



Serve/Receive Alignments for Three-Person 4-2

Description of Serve/Receive System

A three-person 4-2 serve/receive system is one of the most basic offensive systems you can run in volleyball. In this system, the three back-row players in any given rotation will bear the responsibility of passing most balls. Since two setters are at play on the court, this allows the front-row setter to be protected as the “primary” setter during those rotations.

Due to this system’s simplicity, it offers the advantage of being easy to learn for beginning players and allows them to understand how their base positions may change while playing to optimize the attack. It's unlikely that this offensive system will be the most optimal for your team’s needs due to its reliance upon the passing skill of all six players on the court; however, it is explored here in case your team needs to return to or start from the basics of play.

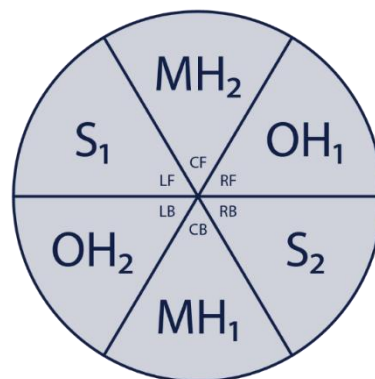
The remainder of this PDF will guide you through the players’ starting base positions and movement that will occur on the court after the serve, including defensive zones of coverage, for all players.

Rotation #1- Base Positions, Defense Coverage and Movement After the Serve

Based on assessing your players’ abilities, you set your lineup and first rotation as follows (base positions are noted in the interior of the rotation wheel).

Within this starting rotation, you have placed Setter 2 (S_2), Middle Hitter 1 (MH_1) and Outside Hitter 2 (OH_2) in the back row. These players will be the primary passers for this rotation. While they will not need to move from their base position for serve/receive, two front-row players (OH_1 and S_1) will need to do so to prepare for the attack. Additionally, after the serve, MH_2 will transition off the net to prepare for the attack.

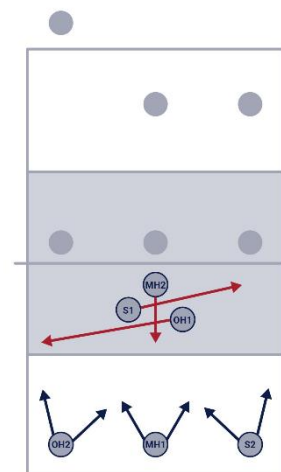
Players may move outside of their base positions during game play. However, prior to each serve, players must be in the correct base position or they will be called “out-of-rotation” by the officials. This means players in the front row (S_1 , MH_2 and OH_1) must be in front of all back-row players (S_2 , MH_1 and OH_2). Additionally, players must be in the correct position, according to the player to their right and/or left (e.g., MH_1 needs to remain to the right of OH_2 and to the left of S_2).



Example Rotation 1



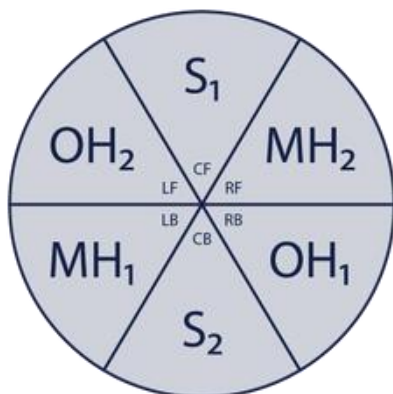
Once all players are in their proper base positions for the serve (Rotation 1), the serve will occur as prompted by the official. As soon as the ball is served, players should move as indicated in the diagram below.



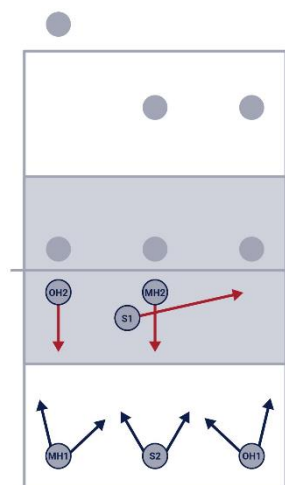
This movement allows for your team to properly receive the serve (with your back-row players taking lead) and quickly arranges your players for the attack (offense). Setter 1 (LF) can move into proper setting position, Outside Hitter 1 (RF) is able to get into position for their approach, and Middle Hitter 2 (CF) will be able to transition off the net into the correct position for an attack. The diagram also demonstrates the zones of coverage that each back-row passer is responsible for covering during the serve.

Rotation #2- Base Positions, Defense Coverage and Movement After the Serve

In Rotation 2, OH₁, S₂ and MH₁ are now the primary passers responsible for the ball on serve/receive since they are the three back-row players. While these players will not need to move from their base position for serve/receive, one front-row player (S₁) will need to do so to prepare for the attack. Additionally, both OH₂ and MH₂ will need to transition off the net to prepare for the attack. Note: MH₂ is the right front. To ensure your players are not out of rotation, ensure that your S₁ remains to the left of MH₂ before the serve. As soon as the ball is served, these players will move as indicated in the diagram below.



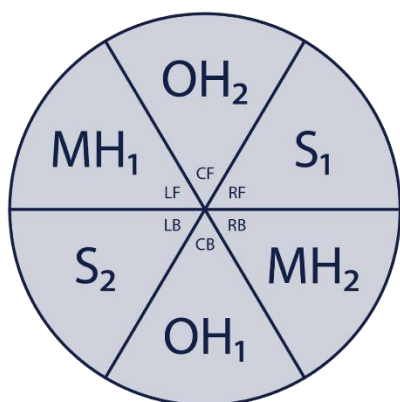
Example Rotation 2



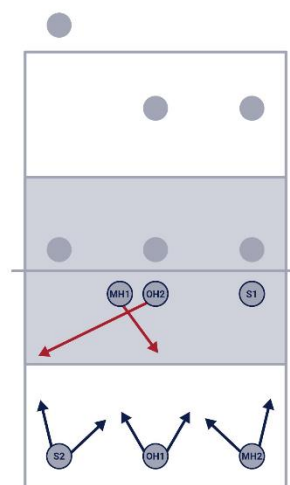


Rotation #3- Base Positions, Defense Coverage and Movement After the Serve

In Rotation 3, MH_2 , OH_1 and S_2 are now the primary passers responsible for the ball on serve/receive since they are the three back-row players. While these players will not need to move from their base position for serve/receive, two front-row players (OH_2 and MH_1) will need to do so to prepare for the attack. Note: The movement depicted for both hitters reflects the transition off the net as well as movement to their proper hitting positions. As soon as the ball is served, these players will move as indicated in the diagram below.

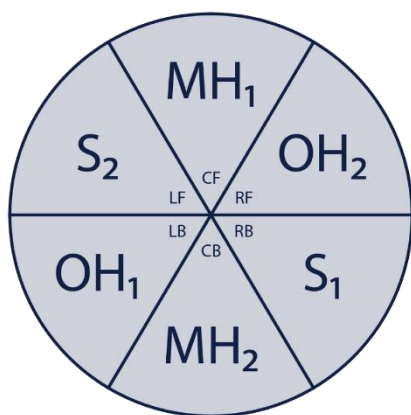


Example Rotation 3

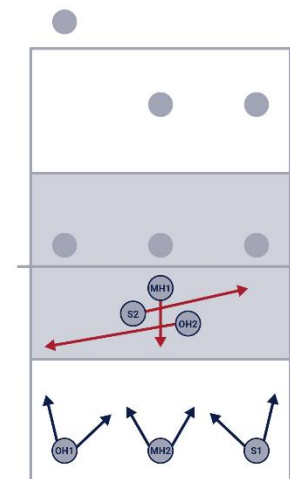


Rotation #4- Base Positions, Defense Coverage and Movement After the Serve

In Rotation 4, S_1 , MH_2 and OH_1 , are now the primary passers responsible for the ball on serve/receive since they are the three back-row players. While these players will not need to move from their base position for serve/receive, two front-row players (S_2 and OH_2) will need to do so to prepare for the attack. Additionally, MH_1 will need to transition off the net to prepare for the attack. As soon as the ball is served, these players will move as indicated in the diagram below.



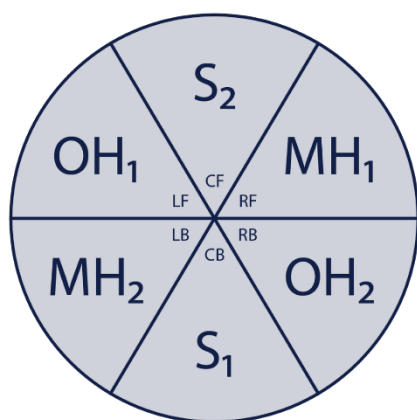
Example Rotation 4



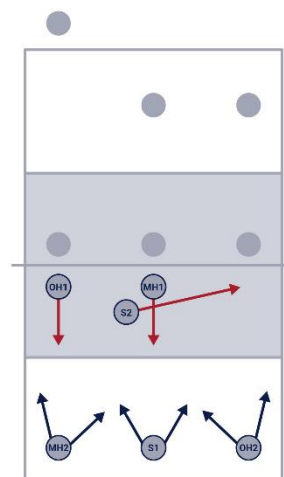


Rotation #5- Base Positions, Defense Coverage and Movement After the Serve

Rotation 5, OH₂, S₁ and MH₂ are now the primary passers responsible for the ball on serve/receive since they are the three back-row players. While these players will not need to move from their base position for serve/receive, one front-row player (S₂) will need to do so to prepare for the attack. Additionally, OH₁ and MH₁ will need to transition off the net to prepare for the attack. Note: MH₁ is the right front. To ensure your players are not out of rotation, ensure that your S₂ remains to the left of MH₁ before the serve. As soon as the ball is served, these players will move as indicated in the diagram below.

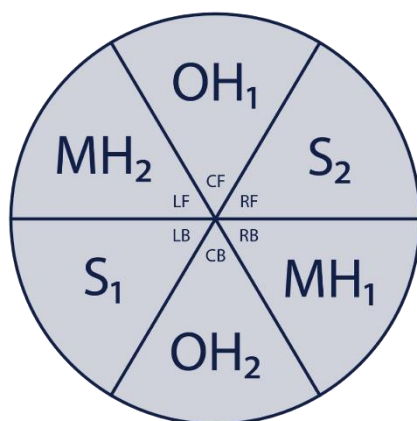


Example Rotation 5



Rotation #6- Base Positions, Defense Coverage and Movement After the Serve

In Rotation 6, MH₁, OH₂ and S₁ are now the primary passers responsible for the ball on serve/receive since they are the three back-row players. While these players will not need to move from their base position for serve/receive, two front-row players (OH₁ and MH₂) will need to do so to prepare for the attack. As soon as the ball is served, these players will move as indicated in the diagram below.



Example Rotation 6

