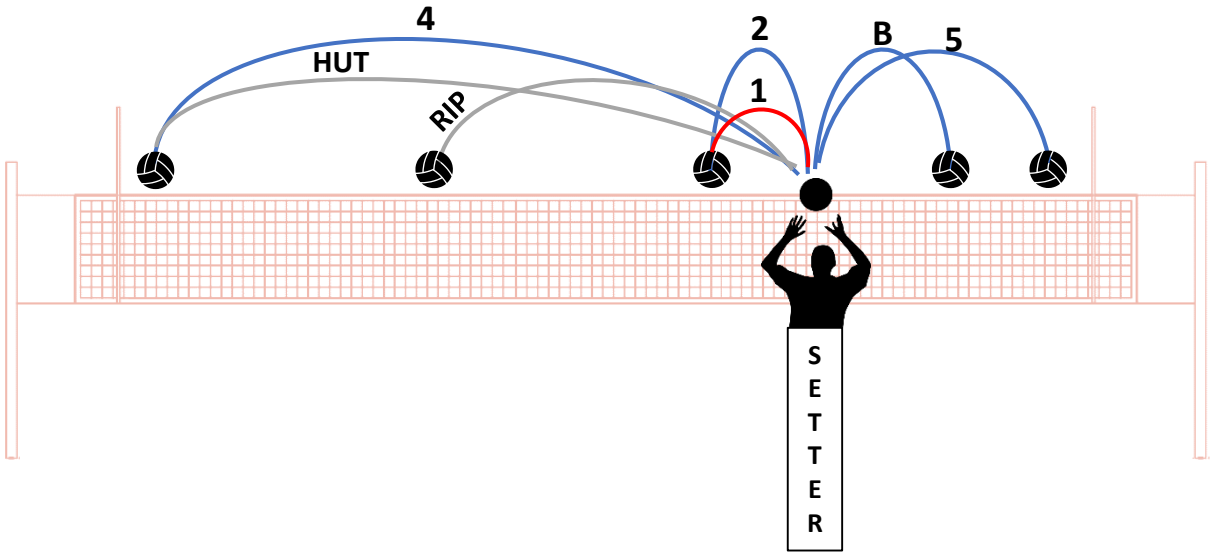
Spike: also called a hit or attack. It is when the ball is contacted with force by a player, usually on the third touch, who intends to terminate the ball in the opponents floor or off the blocker.

Terminate: another word for "kill". Used in regard to saying "she/he terminated the ball," meaning they earned a point, and the ball hit the floor on the opponents side of the net.

Wipe/Tool: when an attacker deliberately spikes the ball off an opposing blocker's arms out of bounds.



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

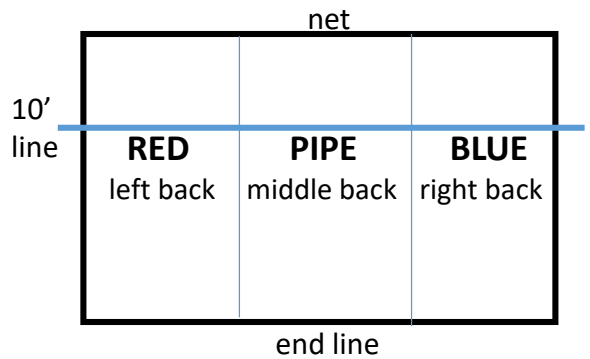
- 4 – third tempo. Most common
- HUT – second tempo

Middle Hitter

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

Right Side Hitter

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



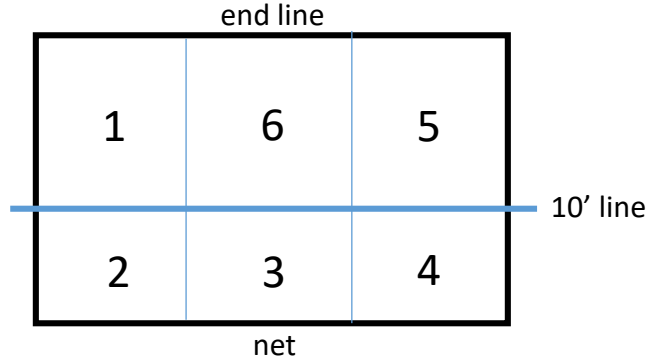
Back Row Set Types: a backrow player can attack the ball above the top of the net as long as they jump from behind the ten foot line. Player is allowed to land in front of the ten foot line. Third tempo.

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



Serving Zone and Defensive Systems

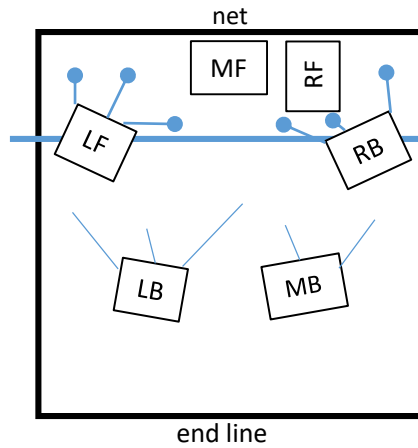
Serving Zones: identifies different areas of the opponent's side of the court. In some situations, a coach will signal where the server should place the ball in order to increase the team's chances of scoring a point or getting an ace.



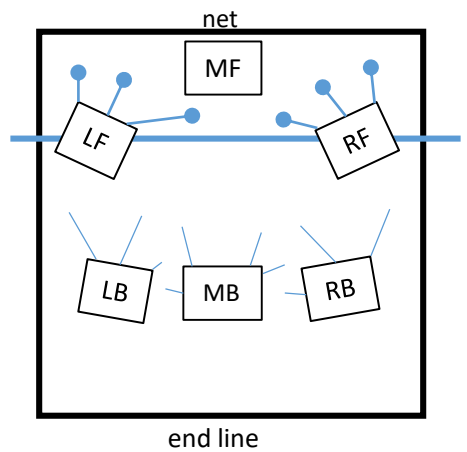
Defensive Systems: utilized to defend against the opponent's offensive attacks. Every player on the court, diggers and blockers, are responsible for covering portions of the court.

● TIP
 — ATTACK

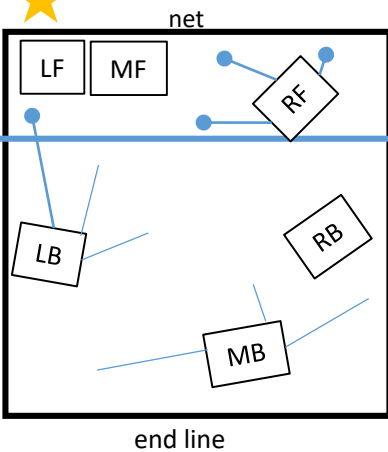
vs FREE BALL



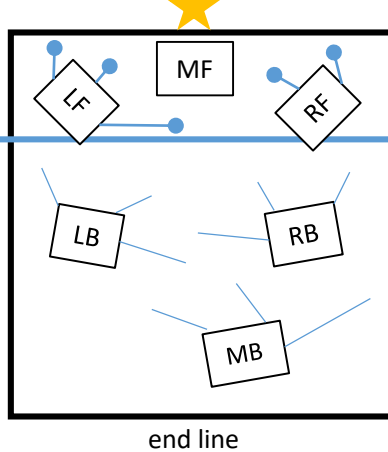
vs DOWN BALL



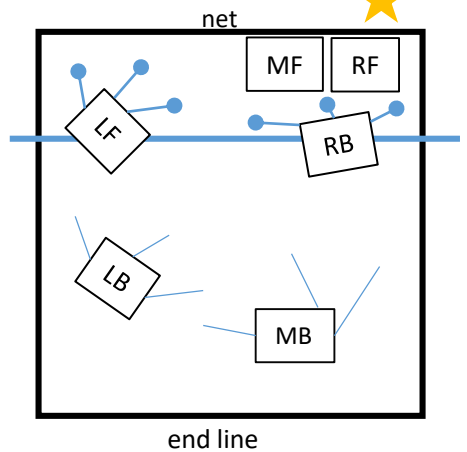
vs RIGHT SIDE



vs MIDDLE



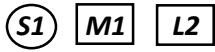
vs LEFT SIDE



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

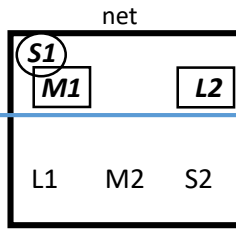
ROTATION 1

LINE-UP CHECK



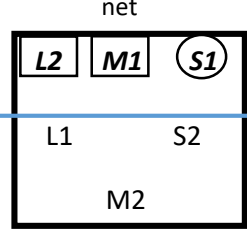
L1 M2 S2

SERVE RECEIVE POSITION



end line

BASE POSITION

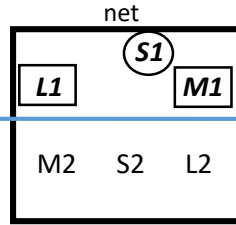


end line

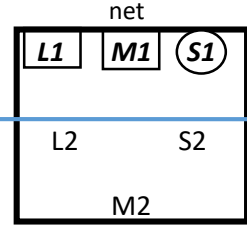
ROTATION 2



M2 S2 L2

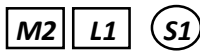


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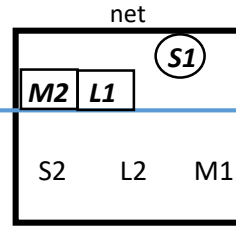


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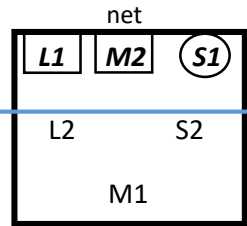
ROTATION 3



S2 L2 M1



end line

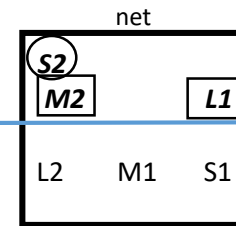


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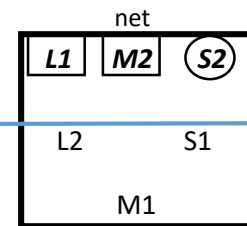
ROTATION 4



L2 M1 S1



end line

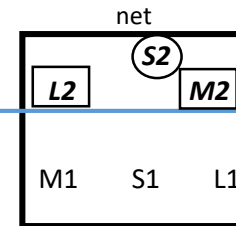


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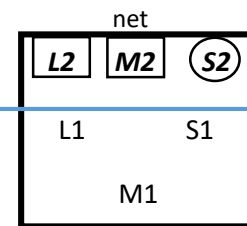
ROTATION 5



M1 S1 L1

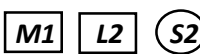


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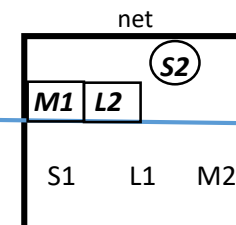


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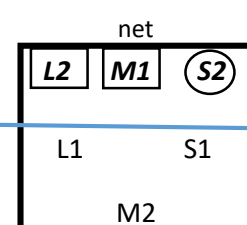
ROTATION 6



S1 L1 M2



end line

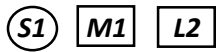


end line

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

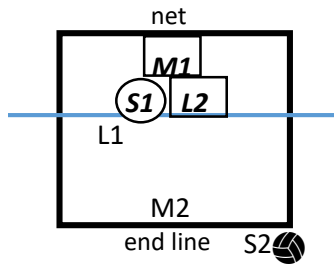
ROTATION 1

LINE-UP CHECK

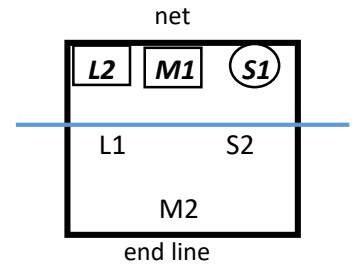


L1 M2 S2

SERVING POSITION



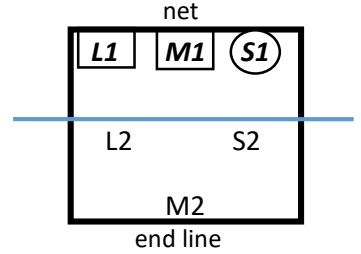
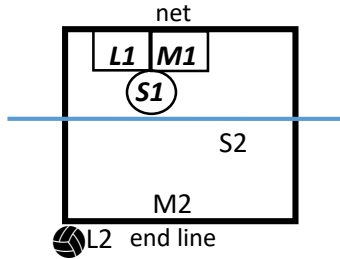
BASE POSITION



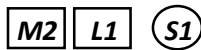
ROTATION 2



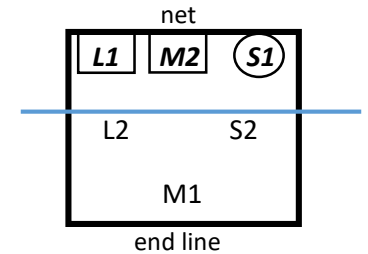
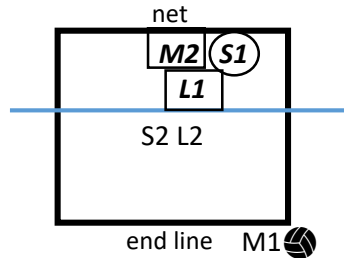
M2 S2 L2



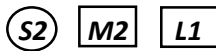
ROTATION 3



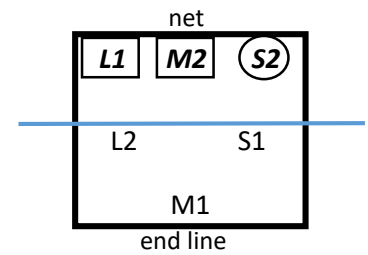
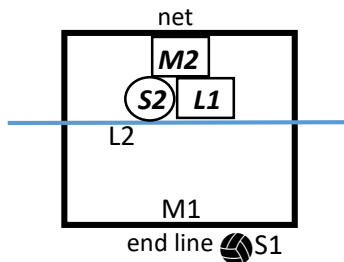
S2 L2 M1



ROTATION 4



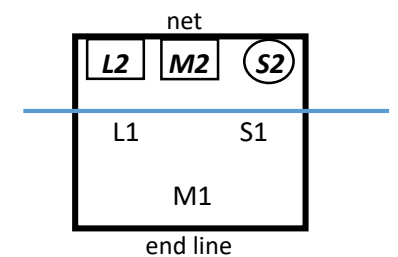
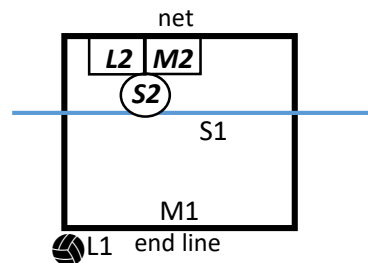
L2 M1 S1



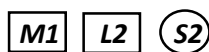
ROTATION 5



M1 S1 L1



ROTATION 6



S1 L1 M2

