

Offensive Systems

Typical Offensive Systems:

- 6-6 – 6 hitters, 6 setters, everyone sets
- 6-3 – 6 hitters, 3 setters, every other person is the setter
- 4-2 - 4 hitters, 2 setters, no right side hitter, setter sets from front row
- 6-2 – 6 hitters, 2 setters, setter sets from the back row
- 5-1 – 5 hitters, 1 setter, setter sets in front and back row
- Hand signal and set types (see below)
- Play sets and net zones

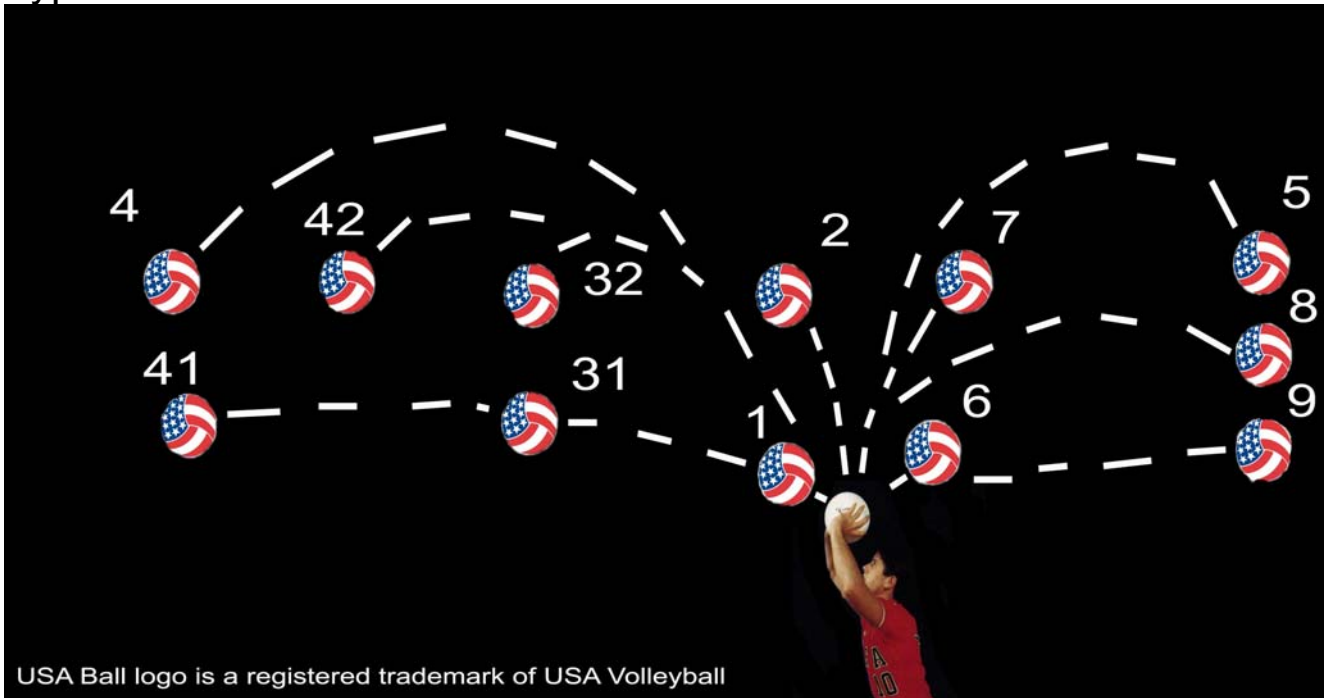
General Considerations:







- Four ways to gain a lead in rally: ace, transition attack, stuff block, opponent error
- The lower the skill level, the more points will be scored by aces and unforced errors
- The higher the skill level, the more points will be scored on blocking and transition

Specific Considerations:

- Never attempt tactically what you cannot execute technically
- Player skill and experience
- Setter & Hitter ability
- Passing consistency
- Balance what you have to win at this level while building for the next level
- How much practice time you have

Types of Sets



| | |
|---|--|
|  |  D |
| |  C |
| |  Pipe |
| |  B |
| |  A |

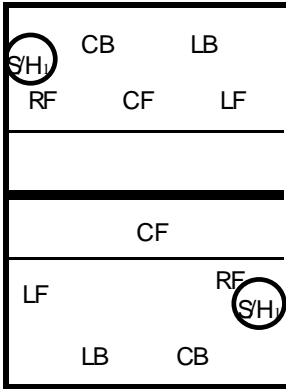
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A COMPARISON OF OFFENSIVE SYSTEMS

By Stephanie Schleuder for USA CAP

| <u>PERSONNEL NEEDS</u> | | | | |
|------------------------|--|--|-----|----|
| TYPE OF OFFENSE | #RSH | #OH | #MH | #S |
| 4-2 | 0-2 | 2-4 | 0 | 2 |
| 6-2 | 2 | 2 | 2 | 2 |
| 5-1 | 1 | 2 | 2 | 1 |
| <u>CHARACTERISTICS</u> | | | | |
| OFFENSE | A DVAN T A G E S | DISA DVAN T A G E S | | |
| 4-2 | <ul style="list-style-type: none"> -Passing Not Critical -Setter Movement is Easy -Less Complexity of Sets & Plays -Setters can Easily See the Hitters -Power Game | <ul style="list-style-type: none"> -Limited Options -Limited Ability to Adjust -Transition Game is Limited -Hitters Must Get Used to 2 Setting Styles | | |
| 6-2 | <ul style="list-style-type: none"> -Greater Offensive Options -Attackers Can Specialize -Players More Enthusiastic -Increased tactical Options -2 Good Players Can Share S/H Duties | <ul style="list-style-type: none"> -Need Good Passing to Execute -Quick Attack is Critical -Greater Setter Movement Necessary -Takes Much Practice -Hitters' Patterns are Complex -Hitters Must Get Used to 2 Setting Styles | | |
| 5-1 | <ul style="list-style-type: none"> -One Setter for Continuity -Best Athlete Can be the Setter -Players' Roles More Specialized -Less Serve Receive Pressure -Tactical Matchups are Flexible | <ul style="list-style-type: none"> -Pressure on Setter to Perform -Difficult to Sub a Setter -Players Can be Too Specialized -Setter Must be a Blocker | | |

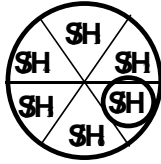
6-6 OFFENSE SYSTEM



5 PERSON "W"
SERVE RECEIVE

S = Setter
H = Hitter
S = Active Setter

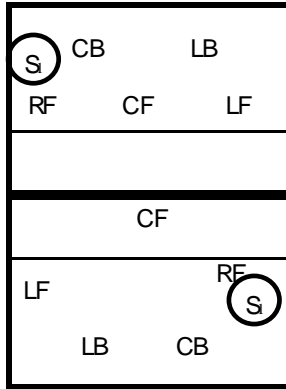
4 PERSON "U"
SERVE RECEIVE



EXPLANATION:

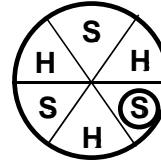
Both the 6-6 and 6-3 systems use a back row setter, typically setting from the RB (and CB) position. In the 6-6, the player that rotates into RB will be the setter for that rotation, coming up to set to 3 front row hitters—giving each a chance to play both setter and hitter positions. In the 6-3 system, since every other player is a setter, each of them can set 2 rotations — when rotated into the CB and RB positions (switching to RB "homebase" during the rally). Both systems can be adapted to use a front row setter as well (see below).

6-3 OFFENSE SYSTEM

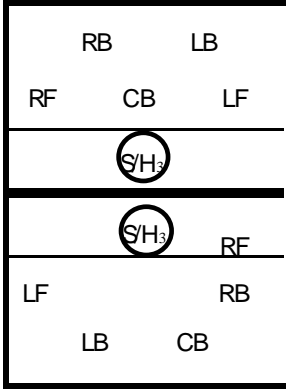


5 PERSON "W"
SERVE RECEIVE

4 PERSON "U"
SERVE RECEIVE



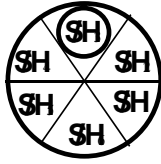
5-6 OFFENSE SYSTEM



5 PERSON "W"
SERVE RECEIVE

S = Setter
H = Hitter
S = Active Setter

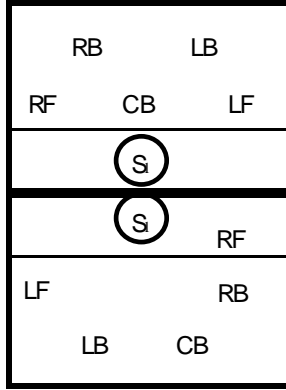
4 PERSON "U"
SERVE RECEIVE



EXPLANATION:

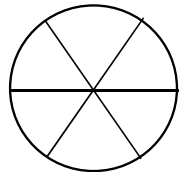
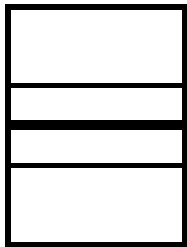
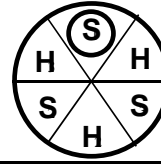
Both the 5-6 and 3-3 systems use a front row setter, typically setting from the center front position. In the 5-6, the player that rotates into CF will be the setter for that rotation, allowing all players a chance to play both setter and hitter positions. In the 3-3 system, since every other player is a setter, each of them can set 2 rotations—when rotated into the CF and Right Front positions—and switching to set from either the CF or RF.

3-3 OFFENSE SYSTEM



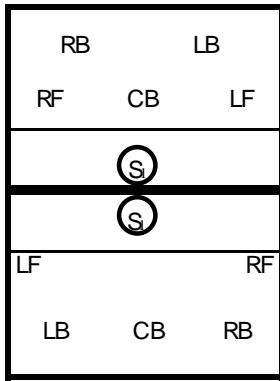
5 PERSON "W"
SERVE RECEIVE

4 PERSON "U"
SERVE RECEIVE



NOTES:

AMERICAN 4-2 OFFENSIVE SYSTEM



5 PERSON "W"
SERVE RECEIVE

S = Setter
S = Active Setter
OH = Outside Hitter
MH = Middle Hitter



3 PERSON
SERVE RECEIVE

INTERNATIONAL 4-2 OFFENSIVE SYSTEM



5 PERSON "W"
SERVE RECEIVE

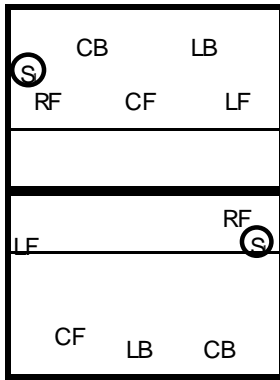
3 PERSON
SERVE RECEIVE



EXPLANATION :

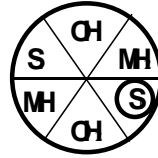
In the American 4-2, the front row setter usually sets out of the CF position to 2 split hitters. In the International 4-2, the setter typically switches into the RF position to set to 2 hitters in front, which limits the use of the backset. However, this also allows the MH to swing in front or behind the setter on a backset play. In both the 5 and 3 Person Serve Receive patterns for any offensive system, you can simply assign the 3 back row players to passing duties and relieve the front row players to concentrate on attack preparation, or if more proficient, you can shift front row passers into the passing lanes, while non-proficient passers step out of primary passing duties (as at the bottom half of the court at right).

6-2 OFFENSIVE SYSTEM



5 PERSON
SERVE RECEIVE

S = Setter
S = Active Setter
OH = Outside Hitter
MH = Middle Hitter



3 PERSON
SERVE RECEIVE

5-1 OFFENSIVE SYSTEM



5 PERSON
SERVE RECEIVE

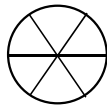
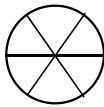
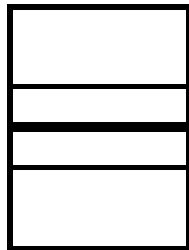
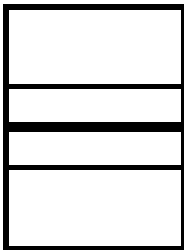
OP = Opposite
Hitter

3 PERSON
SERVE RECEIVE



EXPLANATION:

In the 5 Person or "W" serve receive patterns for the 6-2 and 5-1 back row setter offenses, when in the back row, the Setter typically has further to run to get to the setter's target at the net. This can be alleviated by using a 3 Person (or 4 Person) Serve Reception pattern, and having the setter "push" the player in front of her close to the net. The Setter may then also move closer to her target as long as she does not create an overlap with her other back row players. As above, you can relieve the front row players to concentrate on attack preparation, or if more proficient, you can shift front row passers into the passing lanes. You can also take into consideration what attack patterns you want your hitters to run from their passing positions, and place them as close to their hitting assignment as possible, as long as no overlap is created. This can also be very deceptive for the opponent.



NOTES: