



Serve-Receive Alignments for 5-1 System with Libero

Description of Serve-Receive System

A 5-1 system is one of the most frequently used in volleyball. However, the use of only one setter has distinct advantages and disadvantages that need to be carefully considered before implementing with your team.

Advantages of this system:

- Hitters have only one setter to get used to in regard to the timing and placement of sets (i.e., they receive a more consistent delivery of sets).
- Hitters are freed to take on more specialized roles.
- Developing an efficient game plan can be easier with only one setter.
- Increased tactical options are available. For example, in three of the six rotations, three front-row attack options are available (opposite, outside and middle hitters). Additionally, greater creativity with the type of attacks can be taken (e.g., slides, quicks, back row attacks).
- It can be difficult for the other team to track whether the setter is front or back row.

Disadvantages of this system:

- Setter illness or injury may lead the team to rely on a backup that has not received sufficient training to maintain the quality of play.
- Greater demands are placed on the setter to perform, which may make it difficult to offer a sub when the setter is having an off night or fatigue is setting in.
- If the setter digs the first ball, the team must have a backup “out of system” setting option to take the second contact.
- Setters will need additional intentionality during training. This includes a higher number of contacts and frequent movement to the ball in training to replicate game demands, intentional tactical training with questions (e.g., what made you decide to set to that player in this situation?), and training to recognize what is happening on the other side of the net.

Setters in 5-1 systems should be able to move quickly and efficiently, have good jumping ability, good “game intelligence” (i.e., the ability to recognize opportunities and threats on the court), and excellent ball control regardless of the quality of a pass. Hitters and passing specialists in this system should be able to provide consistent, controlled passes, so as to decrease the movement demand on the setter.

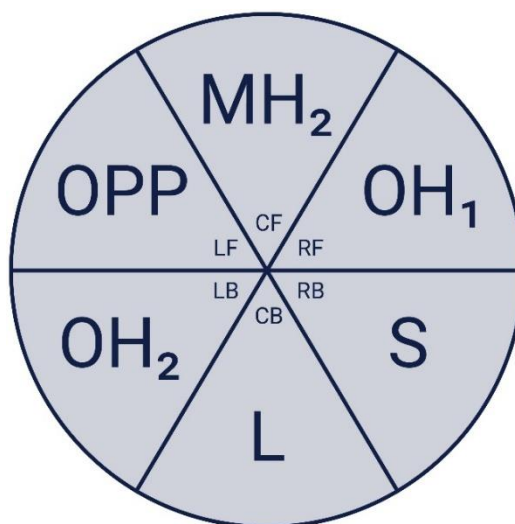
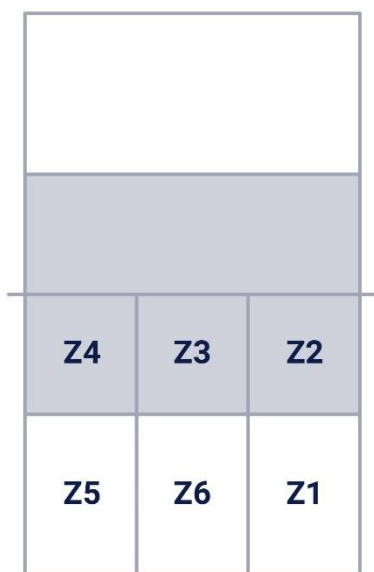
The remainder of this PDF will guide you through using a 5-1 system in each rotation, including highlighting the players’ starting base positions, how to ensure overlap rules are followed, and the movement that will occur on the court after the serve for all players.



Rotation #1- Base Positions and Movement After the Serve

If you choose to use a 5-1 system, remember to set your starting lineup based on assessing your players' abilities and your game strategy. In this discussion of the 5-1 system, the rotations will follow the setter from Zone 1 onward on the court.

Given the use of liberos is frequent while running more advanced serve-receive systems (5-1, 6-2), the rotations presented in this module will assume that liberos will be subbing into the back row for middle hitters. The diagrams below serve as a reminder of the zones on the court, and a sample Rotation 1, with the setter in Zone 1 (a right back base position). In this diagram, the libero is subbed in for MH₁.



Example Rotation 1

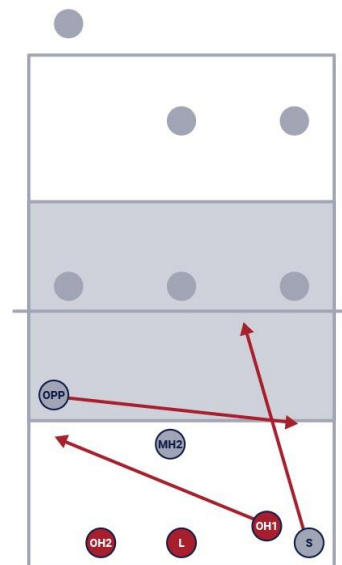
As a reminder, players may move outside of their base positions during game play. However, prior to each serve, players must be in the correct base position or they will be called out of rotation by the officials. This means players in the front row (OPP, MH₂ and OH₁) must be in front of the appropriate back-row players (S, L, OH₂). Additionally, players must be in the correct position according to the player to their right and/or left (e.g., L needs to remain to the right of OH₂ and to the left of S).



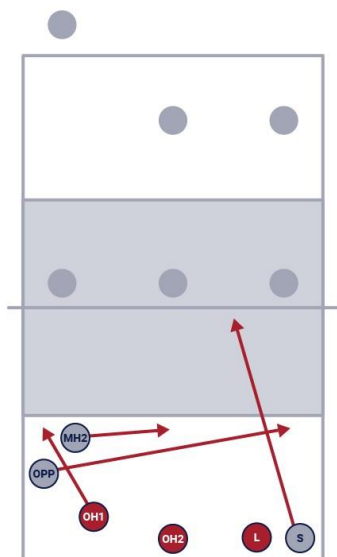
In Rotation 1, there are two possible ways to organize your team: a split or a stacked pattern.

In the split pattern, the attackers are split with Outside Hitter 1 (OH_1) dropping back to cover the serve, while Middle Hitter 2 (MH_2) and the Opposite (OPP) are in position ready for the attack.

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 to the right. This movement allows your team to properly receive the serve (with your primary passers taking lead) and quickly arranges your players for the attack. The primary passers for this rotation are noted in red.



Split Pattern- Rotation 1



Stacked Pattern- Rotation 1

In the stacked pattern, the coach can ensure their OH_1 , usually the best outside hitter on the team, is closer to their natural attacking zone. Here the OH_1 drops back onto the left side of the court. This positioning requires the MH_2 and the OPP to also stack on the left side of the court so they do not violate overlap rules. The stacked pattern diagram to the left reflects this formation.

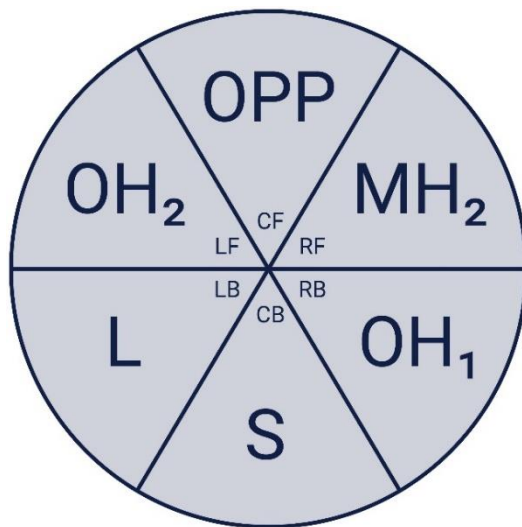
The decision of whether to use a split or stacked pattern should be strategically made based on the attackers you would like to primarily use on the court, as both patterns require greater movement on the court out of one or more hitters to get into proper attack position after the serve.



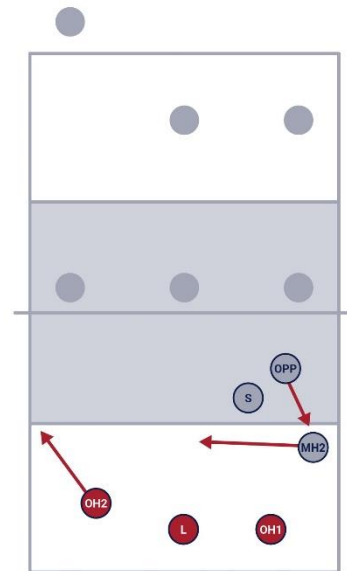
Rotation #2- Base Positions and Movement After the Serve

In Rotation 2, the setter will push the OPP up to allow the setter to get into a better position to receive the pass. This requires less movement to get to the ball. Here the OH₂ drops back onto the left side of the court to help with receiving. The MH₂ must remain to the right of the OPP. Note that the OPP and MH₂ will be able to move into attack positioning more easily while OH₂'s first duty will be receiving the pass. The Rotation 2 diagram reflects this formation.

Once all players are in their proper base positions for the serve (Rotation 2), the serve will occur as prompted by the official. The primary passers for this rotation are noted in red.



Example Rotation 2

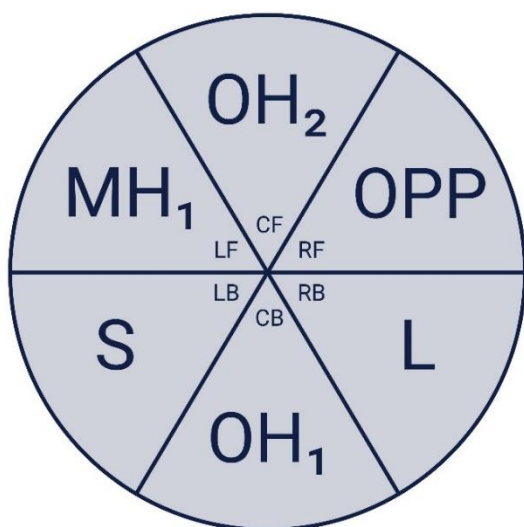




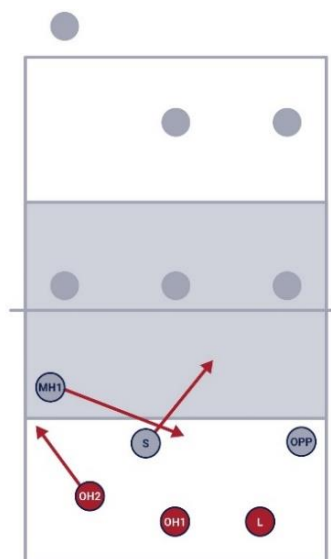
Rotation #3- Base Positions and Movement After the Serve

In Rotation 3, the setter will move up the court to require less movement to get to the ball. Here the OH₂ drops back to help with receiving. The MH₁ must remain to the left of the setter. Note that the OPP is already in ideal attack position, and the MH₁ will be able to move into attack positioning easily while OH₂'s first duty will be receiving the pass. Diagram 4 reflects this formation.

Once all players are in their proper base positions for the serve (Rotation 3), the serve will occur as prompted by the official. The primary passers for this rotation are noted in red.



Example Rotation 3

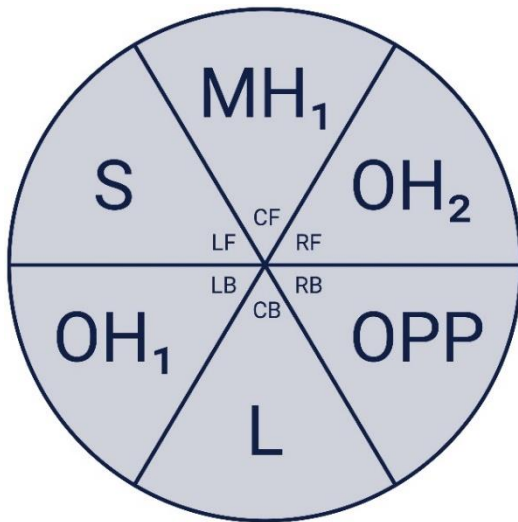




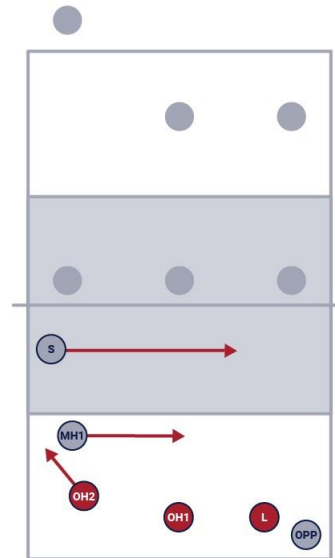
Rotation #4- Base Positions and Movement After the Serve

In Rotation 4, the setter has now moved to the front row. This rotation can often be one of the most difficult due to the distance the setter must move. In this rotation it is advantageous to stack the front row to the left side of the court, allowing for the outside hitter to have a more ideal attack position. Diagram 5 reflects this formation. The OH₂ may drop back to receive the serve, or you can use the OPP to receive the serve, pushing the OH₂ further up on the court.

Once all players are in their proper base positions for the serve (Rotation 4), the serve will occur as prompted by the official. The primary passers for this rotation are noted in red.



Example Rotation 4

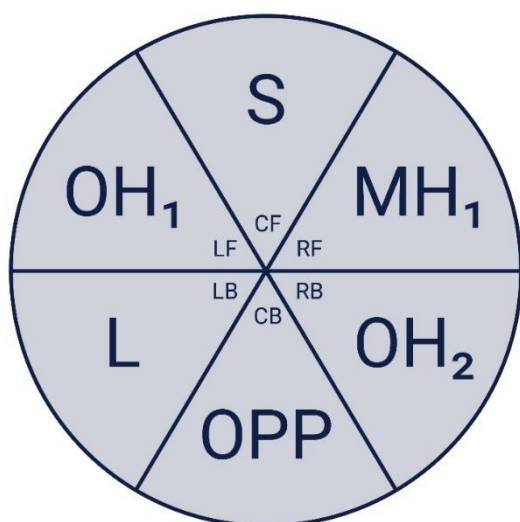




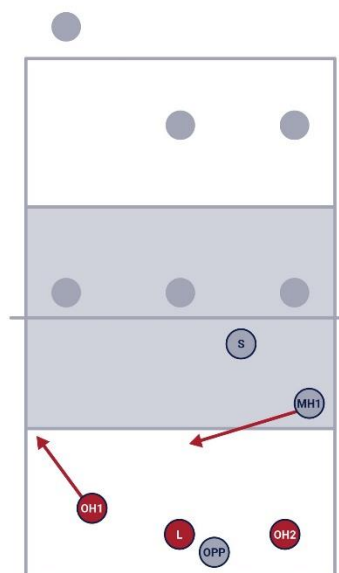
Rotation #5- Base Positions and Movement After the Serve

In Rotation 5, the setter does not require much movement to get into position. The MH_1 will need to move into proper attack position or has the option to hit from the right side of the court. The OH_1 will drop back to assist with receiving the serve but should be able to move quickly into optimal position for the attack. Diagram 6 reflects this formation.

Once all players are in their proper base position for the serve (Rotation 5), the serve will occur as prompted by the official. The primary passers for this rotation are noted in red.



Example Rotation 5

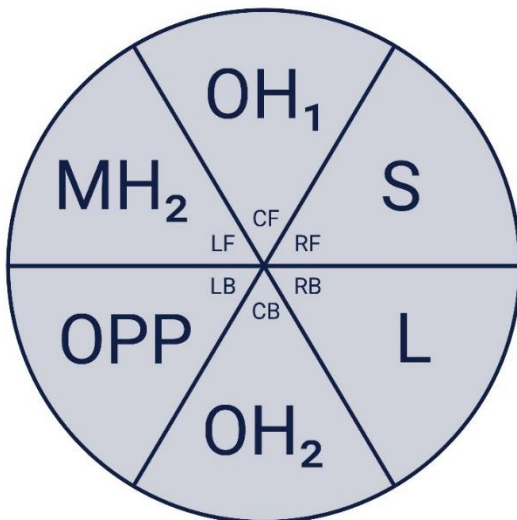




Rotation #6- Base Positions and Movement After the Serve

In Rotation 6, the setter does not require much movement to get into position. The MH_2 will need to stack to the left side of the court to maintain proper overlap rules with the OH_1 . The OH_1 will drop back to assist with receiving the serve but should be able to move quickly into optimal position for the attack. Diagram 7 reflects this formation.

Once all players are in their proper base position for the serve (Rotation 6), the serve will occur as prompted by the official. The primary passers for this rotation are noted in red.



Example Rotation 6

